



Travelling Workouts

Workout #1	Workout #2
<p><i>If weight room is available:</i></p> <p>Med- Ball Push-ups 3 x max</p> <p>Bent-over reverse flies with DB's 3x10</p> <p>Shoulder side raises with DB's 3x10</p> <p>Pull-ups 3 x max</p> <p>Planks 4x60 sec</p> <p>Lunges with DB's 3x10</p> <p>Single-leg RDL w/ DB's, 3x10</p> <p>Hip Routine 2x10</p>	<p><i>No weight room available:</i></p> <p>Push-ups 3 x max</p> <p>Shoulder Routine w/ water bottles, 2x20 (Front, thumb down, side, bent over, upright row, shoulder press)</p> <p>Wall-Sits (fists b/w knees) 6x60 sec</p> <p>ABC V-Ups 3x10</p> <p>Hip Raises, foot on chair, single leg, 3x15</p> <p>Lunge Matrix 2x10</p> <p>Hip Routine 2x10</p>