



Travel Workout

Be sure to bring a band. And you can use a hotel towel for a mat.

Go for a 10 minutes walk or do some jumping jacks or "air" jump roping to get warmed up.

**Standing Lunges 3 x 10 each leg
Band Biceps Curls 3 x 10-15**

**Stationary Squats 3 x 10
Shoulder Width Wall Push-ups 3 x 12**

**Front Kicks 3 x 10 each leg
Standing Overhead Presses w/ Band 3 x 12
Standing Overhead Pull Downs w/ Band 3 x 10**

**On the Floor Bridges 3 x 25
Tricep Fist Roll Ups 3 x 10
Frog Kicks for Abs 3 x 15 - 20**

Stretching: Cat Stretching, Alt. Supermans, Doorway Chest Pull, Seated Crossed Leg Twist, Etc