



## CORE STRENGTH TRAVEL WORKOUT - FULL BODY

### NO GYM EQUIPMENT

#### WORKOUT 1

50 Double Unders or 100 Single Skips  
10 Push Ups  
20 Lunges  
30 Sec Plank  
40 Squats

#### WORKOUT 2

3 rounds or capped at 12 mins  
50 Squats  
40 Bicycle Crunches  
30 Push Ups  
20 Walking Lunges  
10 Burpees

#### WORKOUT 3

5 min on - 2 min rest - 5 min on (try to beat the reps on the second round):  
10 Double Unders or 30 Single Skips  
10 Squats  
10 Sit Ups  
10 Push Ups

#### WORKOUT 4

Tabata 4 mins: 20 sec work - 10 sec rest x 8 rounds  
Burpees  
Hollow Hold

#### WORKOUT 5

Tabata 4 mins: 20 sec work - 10 sec rest x 8 rounds  
Plank Hold  
Hollow Hold

#### WORKOUT 6 - Build Your Own

Pick 5: 60 sec work - 30 sec rest x 3 rounds  
Burpees / Planks / Push Ups / Squats / Lunges / Sit ups / Jumping Jacks / Wall Sits / Pull Ups / Sprints /  
Tuck Jumps / Rowing

#### WORKOUT 7 - Park Bench (10 mins)

1 min jog - 30 sec sprint  
20 step ups or lunges  
20 bench push ups  
20 Squat jumps  
20 tricep dips



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### **WORKOUT 8: 20 min AMRAP**

5 Broad Jumps  
10 Pull Ups  
15 Push Ups  
20 Squats  
25 Meter Bear Crawl  
100 Meter Run

### **WORKOUT 9**

20 Squats  
10 Push Ups  
20 Walking Lunges - 10 Each Leg  
30 Seconds Plank Hold  
60 Seconds Jumping Jacks

### **WORKOUT 10 - 30 Min EMOM**

5 Pull Ups  
10 Push Ups  
15 Squats

### **WORKOUT 11: 21-15-9**

Push Ups  
Squats  
Burpees

### **WORKOUT 12:**

Tabata 20 sec work/10 sec rest. Perform 1 exercise at a time  
Pull Up  
Push Up  
Squats  
Sit Ups

### **WORKOUT 13**

10 Push Ups  
10 V-Ups  
3 x 10 Sec Hollow Hold  
30 Sec Plank Hold

### **WORKOUT 14: 16 Min AMRAP**

10 Burpees  
10 Pull Ups  
20 Lunges  
20 Sit Ups

### **WORKOUT 15: Ladder**

Burpees: 10-9-8-7-6-5-4-3-2-1  
Pull Ups: 1-2-3-4-5-6-7-8-9-10



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### GYM WORKOUT

#### WORKOUT 16

3 x 10 Leg Press  
3 x 10 Lat Pulldown  
3 x 10 Push Ups  
3 x 10 Lunges  
10 Burpees  
Put your joggers on and head outside for a 20 min run

#### WORKOUT 17

10 Min AMRAP (As Many Reps As Possible):  
10 Dumbbell Push Press  
10 Kettlebell Swings  
10 Burpee Box Jumps or Burpee Broad Jumps

#### WORKOUT 18

3 rounds with minimal rest:  
10 Dumbbell Split Squats (east side)  
10 Dumbbell Rows  
10 Burpees over Dumbbell

#### WORKOUT 19

Tabata 4 mins: 20 sec work - 10 sec rest x 8 rounds  
Burpees  
Medicine Ball Slams

#### WORKOUT 20

Dumbbell Workout:  
20 DB Alternating Lunges  
10 DB Thrusters  
6 Burpees

#### WORKOUT 21

21-15-9  
Burpees  
Calories or Double Unders

#### WORKOUT 22

3 Rounds  
10 Deadlifts  
15 Dumbbell Thrusters



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### **WORKOUT 23**

30 Dumbbell Thrusters  
5 Pull ups  
20 Dumbbell Thrusters  
7 Pull ups  
10 Dumbbell Thrusters  
9 Pull ups

### **WORKOUT 24**

15-12-9  
Barbell Push Press  
Over the bar Burpees

### **WORKOUT 25**

10 Rounds of  
5 Dumbbell /Barbell Thrusters  
5 Box Jumps

### **WORKOUT 26**

4 Rounds  
40 Squats  
20 Kettlebell Swings

### **WORKOUT 27**

4 Rounds  
20 Double Unders  
8 Deadlifts (65-70% of 1RM)  
10 Pull Ups

### **WORKOUT 28**

4 Rounds  
10 Kettlebell Thrusters  
20 Russian Kettlebell Swings  
30 Double Unders or 60 Single Skips

### **WORKOUT 29**

3 Rounds  
12 Push Ups  
16 Deadlifts  
20 Double Unders or 40 Single Skips

### **WORKOUT 30**

4 Rounds  
20 Kettlebell Goblet Squat  
15 Dumbbell Push Press  
10 Burpees