



# Travel Workouts

**1 week program  
5 Total Body HIIT  
workouts  
no equipment required**



# Intro

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## **Thanks for downloading!**

Each workout here can be done anywhere. No equipment needed, just your body and a timer! They're all around 20-30 minutes long. Just enough time to get your sweat in and get right back to enjoying your vacation!

You can find demos of each of these moves on my YouTube channel ([click here to be taken there](#)).

If you like these workouts, head back to [sweatwithstodds.com](http://sweatwithstodds.com) for more options!



# Workout 1

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## **Warm-up:**

- 10 lunges with a twist
- 10 down dog to spiderman lunges
- 10 inchworm to up dog
- 10 dynamic quad stretch
- 10 arm circles forward
- 10 arm circles backward
- 20 jumping jacks
- 20 high knees
- 20 frankensteins

## **Workout: 20 Minute EMOM (4 rounds of below)**

- Minute 1: 30 bear crawl runners
- Minute 2: 20 in-out squats
- Minute 3: 30 mountain climbers with feet on wall
- Minute 4: 30 jumping lunges
- Minute 5: 10 burpees

**EMOM=Every Minute On The Minute, perform the listed number of repetitions and then rest until that minute is up.**



# Workout 2

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## **Warm-up: 30 seconds of each**

Inch worms to push up	Up to down dog
High fives	Squat with reach
Glute bridges	Spiderman lunges
Frankensteins	Scorpions
Mountain climbers	Iron crosses

## **Workout: Tabata**

Set 1: push ups, cross-body mountain climbers

Set 2: lateral lunges right leg, lateral lunges left leg

Set 3: glute bridge marches, leg lifts

Set 4: right side plank with leg lifts, left side plank with leg lifts

Set 5: pike push ups, plank hip taps

**Tabata= perform each set as follows :20 movement**

**1, rest :10 , :20 movement 2, :10 rest, back to**

**move 1 etc. for 4 rounds before moving on to the next movement (i.e. perform each move 4 times then on to the next set)**



# Workout 3

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## **Warm-up: 2 rounds, :20 each**

Squats

High fives

Spiderman lunges with  
a reach

Inch worms

Up to down dog

High knees

Dynamic calf stretch

Buttkicks

Hip openers

Dynamic quad stretch

## **Workout: Stations 3 rounds of :30 on, :10 transition**

Tarantulas

Commandos

Star situps

Bear crawl shoulder taps

Star jumps

Front sit kicks

Speed jacks

Tricep dips

Squat thrusts

Plank knee to elbows



# Workout 4

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## Warm-up: 20 of each move

Samson lunges

Good mornings

Side to side high fives

Dynamic pigeon

Leg swings

Push up to up dogs

Scorpions

Iron crosses

## Workout: 5 minute AMRAPs, 2 minutes rest

Set 1: 10 burpees, 10 v-ups

Set 2: 20 alternating lunge with knee drives,  
20 marching wall sits

Set 3: 10 push ups with rotation, 20 froggers

Set 4: 30 high knees, 30 toe touches

**AMRAP: As many reps as possible of the 2 listed movement in the set performed within 5 minutes**



# Workout 5

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## Warm-up: :30 of each move

Lunge to hamstring  
stretch right

Lunge to hamstring  
stretch left

Dynamic quad stretch  
Dynamic calf stretch

Arm circles forward

Arm circles backward

Jumping jacks

Inch worm to up dog

Down dog to push-up

## Workout: 2 rounds

1 minute: curtsy lunges :30 REST

:30 high knees

1 minute: v-ups

1 minute: kneel to squat :30 high skips

:30 REST

1 minute: tuck-ups

1 minute: russian twists

:30 jump squats

1 minute: bicycle  
crunches

:30 REST

1 minute: sumo squats

:30 star jumps

1 minute: narrow squats

**Done! Enjoy  
your vacation!**