

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](#)