

Sample Travel Exercise Routine

Designed by: Chris Knight - Certified Fitness Specialist, Nutrition and Life Coach



LEGS: GLUTES / THIGHS - 8 Full Squat (Dumbbell)

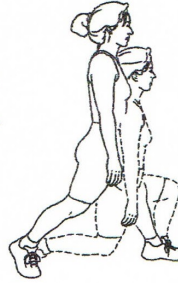
Head up, back straight, feet pointed slightly out, squat until backs of thighs touch calves. Keep abdominals tight and maintain weight on heels.



Do 2 sets.
Complete 12 repetitions.

LEGS: GLUTES / THIGHS - 9 Lunge: Stationary

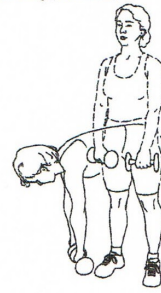
In wide stride, legs shoulder width apart, head up, back straight, bend both legs simultaneously until forward thigh is parallel to floor. Do all repetitions to one side. Repeat on other side.



Do 2 sets.
Complete 12 repetitions.

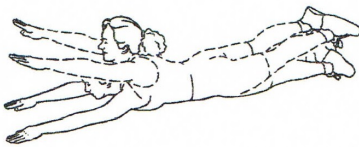
BACK: LOW - 4 Dead Lift: Twisting (Dumbbell)

Legs straight, back flat, torso twisted, hold dumbbells at outside of one foot. Bring body up, twisting to forward. Alternate sides.



Do 2 sets.
Complete 12 repetitions.

BACK: LOW - 2 Extension: Superman



Arms and legs as straight as possible, raise both simultaneously.

Do 2 sets. Complete 15 repetitions.

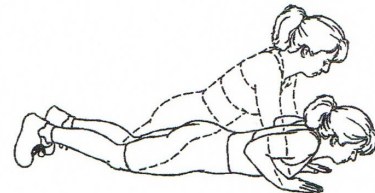
MID BACK - 1 High Row: Long-Sitting



Tubing around feet and palms down, pull arms back while squeezing shoulder blades together.

Repeat 12 times per set. Do 2 sets per session.
Do 3 sessions per week.

CHEST - 5 Push-Up: Modified - Narrow Hands

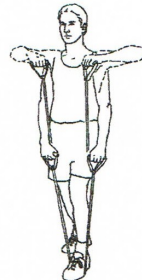


Chest a few inches from floor, push up until arms are straight, bending at knees.

Do 2 sets. Complete 12 repetitions.

SHOULDER / UPPER BACK - 2 Row: Upright

Anchor tubing under front foot in stride stance. Palms down, raise hands toward chin, elbows out.



Repeat 12 times per set.
Do 2 sets per session.
Do 3 sessions per week.

BICEPS - 1 Curl: Standing

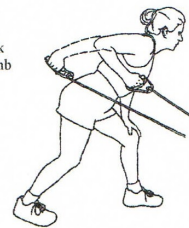
Anchor tubing under front foot in stride stance. Palms forward, curl arms.



Repeat 12 times per set.
Do 2 sets per session.
Do 3 sessions per week.

TRICEPS - 8 Kick-Back: Single Arm

Different than picture I want you to step on the band with your front foot. Support trunk with free hand on knee. Thumb up, extend arm backward.

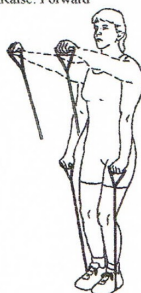


Repeat 12 times per set.
Repeat with other arm.
Do 2 sets per session.
Do 3 sessions per week.

Anchor Height: Ankle

SHOULDER / UPPER BACK - 9 Raise: Forward

Anchor tubing under feet in narrow stance. Palms down, raise arms in front to parallel.



Repeat 12 times per set.
Do 2 sets per session.
Do 3 sessions per week.

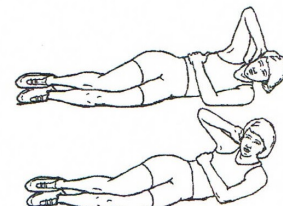
ABS - 7 Crunch: Bent Knee



Arms straight, tighten abdominals, raise shoulders and upper back toward ceiling. Keep head and neck in line with spine. Keep low and middle back on floor.

Do 2 sets. Complete 15-20 repetitions.

ABS - 18 Crunch: Side



With knees bent, tighten abdominals, flex upper body upward, moving elbow toward hip.

Do 2 sets. Complete 12-15 repetitions.

