

Vacation Workouts:

A Guide to Simple, Effective, Workouts With Minimal Equipment



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Disclaimer

You must get your physician's approval before beginning this exercise program.

These recommendations are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity.

This program is designed for healthy individuals 18 years and older only. The information in this report is not meant to supplement, nor replace, proper exercise training. All forms of exercise pose some inherent risks. The editors and publishers advise readers to take full responsibility for their safety and know their limits.

Before practicing the exercises in this book, be sure that your equipment is well-maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Don't lift heavy weights if you are alone, inexperienced, injured, or fatigued. Always ask for instruction and assistance when lifting. Don't perform any exercise without proper instruction.

See your physician before starting any exercise or nutrition program.

If you are taking any medications, you must talk to your physician before starting any exercise program. Including this one. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop that movement and consult a physician.

You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician.

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Working out during a vacation usually mean hotel gyms which can range from awesome to not so awesome to down right terrible.

You're options are typically **VERY** limited.

There are some ways around this, and if you're willing to travel with about 5lbs of equipment you can get a pretty awesome workout.

Granted, there are some serious limitations here.

#1: You're not going to be doing very intense work.

Intensity has nothing to do with how hard you feel like you're working. Intensity is a numerical measure of your work relative to your maximum capability.

100% intensity means a lift that is your One Rep Max.

With that in mind, if you're even a mildly serious lifter, the typical hotel gym is going to have a Smith Machine and dumbbells up to 50lbs, if you're lucky and this just isn't going to cut it.

So, so 1,3,5 RM's this week. We'll be focusing of higher rep and timed sets with little to no rest.

But if you're a seasoned lifter ie..the type that should be doing low(er) rep max work the break from the loading should be welcomed and is probably long overdue.

This is a perfect opportunity to do some high rep work and allow your CNS to recover.

#2: Limited Area/ less than perfect conditions.

Nicer resort style gyms tend to be crowded during the hours you would actually want to be there. You know those ones right after you get to sleep in some and right before you stroll down to the beach.

Crappy hotel gyms tend to be too small. 3 people and the place might be packed out

So you might be left to your room or a park or the beach etc.

That's the point of this book..We're gonna work around these.

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I'm going to try and give you some workouts that will limit the area and equipment you'll need.

#3: Fat Loss, Metabolic Conditioning or Just Working Really Hard

Lots of reps, not a lot of rest.

Most of these are not going to be very difficult from a strength perspective, but they will challenge your endurance.

So we're going to focus on keeping moving, sweating a lot and burning off the Mojitos and Nachos from yesterday.

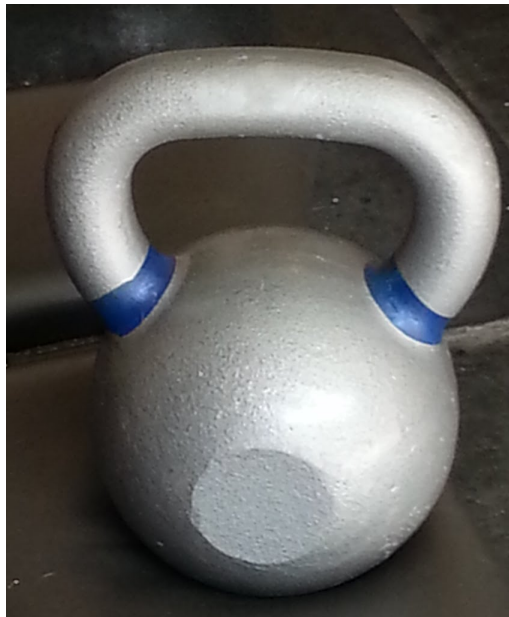
Since a lot of exercises are going to be body weight or lightly loaded we're shooting for high reps (10+ to AMAP) and minimal rest between sets to keep the challenge high and blood pumping.

The Equipment:

Many of the movements you have available to you is going to be either body weight or with some relatively light dumbbells, if you're lucky.

It wouldn't be a bad choice to invest in a few things especially if you travel a lot:

Kettlebell: *This is only if you're going to be doing a lot of car travel.* Get one that's not too heavy and not too light. Something that can do presses, rows, swings, snatches, figure 8's. [Grab a bell here,click me.](#)



For most guys that have been training a while and are experienced with a kettlebell this is going to be at least a 50 pounder, for most experienced women a 30 pounder.

TRX: or other lightweight, portable suspension trainer.

Just make sure you have a door hanger. [Get TRX here, click me](#)



Bands:

Can be purchased just about anywhere now. jumpstretch are the originals.

A single miniband should suffice for most but for the strong(er) out there you may want a **light band also for things like Good Mornings, Pullup (assistance), Pushups.**



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Minibands:

I prefer the [Perform Better brand](#). Most people should use the green or blue, the black is best for those who are very experienced. but is a little too much for most.



Fast Gripz:

By increasing the diameter of the dumbbell or barbell FatGripz increase the difficulty of any movement by really increasing the challenge on the grip. [Get Fat Gripz here](#)



Sliders: The kind you move furniture with

Any of these work but I prefer the bigger size [9.5 inch x 5.75 inch](#). [Click to get them.](#)



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The Workouts:

“Pay no attention to that man behind the curtain.”

There is no magic here.

Think of this as a book of ideas.

For the most part these are just thrown together to give you some structure and logical order without having to think about it yourself. If you don't like the order, switch it. If you would rather use a similar but different movement.....do it.

With that in mind, always remember that the real purpose here is just to get a decent sweat sesh in. We ain't training for the Olympics here.

Circuits:

Supersets, Tri Sets, Giant sets.

That's what these workouts use. These allow one muscle group or pattern to "rest" while another is working".

This allows us to get the most high quality work in, while cutting down on the rest needed.

For example:

Exercise	Sets	Reps	Rest
1a) Goblet Squat	2	10	30's
1b) Single Arm Shoulder Press	2	AMAP	30's
1c) Single Leg Deadlift	2	10	30's
1d) Single Arm Row	2	AMAP	30's

Would look like this when you perform it:

Set 1:

Goblet Squat for 10 reps
Rest 30's
Single arm Shoulder press for AMAP on Right
Single Arm Shoulder Press for AMAP on Left
Rest 30's
Single Leg Deadlift on Right Leg for 10
Single Leg Deadlift on Left for 10
Rest for 30's
Single Arm Row on Left for AMAP
Single Arm Row on Right for AMAP
Rest

Begin Set 2:

Goblet Squat for 10 reps
Rest 30's
Single arm Shoulder press for AMAP on Right
Single Arm Shoulder Press for AMAP on Left
Rest 30's
Single Leg Deadlift on Right Leg for 10
Single Leg Deadlift on Left for 10
Rest for 30's
Single Arm Row on Left for AMAP
Single Arm Row on Right for AMAP

After completing all the sets for this grouping you would move on to the next grouping *2a), 2b), 2c)* etc. and repeat the process until you complete all the sets in that block.

**Almost all exercises here are unilateral, ie. the implement is held or movement is placed on one side of the body. Any time this is the case a single set consists of the exercise performed on both sides.*

Warmups:

Generally people pull the

“I ain’t got time fo’ dat.”

But seriously, if investing 5 minutes of effort to not jack yourself up is too much, you need to reevaluate.

You should be packing a lacrosse ball any way adding a travel stick isn't a bad idea either. And a general warmup before working out? That should be a no brainer....

Warm up	Time/ Reps
<u>Lax Ball or Stick Work</u>	30's Each Spot
<u>Lat Stretch</u>	30's Each Side
<u>Chest Stretch</u>	30's Each Side
<u>Cat Camel</u>	10 Reps
<u>Groiners with Rotations</u>	5 Each Side
<u>Lateral Lunge</u>	5 Each Side

These should become your best friends:



Lax Ball



The Stick

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The Formats:

One Dumbbell/ Kettlebell:

These are all workouts that will be done with one dumbbell or kettlebell.

Using an off-set load can create a challenge that, if you're used to more conventional unilateral training, is surprisingly difficult.

5lbs of Fun:

A TRX and a set of sliders and a miniband.....weighs about 5lbs.

These three things combined can really provide a good workout and take up about the same amount of room in your suitcase as a pair of shoes.

Challenges:

These suck, they're not fun, they're simple to perform, difficult to accomplish and miserable while you're doing them..

But you can work really hard for a few minutes, and try to accomplish something, and sometimes that's enough motivation.

Sneaky Workouts:

Ever walk a half mile in deep sand? Trust me, it's hard as hell.

Ever sprint in the sand? It'll take your legs and your lungs in 20 yards.

Farmers Carries? Just find something and go to town.



Paddle Boards, Kayaks, Surfboards all of these can provide really good workouts, without even "working out".

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One Dumbbell/ Kettlebell:

The Total Body Circuit:

There are four basic movements the human body does.

The workouts in this section hit all four of these movement patterns in a circuit.

The Four Basic Movement Patterns:

- Upper Body Push
- Upper Body Pull
- Hip Dominant
- Knee Dominant

Examples:

Upper Body Push:

- Pushup
- Shoulder Press
- Floor Press

Upper Body Pull:

- Pull up
- Row
- Facepull

Hip Dominant:

- Deadlift
- Romanian Deadlift
- Reverse Slider lunge

Knee Dominant:

- Squat
- Forward Lunge
- Pistol Squat

The Push/ Pull:

These Workouts Pair a "Push" with a "Pull".

Keep in mind these can be upper/lower, upper/ upper, lower/lower pairings.

The Upper/ Lower:

All of these pair an upper and a lower exercise.

Total Body Circuits: One Dumbbell/ Kettlebell

Workout 1

Exercise	Sets	Reps	Rest
<u>1a) Goblet Squat</u>	2	10	30's
<u>1b) Single Arm Shoulder Press</u>	2	AMAP	30's
<u>1c) Single Leg Deadlift</u>	2	10	30's
<u>1d) Dumbbell Row with Pause</u>	2	AMAP	30's
<u>2a) Offset Reverse Lunge</u>	2	10	30's
<u>2b) Single Arm Floor Press</u>	2	AMAP	30's
<u>2c) Front Loaded RDL</u>	2	10	30's
<u>2d) One Arm Real Row</u>	2	AMAP	30's

*AMAP= As many technically sound reps as possible

Estimated Time: 45 minutes

Workout 2

Exercise	Sets	Reps	Rest
<u>1a) Goblet Reverse Lunge</u>	2	10	30's
<u>1b) Single Arm Bent Over Row</u>	2	AMAP	30's
<u>1c) Goblet Forward Lunge</u>	2	10	30's
<u>1d) 1 Arm Shoulder Press</u>	2	AMAP	30's
<u>2a) Single Leg Deadlift</u>	2	10	30's
<u>2b) Pushup</u>	2	AMAP	30's
<u>2c) Goblet Squat</u>	2	10	30's
<u>2d) One Arm Real Row</u>	2	AMAP	30's

*AMAP= As many technically sound reps as possible

Estimated Time: 48 minutes

Workout 3

Exercise	Sets	Reps	Rest
<u>1a) Single Arm Overhead Squat</u>	4	10	30's
<u>1b) Half Kneeling Shoulder Press</u>	4	10	30's
<u>1c) DB Swing</u>	4	20	30's
<u>1d) Single Arm Real Row</u>	4	10	30's

Estimated Time: 40 minutes

Workout 4

Exercise	Sets	Reps	Rest
<u>1a) Offset BSS</u>	4	10	30's
<u>1b) Foot Up Shoulder Press</u>	4	AMAP	30's
<u>1c) Single Leg Deadlift</u>	4	10	30's
<u>1d) 3 Point Row w/pause</u>	4	AMAP	30's

Estimated Time: 45 minutes

Workout 5 Advanced

Exercise	Sets	Reps	Rest
<u>1a) DB Snatch</u>	3	10	1 min
<u>1b) Pushup</u>	3	AMAP	30's
<u>1c) Offset Forward Lunge</u>	3	10	30's
<u>1d) Bent Over Row</u>	3	AMAP	30's

Estimated Time: 35 Minutes

Workout 6 Advanced

Exercise	Sets	Reps	Rest
<u>1a) DB Turkish Getup</u>	3	5	1 min
<u>1b) Single Arm Bench Press</u>	3	AMAP	30's
<u>1c) DB Clean and Press</u>	3	10	30's
<u>1d) DB Pullover</u>	3	AMAP	30's

Estimated Time: 35 Minutes

One Dumbbell: Push/ Pull

Workout 1

Exercise	Sets	Reps	Rest
<u>1a) Goblet Squat</u>	2	10	30's
<u>1b) Single Leg Deadlift</u>	2	10	30's
<u>2a) Floor Press</u>	2	10	30's
<u>2b) Single Arm Row</u>	2	10	30's
<u>3a) Goblet Forward Lunge</u>	2	10	30's
<u>3b) Goblet Reverse Lunge</u>	2	10	30's
<u>4a) Shoulder Press</u>	2	10	30's
<u>4b) Single Arm Real Row</u>	2	10	30's

Estimated Time: 40 minutes

Workout 2

Exercise	Sets	Reps	Rest
<u>1a) Shoulder Press</u>	3	10	30's
<u>1b) Single Leg Deadlift</u>	3	10	30's
<u>2a) Single Arm Real Row</u>	3	10	30's
<u>2b) Goblet Squat</u>	3	20	30's

Estimated Time: 35 Minutes

One Dumbbell: Upper Lower

These alternate a lower body dominant exercise with an upper body dominante (or vice versa).

Workout 1:

Exercise	Sets	Reps	Rest
<u>1a) Half Getup</u>	3	5	30's
<u>1b) Shoulder Press</u>	3	10	30's
<u>2a) Single Leg Deadlift</u>	3	10	30's
<u>2b) Single Arm Row</u>	3	10	30's
<u>3a) Reverse Lunge</u>	3	10	30's
<u>3b) Floor Press</u>	3	10	30's

Estimated time: 45 minutes

Workout 2:

Exercise	Sets	Reps	Rest
<u>1a) Overhead Lunge</u>	3	10	30's
<u>1b) Half Kneeling Press</u>	3	10	30's
<u>2a) Single Arm Real Row</u>	3	10	30's
<u>2b) DB Swing</u>	3	20	30's

Estimated Time: 30 minutes

5lbs of Fun:

This is the section you should live off of if you're not going to be leaving the hotel room to workout.

What you Need:

Suspension Trainer: I prefer the **TRX**, but anything you can set up in a hotel room works.

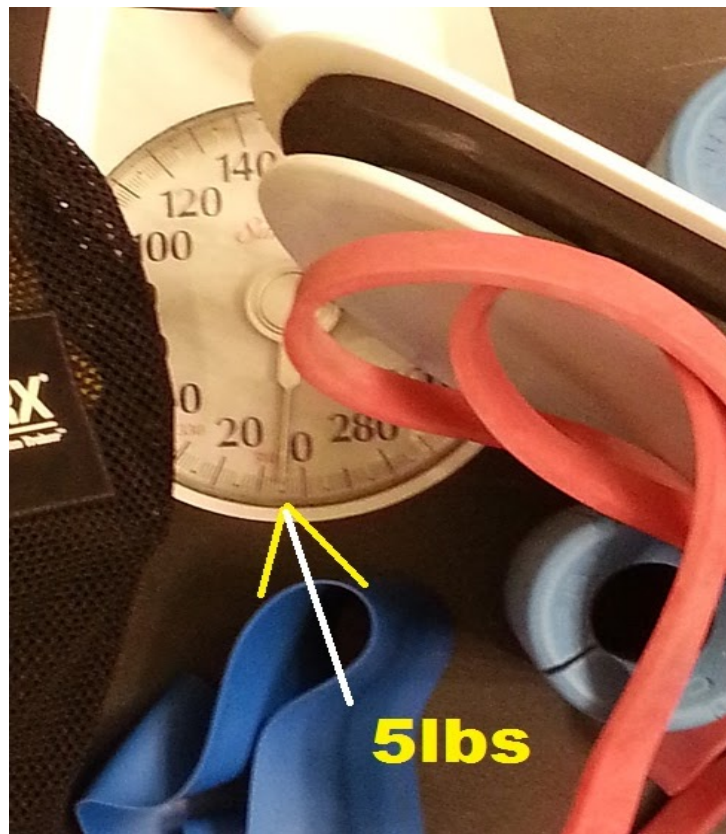
Furniture Sliders:

Ankle Style Mini Band from Perform Better:

Strength Band:

Why 5lbs of Fun?

These weigh about 5lbs together...



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5lbs of Fun:

Workout 1:

Exercise	Sets	Reps	Rest
<u>1a) TRX BSS</u>	2	15	30's
<u>1b) Pushup</u>	2	AMAP	30's
<u>2a) Reverse Slider Lunge</u>	2	20	30's
<u>2b) TRX Row</u>	2	AMAP	30's
<u>3a) Slider Hamstring Curls</u>	2	AMAP	30's
<u>3b) TRX T's</u>	2	15	30's
<u>4a) Mini band Shuffle</u>	2	AMAP	30's
<u>4b) Slider Body Saw</u>	2	AMAP	30's

Estimated Time: 40 minutes

Workout 2:

Exercise	Sets	Reps	Rest
<u>1a) TRX Pistol</u>	3	8	30's
<u>1b) Slider Pushups</u>	3	AMAP	30's
<u>1c) TRX Row</u>	3	AMAP	30's
<u>2a) TRX Reverse Lunge</u>	3	AMAP	30's
<u>2b) TRX Pushup</u>	3	AMAP	30's
<u>2c) TRX Fallout</u>	3	AMAP	30's

Estimated Time: 35 Minutes

Workout 5: One of Everything

Exercise	Sets	Reps	Rest
<u>1a) TRX BSS</u>	2	20	None
<u>1b) TRX Single arm Row</u>	2	AMAP	None
<u>1c) TRX Reverse Lunge</u>	2	20	None
<u>1d) Slider Pushup</u>	2	AMAP	None
<u>1e) TRX T's</u>	2	AMAP	None
<u>1f) Slider HS Curl</u>	2	AMAP	None
<u>1g) Mini band Shuffle</u>	2	AMAP	None
<u>1h) TRX Biceps Curl</u>	2	AMAP	None
<u>1i) Slider Body Saw</u>	2	AMAP	None

Estimated Time: 25 Minutes

Challenges:

These are just really, really hard.

That's pretty much it. You don't need to think, just go.

They don't take very long to complete but after some of them you'll be completely smoked.

These can also be placed at the end of one of the other workouts as a "finisher".

The Circuit From Hell:

Exercise	Sets	Reps	Rest
<u>1a) DB Turkish Getup</u>	3	5	1 min
<u>1b) DB Snatch</u>	3	10	45's
<u>1c) DB Clean and press</u>	3	10	30's
<u>1d) Forward/ Backward Lunge</u>	3	10	no rest
<u>1e) Pushups</u>	3	AMAP	no rest

The 500 Challenge:

In as few rounds as possible complete 100 Pushups, Lunges and Pullups.

<u>200 Pushups</u>
<u>100 Forward/ Backward Lunges each leg</u>
<u>100 Pullups</u>

The BSS/ Thruster Challenge 100:

Complete 100 Bulgarian Split Squats (each leg) and 100 Dumbbell Thrusters on each arm in as few sets as possible.

<u>100 Bulgarian Split Squats</u>
<u>100 DB Thrusters (dumbbell on each side, 200 total)</u>

5 Minutes Alone

Kettlebell Figure 8's For A Continuous 5 Minutes

5 Minutes of Fury

Kettlebell Swings: 30 Seconds on/ 30 Seconds off for 5 Minutes

The Getup Challenge:

Perform the number of **turkish getups** on both sides before moving on to the next round.

Round	Sets	Reps	Rest
1	1	6	None
2	1	7	None
3	1	8	30's
4	1	9	45's
5	1	10	1 min
6	1	9	1 min
7	1	8	45's
8	1	7	30's
9	1	6	30's
10	1	5	None

R & R:

It's commendable that you want to work hard, stay active and keep moving while on vacation. But don't forget why you're there in the first place.....

Take a Break

Get some rest, relax, and recover.

If you're reading this you're already in the 3%.

Most people are too lazy to get off the couch and take a walk around the block.

Chances are you're already super motivated and probably pushing the limits in a few areas of your life.

Take this as permission to take a break.

If you're training hard the rest of the year taking it a little easier for a week or two isn't going to do anything but improve your performance over the rest of the year.

Full Disclosure:

Those links to equipment?

Yeah, I'm an Amazon affiliate and if you click on the link provided here and buy the product I get like 0.005% of what it costs you.

So no, I'm not going to get rich by selling you stuff as an affiliate, but If you buy some stuff I might be able to buy a sandwich next time I'm out. Buy a lot? Maybe a combo meal.

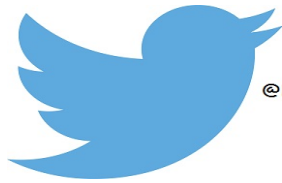
And yes, I do use all of those pieces of equipment, and stand by them.

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