

www.fitstudiova.com

WORKOUT LIKE YOU MEAN IT!

The Killer Guide to Travel Workouts

**BONUS
WORKOUT
GUIDE**



Richard Goodpasture



Workout Like Mean It:

The Killer Guide to Travel Workouts #1



Body Weight - Full Body Functional: Increase Strength, Mobility, Functionality & Heart and Lung capacity - No Equipment Available / In Room Workout

Dynamic Warm-up: Movement through multiple ranges of motion to warm muscles for the workout (do each exercise 10 reps 3 times)

Front Lunge w/ Core Twist - 10 reps	Step to left keeping knee over ankle in a lunge then back. Repeat with the other side. Complete w/ 10 reps each leg.
Down Dog to Up Dog	In a plank release hips to the sky with head between shoulders like an upside down V. Then release hips to ground staying on the toes and arching head to the sky.
Iron Cross	Laying on back w/ arms extended to the side raise left leg to middle and cross over body to right, then back to middle and down. Repeat on the other side and do 10 reps each leg.

Round 1	Complete - 15 reps times 2 circuits
Air Squats	With feet just a little more than shoulder width apart , with butt back and chest out, lead with hips like sitting in a chair
Downward Dog flow thru to Upward Dog	From a plank position release hips and lower back to the ceiling with head between shoulders to hips to floor - flow
Burpee	Standing to plank, push up to jump feet to hands, stand to jump with hands above the head

Round 2	Complete - 15 reps time 2 circuits
Close Grip Push Up with Dbl Mtn Climber	Close Grip Push Up with a Dbl Mtn Climber in between each - Dbl Mtn Climber is jumping feet to hands and back
Lunge Walk Air Squat	Lunge step left, lunge step right keeping knee over ankle then air squat to 90 or below. 15 each
RollUp	From standing position sit hips to the floor roll back leg raise using momentum to roll heels to under hips stand and jump

CoolDown/Stretch	Yoga - Runner pose, angle pose, rev angle pose	Childs pose to upward dog / cobra pose	Stretch - Hips / Chest / Low Back / Quads / Hams
-------------------------	--	--	--

Workout Like Mean It:

The Killer Guide to Travel Workouts #2



Full Body Functional: Increase Strength, Mobility, Functionality & Heart and Lung capacity - Equipment available Dumbbells or Kettle bells

Dynamic Warm-up: Movement through multiple ranges of motion to warm muscles for the workout (do each exercise 10 reps 3 times)

BW Deep Squat	Body weight deep squat - slow and controlled
PushUps	Standard PushUps slow and controlled
Leg Raise Full	Laying on back leg raise to 90 and continue up and over the warm up upper back

Round 1	Complete - 15 reps times 2 circuits
DB Thruster	With Dumbbells in hands at shoulders squat to press above the head
DB Floor Chest Press	With Dumbbells in hands lying on the floor, chest press
DB Burpee Curl	With Dumbbells in hands Standing to plank, push up to jump feet to hands, stand to Curl

Round 2	Complete - 15 reps time 2 circuits
DB DL Bent Over Row	Standing with Dumbbells lead with hips back like a squat deadlift down and at the top lateral row
Lunge Walk Air Squat	Lunge step left, lunge step right keeping knee over ankle then air squat to 90 or below. 15 each
RollUp	From standing position sit hips to the floor roll back leg raise using momentum to roll heels to under hips stand and jump

CoolDown/Stretch	Yoga - Downward Dog to Upward Dog	Iron Cross - on back leg up then cross over, both sides	Stretch - Hips / Chest / Low Back / Quads / Hams
-------------------------	-----------------------------------	---	--

Workout Like Mean It:

The Killer Guide to Travel Workouts #3



Body Weight - Full Body Functional: Increase Strength, Mobility, Functionality & Heart and Lung capacity - Equipment Available - Treadmill

Dynamic Warm-up: Movement through multiple ranges of motion to warm muscles for the workout (do each exercise 10 reps 3 times)

Treadmill	Walk at a minimum of 10% incline at minimum 2.5 speed for 5 minutes
Downward Dog PushUp	In a plank release hips to the sky with head between shoulders like an upside down V. Then back to a plank and pushup.
Side Lunges	Laying on back w/ arms extended to the side raise left leg to middle and cross over body to right, then back to middle and down. Repeat on the other side and do 10 reps each leg.

Round 1	Complete - 15 reps times 2 circuits (unless otherwise noted)
Treadmill / Air Squats	Run for 2 minutes (pace is fast, incline is 0) / 25 Air Squats
Treadmill / PushUps	Run for 3 minutes (pace is fast, incline is 0) / 15 PushUps
Treadmill / Burpee	Run for 4 minutes (pace is fast, incline is 0) / 15 Burpees (Go hands to floor pushup to feet and stand)

Round 2	Complete - 15 reps time 2 circuits
Plank Knees to Elbows	In a plank alternate each knee to elbow
Straight Leg SitUp	Lying on back keeping legs straight down on the floor situp to touching or as close as possible to touching toes
Knees to Chest	Lying on back with legs straight bring knees to chest trying to bring hips off ground then back to floor

CoolDown/Stretch	Treadmill - Walk at 2.5 speed and 5 incline- 5-10minutes	Childs Pose - hips to heels with chest released to floor	Stretch - Hips / Chest / Low Back / Quads / Hams
-------------------------	--	--	--

Workout Like Mean It:

The Killer Guide to Travel Workouts #4



Body Weight Tabata Training: Increase Strength, Mobility, Functionality, Stamina & Heart and Lung capacity

Dynamic Warm-up: Movement through multiple ranges of motion to warm muscles for the workout (do each exercise 10 reps 3 times)

Reverse Lunge	With feet together step back keeping knee over ankle and back up then repeat with other leg
PushUps	Regular pushups slow and controlled
Bounce Squats	With a larger stance squat and with each rep bounce at the bottom of the rep
Leg Raises Full	Laying on back raise legs up and over and as far back as possible but not to far - to loosen upper and lower back

Tabata	Complete 8 Rounds - 20 seconds on 10 seconds off - for each movement
Air Squats	Do as fast as possible trying to get to at least 90 degrees for 8 rounds of 20 seconds
Scissor Jumps	Switch or lunge jumps as fast and as deep as possible for 8 rounds of 20 seconds
Plyo PushUps	Not a full pushup - from plank push hands or all the way to hands and feet off ground for 8 rounds of 20 seconds
Burpees	Do as fast as possible at a good pace for 8 rounds of 20 seconds

Cool Down	Active recovery - 15 reps for 1 circuit
Downward Dog to Upward Dog Flow	Hips up to hips down
Lunge Walk Core Twist	Lunge step to back knee on ground and twist upper body, repeat both sides
Stretch	Hips / Hams / Quads - Chest - Low Back

Workout Like Mean It:

The Killer Guide to Travel Workouts #5



3 Day Split Chest/Biceps - Functional: Increase Strength, Mobility, Functionality & Heart and Lung capacity - Equipment Available, various - Day 1

Dynamic Warm-up: Side to Side PushUps 1 x 15 / Burpee 1 x 10

Round 1	Complete 15 reps times 3 circuits
Stability Ball 1 Arm Chest Press	With back on Stability Ball using 1 Dumbbell complete the exercise on both sides
Standing Bicep Curls	Standing with Dumbbells in each hand curl together with an insert or twist at the top
Medicine Ball Alternating PushUps	With 1 hand on Medicine Ball (any other item that raises the hand level) pushup and cross to other hand on the ball

Round 2	Complete - 15 reps times 3 circuits
Stability Ball 1 Arm Fly	With back on Stability Ball using 1 Dumbbell complete the exercise on both sides
Dumbbell Negative Curls	Standing with Dumbbells in each hand curl up with momentum and resist down to at least a 4 count
Medicine Ball Touch PushUps	With Medicine Ball under chest between hands touch chest to ball then touch ball with each hand

Round 3	Core Set - Complete 15 reps times 1 circuit
Dive Bomber PushUps	From a PushUp position head first move as to go under a fence then back up the same way down
Squatted Curls	With dumbbells in each hand and in a squatted position with elbows on inside of knees curl weight toward face
Mtn Climber and Dbl Mtn Climber	In a plank bring alternating knee to elbow as to run / in a plank jump feet to hands and back

CoolDown/Stretch	Stretch Chest - on ground with chest down and arms to side	Stretch Biceps - standing and holding an upright with thumbs up and thumbs down while stretching	Stretch - Hips / Chest / Low Back / Quads / Hams
-------------------------	--	--	--

Workout Like Mean It:

The Killer Guide to Travel Workouts #6



3 Day Split Legs / Shoulders - Functional: Increase Strength, Mobility, Functionality & Heart and Lung capacity - Equipment Available, various - Day 2

Dynamic Warm-up: Hands above the Head Squats 1 x 15 / Squat Jumps 1 x 15

Round 1	Complete 15 reps times 3 circuits
Goblet Squats	With dumbbell held at chest lead with hips back and chest out to 90 degrees or below
Rev Lunge Shoulder Press	With dumbbells in both hands Rev Lunge and press above the head and repeat for other side
Scissor Crunches	Lying on back and both legs at 90 degrees lower 1 leg down and back then crunch and repeat for other side

Round 2	Complete - 15 reps times 2 circuits
Dumbbell Deadlift	With dumbbells in each hand lead with hips back and chest out take dumbbells to floor and stand tall
Box Corners	Standing with Dumbbells in each hand front raise in 1 hand and side lat raise in the other the switch
Suitcase Crunches	Lying on back with hands out above the head bring knees to chest at the same time hands to feet closing like a suitcase

Round 3	Complete - 15 reps time 2 circuits
Squat 1 Arm Arnold Press	With dumbbell in 1 hand and at chest level squat with palm to face press and twist to the top then repeat for other side
Kettlebell or Dumbbell Swing	Holding 1 kettlebell or dumbbell in both hands hanging between legs drop hips down and back then stand push forward while bringing the weight to above eye level
Stability Ball Hands to Feet Crunches	Lying on back and holding Stability Ball crunch and exchange the ball from hands to feet and continue

CoolDown/Stretch	Stretch Legs - Hamstrings / Quads / Hips	Stretch Shoulders - Downward Dog / Childs	Stretch - Low Back / Upper Back
-------------------------	--	---	---------------------------------

Workout Like Mean It:

The Killer Guide to Travel Workouts #7



3 Day Split Back / Triceps - Functional: Increase Strength, Mobility, Functionality & Heart and Lung capacity - Equipment Available, various - Day 3

Dynamic Warm-up: Inverted Body Weight Row 1 x 15 / Roll Ups or Deck Squats 1 x 15

Round 1	Complete 15 reps times 3 circuits
Kettlebell or Dumbbell 1 Arm High Row	With weight in 1 hand and legs just outside shoulder width pull the weight to the face or chin and repeat for both sides
Medicine Ball Close Grip PushUp	With hands on the Medicine Ball push up
Hanging Knee Raises or Leg Raises	Hanging pull knees to chest or lift legs to at least 90 degrees

Round 2	Complete - 15 reps times 3 circuits
Plank Alternating Rows	In a plank position with hands on dumbbells alternate rowing each side
Plank Alternating Kick Backs	In a plank position with hands on dumbbells alternate Tricep Kickbacks each side
Leg Raise to the Sky	Lying on back with hands not under hips lift legs until they are at 90 degrees then push feet to ceiling

Round 3	Core Set - Complete 15 reps times 1 circuit
Burpee Row	With dumbbells in each hand Burpee down then stand and row
Cobra PushUps	Lying on front hands next to chest on ground pushup leaving hips on ground
Double Mtn Climber	In a plank position jump feet to hands and back

CoolDown/Stretch	Stretch Legs - Upper back / Shoulders	Stretch Shoulders - Downward Dog / Childs	Stretch - Low Back / Upper Back / Hips
-------------------------	---------------------------------------	---	--

Workout Like Mean It:

The Killer Guide to Travel Workouts #8



Power & Explosion - Functional: Increase Strength, Mobility, Functionality & Heart and Lung capacity - Equipment Available, various

Dynamic Warm-up: Movement through multiple ranges of motion to warm muscles for the workout (do each exercise 10 reps 3 times)

Overhead Squats	With a PVC pipe / stick / anything rigid but not heavy above the head and lead with hips back and chest out
Squat Jumps	With a wide stance squat and jump out of the squat position

Round 1	Complete - 15 reps times 2 circuits
Barbell DeadLift	Hips in the hole, back flat and chest out leading with heart as stand opening hips completely pulling shoulders back
Tuck Jumps	Standing jump and bring knees to chest and repeat in an explosive manner
Barbell Clean Squat Press (CSP)	In a Deadlift position explode up bringing bar to chest then front squat and press out of the squat then repeat
Broad Jumps	Standing explosive broad jumps

Round 2	Complete - 15 reps time 2 circuits
Dumbbell Bench Press	Dumbbell bench press slow and controlled
Plyo PushUps	Pushup position bringing hands and feet off the ground
Dumbbell DeadLift Curl Press	With Dumbbells in each hand deadlift stand curl to press and repeat
Medicine Ball SitUps	With a Medicine Ball at chest level situp and toss the ball in the air and catch then repeat

CoolDown/Stretch	Stretch Lower Back / Upper back / Hips	Stretch Shoulders - Downward Dog / Childs	Stretch - Chest
-------------------------	--	---	-----------------

Workout Like Mean It:

The Killer Guide to Travel Workouts #9



Balance & Isolation - Functional: Increase Strength, Mobility, Functionality & Heart and Lung capacity - Equipment Available, various

Dynamic Warm-up: Movement through multiple ranges of motion to warm muscles for the workout (do each exercise 10 reps 3 times)

1 Legged Burpee	1 Legged Burpee 10 on each leg
1 Legged RollUps	1 Legged RollUps 10 on each leg (use a bench to start from if necessary)

Round 1	Complete - 15 reps times 2 circuits
Pistol Squats	Deep squats, as deep as possible, using a dumbbell to keep weight forward then repeat on other leg
Stationary 1 Arm Shoulder Press	Standing in a stationary lunge press with opposite arm then repeat on other side

Round 2	Complete -15 reps times 2 circuits
Floor 1 Arm Chest Press	Lying on the floor press with 1 arm then repeat on other side
1 Legged 1 Arm Curl	Standing on 1 leg curl with the other arm then repeat on the other side

Round 3	Complete -15 reps times 2 circuits
1 Arm Lawn Mower Row	Kneeling with elbow on knee and flat back using other arm to row then repeat on the other side
1 Legged 1 Arm Tricept Kickback	Standing on 1 leg kickback with the other arm then repeat on the other side

CoolDown/Stretch	Stretch Lower Back / Upper back / Hips	Stretch Shoulders - Downward Dog / Childs	Stretch - Chest / Legs / Back
-------------------------	--	---	-------------------------------

Workout Like Mean It:

The Killer Guide to Travel Workouts #10



Endurance & Flexibility - Functional: Increase Strength, Mobility, Functionality & Heart and Lung capacity - Equipment Available, various

Dynamic Warm-up: Movement through multiple ranges of motion to warm muscles for the workout (do each exercise 10 reps 3 times)

Lunge Walk Core Twist	Lunge Walk and twist to the leg stepping out
Leg Raise Full	Lying on back lift legs up to at least 90 degrees, bring further back if possible even to touch the floor

Round 1	Complete - Hold for 1 minute times 2 circuits
Wall Squat w/ Shoulder Raise	With back on the wall and knees bent to 90 degrees raise hands or weight above the head keeping touch with wall
Plank Heel Raise	In a plank alternate raising each heel up as far as possible without breaking plank posture
Downward Dog Heel to Ceiling	In a downward dog pose alternate lifting heel to ceiling engaging glutes
V Hold	With hips as the bearing point raise upper body and legs to look like a V

Round 2	Complete - 1 circuit
Downward Dog PushUps	Downward Dog to a plank pushup - complete 5 / 10 / 15 / 10 / 5 reps respectively
RollUps	RollUp - Complete 5 / 10 / 5 reps respectively
Burpees	Burpee - Complete 5/ 10 / 5 reps respectively
Banana Roll V Up	Lying on back with hands extended roll from back to back then V Up - Complete 15 (each V Up is 1)

CoolDown/Stretch	Stretch Lower Back / Upper back / Hips	Stretch Shoulders - Downward Dog / Childs	Stretch - Chest / Legs / Back
-------------------------	--	---	-------------------------------