

Travel Workouts

#1

3 Rounds For Time:

Run 800m

50 Air Squats

OR

Run 400m

25 air squats

6 rounds

#2

10 Rounds For Time:

10 Pushups

10 Sit ups

10 Jump Squats

#3

For Time:

Accumulate 3 minutes in a plank

5 minutes of jump rope (As Many Reps As Possible)

Accumulate 3 minutes in a plank

#4

6 Rounds For Time:

Run 200m

20 lunges

#5

10-9-8-7-6-5-4-3-2-1 Burpees and a 100 meter sprint between each set

#6

3 Rounds For Time:

50m Bear crawl

20 V-Ups or 30 Opposite toe touches

#7

For Time:

Run 1 mile