



TRAVEL WORKOUT

LOW IMPACT OPTION

USE WITH YOUR CARD #3 PRIZE TRAVEL WORKOUT

WARM UP

Tabata intervals at increasing intensities!
Round 1 go light and pick up the intensity as you go!

Do 3 Rounds of the following:
<ul style="list-style-type: none"> Power March Squats Pushups Tube Rear Delt Pull (with or without back step lunge)

1

Tabata Set 1
Start with a Power March for 2 Minutes

Exercise	Round 1	Round 2	Round 3
Squats			
Pushups (on wall, knees, or toes)			
Squat to Lunge (R/L)			
Tube Overhead Press (single arm as option)			

2

Tabata Set 2
Start with a Power March for 2 Minutes

Exercise	Round 1	Round 2	Round 3
Squats w/ Single Arm Reach Down			
Standing High Knees (R/L)			
Step Out Lateral Squats (R/L)			
Tube Rear Delt Flyes			

3

Tabata Set 3
Start with a Power March for 2 Minutes

Exercise	Round 1	Round 2	Round 3
Tube Lat Pull Downs			
Lateral Step Touch (R/L)			
Tube Bicep Curl			
Finish with 2 Minutes of Power March			





TRAVEL WORKOUT

MODERATE INTENSITY OPTION

USE WITH YOUR CARD #3 PRIZE TRAVEL WORKOUT

WARM UP

Tabata intervals at increasing intensities!
Round 1 go light and pick up the intensity as you go!

Do the following:		
SET 1	SET 2	SET 3
Jog	Run	Run
Squats	Squat Jumps	Squat Jumps
Pushups	Pushups	Pushups
Tube Rear Delt Pull w/ Back Step Lunge	Tube Rear Delt Pull w/ Back Step Lunge	Tube Rear Delt Pull w/ Back Step Lunge
Move to Set 2	Move to Set 3	Start with Tabata Set 1

1

Tabata Set 1
Start with Jump Rope for 2 Minutes

Exercise	Round 1	Round 2	Round 3
Squat Jumps OR Squat to Heel Lift			
Pushups (Knees or Toes)			
Burpies (Walking Burpies)			
Tube Overhead Press			

2

Tabata Set 2
Start with Jump Rope for 2 Minutes

Exercise	Round 1	Round 2	Round 3
Walk Out, Drop Squats			
Mountain Climbers (R/L)			
Snowboarder Jumps			
Tube Rear Delt Flyes in Isometric Squat			

3

Tabata Set 3
Start with Jump Rope for 2 Minutes

Exercise	Round 1	Round 2	Round 3
Lunge with Isometric Lat Pull			
Lateral Leaps (R/L)			
Walking Burpie to Pushups			
Tube Bicep Curl			
Finish with 2 Minutes of Jump Rope			



TRAVEL WORKOUT

HIGH INTENSITY OPTION

USE WITH YOUR CARD #3 PRIZE TRAVEL WORKOUT

WARM UP

Tabata intervals at increasing intensities!
Round 1 go light and pick up the intensity as you go!

Do the following:		
SET 1	SET 2	SET 3
Jog	Run	High Knee Run
Squats	Squat Jumps	Higher Squat Jumps
Pushups	Pushups	Pushups
Tube Rear Delt Pull w/ Back Step Lunge	Tube Rear Delt Pull w/ Back Step Lunge	Tube Rear Delt Pull w/ Back Step Lunge
Move to Set 2	Move to Set 3	Start with Tabata Set 1

1

Tabata Set 1
Start with Jump Rope for 2 Minutes

Exercise	Round 1	Round 2	Round 3
Squat Jumps			
Pushups			
Burpies			
Tube Overhead Press			

2

Tabata Set 2
Start with Jump Rope for 2 Minutes

Exercise	Round 1	Round 2	Round 3
Power In Drop Squats			
Mountain Climbers (R/L)			
Snowboarder Jumps			
Tube Rear Delt Flies in Isometric Squat			

3

Tabata Set 3
Start with Jump Rope for 2 Minutes

Exercise	Round 1	Round 2	Round 3
Lunge with Isometric Lat Pull			
Lateral Leaps (R/L)			
Walking Burpie to Pushups			
Tube Bicep Curl			
Finish with 2 Minutes of Jump Rope			