

## Vacation Challenge!

**Objective:** Continue interval training, challenging your body, and maintaining a standard of health and wellness – even while you're on the road! You can still get in some quick and beneficial workouts while you're enjoying time away!

**Materials:** Mat or towel, medium dumbbells if you want more of a challenge. If you don't have weights, use soup cans or water bottles)

### Monday: 5 Rounds o' Fun!

Set a timer and see how long it takes you to repeat this series 5 times

- 10 Burpees
- 20 [Staggered Push Ups](#)
- 30 [Skaters](#) (hold a weight for more of a challenge)
- 40 Jump Squats (hold a weight for more of a challenge)
- 50 [Plank Twists](#)

TIME: \_\_\_\_\_

**Tuesday: Tuesday Tabatas (19 min)** (Read more about [tabata](#) work)  
20 sec work /10 sec rest X 8 rounds X 4 sets.

#### **Tabata 1: Mountain Climbers**

After completing 8 rounds of 20/10, rest 1 minute

#### **Tabata 2: Jumping Lunges (hold a weight every other round to up the challenge)**

After completing 8 rounds of 20/10 rest 1 minute

#### **Tabata 3: [Plank Froggers](#)**

After completing 8 rounds of 20/10 rest 1 minute

#### **Tabata 4: [Froggers](#) (hold a weight every other round to up the challenge)**

ALL DONE!!!!

### Wednesday: Wonderful Wednesday Cardio (30-45 min)

*Steady State Cardio*

Steady state cardio (running, biking, swimming, walking, rolling skating, etc.) for 30-45 minutes. No stopping. Find your groove, pump up the jams, and go!

### **Thursday: Upper Body Beef Up (20 min)**

*Hammer your upper body by doing each activity for 1 minute. Repeat entire circuit 4 times! Using weights this day is ideal.*

- [Squats with shoulder presses](#)
- [Serving biceps](#) (stand on one leg)
- Punches (upper cuts)
- Shoulder raises
- Push ups with [plank tucks](#) (Push up, plank tuck, push up, plank tuck)

### **Friday: Stretch/Yoga (as long as you want!)**

*Stretch your muscles and allow healing). Warm up with dynamic stretching and then spend time stretching your arms, back, torso, and legs.*

### **Saturday or Sunday: Lower Body Burn (20 min)**

*Cut up your legs by doing each activity for 1 minute. Repeat entire circuit 4 times! Hold weights during these activities to add more of a challenge to your workout)*

- Walking Lunges (5 forward, 5 backward)
- Wall sit with arms raised (or just hold squat position with arms raised)
- [Surrenders](#)
- [Sumo Squats Hops](#)
- [Heisman Hops](#)