



TRAVEL WORKOUTS

Can't make it to the gym or traveling out of town? Now you have NO EXCUSE to miss your Workout. Here is a list of 2 workouts using only 1 dumbbell and 30 bodyweight-focused workouts that you can do at home or on the road with no equipment needed (except a jump rope).....

HOME WODs with a Dumbbell:

if you have a dumbbell available or something heavy to use you can try one of these workouts. We also created a video to help coach you on these movements.

<https://www.youtube.com/playlist?list=PL1IPIIbVaUnp621XWTQ3VFkR8dFXzRODz>

#1

Minutes: 00:00 - 9:00

8min EMOM - Every Min On the Min

Even: 10 Pass Through Lunges

Odd: 10 T-Pushup

Min: 9:00 - 11:00

Max Burpees in 2:00min

Min 11:00-18:00

8min EMOM

Even: 8 Pass Through Lunges

Odd: 8 T-Pushups

#2

18min AMRAP - As Many Rounds As Possible

200m Run (or 45s run)

20 Dumbbell Squat Clean Thrusters (or medicine ball)

No equipment necessary workouts

#1

3 Rounds For Time:

Run 800m (or about a 4min Run)

50 Air Squats

#2

10 Rounds For Time:

10 Pushups

10 Sit ups

10 Squats

#3

For Time:
200 Air Squats

#4

5 Rounds For Time:
Run 200m (or a 45 sec Run)
10 Squats
10 Push Ups

#5

“Blackjack Bust”
21 Pushups 1 Situp
20 Pushups 2 Situps
19 Pushups 3 Situps
18 Pushups 4 Situps

....
1 Pushup 21 Situps

(total reps always equals 22)
This one can take about 20-30 min

“Mini-Bust”
Start at
17 Pushups 1 Situps
16 Pushups 2 Situps

...
1 Pushup 17 Situps

#6

5 Rounds
3min AMRAP
5 Burpees
10 Jump Squats
1min Rest between ea Round

#7

2 Rounds
50 Squats
60
80 Double Unders (100 Singles)

#8

“Core Tabata”
20s on - 10s rest
2 Rounds:
4 Sets V-Ups (2min)
4 Sets Bicycle Sit-ups
4 Sets
2min Rest

#9

28-21-15

Burpees

Chair Dips (Dips on a the edge of a chair)

#10

100 Burpees for time

#12

6 Rounds For Time:

21 Squats

15 Situps

9 Plyo Pushups

#13

1mile Run - Every 90s stop and do 30 Lunges or 20 pushups

#14

10 Rounds For Time:

Sprint 100m

Walk 100m

#15

For Time:

2 Rounds:

60 Lunges

100 Double Unders

#16

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

Burpees

Situps or V-ups

#17

10 Rounds For Time:

10 Walking Lunges

10 Pushups

#18

For Time:

2 Minutes Double Unders or Singles

2 Minutes Situps

Rest 1 min

90 sec Double Unders

90 sec Situps

Rest 1 min

60 sec Double Unders

60 sec Situps

#19

4 Rounds For Time:

Run 400m

50 Air Squats

#20

10 Rounds For Time:

10 Pushups

10 Squats

#21

Tabata

30s on 15s Rest

8 rounds Jumping Squats

8 rounds Plank (make it harder by lifting 1 hand or 1 foot or both)

4 rounds Jumping Squats

4 rounds Plank

#22

Accumulate 6min plank

*Every stop do 10-15 Chair dips

#23

Accumulate 6min plank

*Every stop do 10-15 Chair dips (Dips on a the edge of a chair)

#23

7 Rounds

10 Hollow Rocks

10 Superman Rocks

#24

6min AMRAP

3 Burpee Broad Jump

5 Pushups

7 Squats

#25

20min AMRAP

400m Run (2min run)

20 Pistols

20 Squats