

TRAVELER'S WORKOUTS

- ⇒ **Complete the workouts in the order that they are presented.**
- ⇒ **If you miss a day of training, just continue with the next workout on the list.**
- ⇒ **What you will need to complete most of these workouts, is a place to run, a place to do pull ups and a skipping rope.**
- ⇒ **The workouts are designed so that you will be able to complete 5 days in a row of training with 2 days rest.**
- ⇒ **We recommend that you train at least a minimum of 3 days a week.**



Cindy

As many rounds as possible in 20 minutes of:

5 pullups
10 pushups
15 squats

☺

4 rounds of:

Run 400m
30 squats

☺

Annie

50-40-30-20-10

reps of:

double unders
sit ups

☺

Death by pullups

With a continuously running clock do one pullup the first minute, 2 pullups the second minute, 3 pullups the third minute... continuing as long as you are able.

Use as many sets each minute as needed.

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3 rounds of:

50 double unders
25 push ups

☺

Bodyweight Fran

21-15-9

reps of:

pullups
burpees

☺

Pick a distance: 2k, 3k, 5k, 8k, 10k,

15k, 20k

☺

Fractured Runny Angie

Run 400 meters

25 pullups
25 pushups
25 situps
25 squats

☺

21-15-9 reps of:

lunges (Each leg ½ rep)

situps
burpees

☺

Sprintathon

1:00 sprint, 1:00 rest

1:00 sprint, 0:50 rest

1:00 sprint, 0:40 rest

1:00 sprint, 0:30 rest

1:00 sprint, 0:20 rest

1:00 sprint, 0:10 rest

1:00 sprint, 0:20 rest

1:00 sprint, 0:30 rest

1:00 sprint, 0:40 rest

1:00 sprint, 0:50 rest

1:00 sprint, 1:00 rest