

Chad Howse's

TRAVEL TRAINER



**10 WORKOUTS
THAT TAKE 10 MINUTES OR LESS
& CAN BE DONE ANYWHERE**

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THE TRAVEL TRAINER

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MAXIMIZING A LACK OF WEIGHT, THROUGH TEMPO VARIATION

When we travel, whether it be for work, pleasure, exploration, to add a little bit of excitement to life, to learn, to flee from the law, or maybe a combination of everything, we're usually going without a set of weights accompanying us on our journey...

The only way we're going to see the same muscle damage, or create the same intensity in our training is by a) varying the tempo's of each set, and b) doing a lot of single-limb training to account for the increase in difficulty we're going to need to progress in our training.

Changing up the tempo of our exercises will give us the time under tension we need to create an environment for optimal muscle growth. It will also DRAMATICALLY increase the intensity of a workout.

Single limb training can turn a bodyweight workout into a truly difficult endeavor. Ever tried single leg squats, single arm push-ups, or even a single arm pull-up?

Well, they're all tough as shit. They take practice, and a whole lot of improvement in strength to master. Once mastered, you can even change the angles and increase the difficulty through tempo changes.

If you think that just because you're always on the road that your gains in both fat loss and muscle have to take a back seat, you're dead wrong. Are gym's a better place to train? Yes. But can you get in great shape using the tools you have around you, even if those tools are a bed... and that's it? Yes.

Need proof?

Have a look at some of the most creative people on the planet: **convicted felons**. Sometimes these guys won't see the light of day for weeks. They won't be allowed to lift in the yard, or train like they want to AT ALL.

They're actually taking gyms OUT OF prisons because they feel that it gets inmates stronger, more deadly, and raises testosterone levels - which they feel increases rage. An increase in rage due to higher testosterone levels is a theory. A theory that hasn't been proved, yet is somehow seen as fact.

Testosterone also releases endorphins that give us a natural high - in a happy/good way. Lifting also promotes self confidence, and is a HUGE de-stressor. I think it's a massive mistake.

Nonetheless, these guys still find a way to get in amazing shape with little to no equipment. Just like they find ways to make knives out of plastic forks, but let's not glorify that aspect of their creativity.

TRAIN HARD, EVERYWHERE.

This book, and the corresponding workouts are for the person who travels with work...

The person who lives in a cramped apartment and doesn't always have time to get to the gym...

The person who wants to get shredded, but doesn't have time to drive to the gym, park, walk in, work out, then drive back home and most likely fall asleep...

No matter where you are, whether you're at home, if you have access to a jungle gym (which is an AWESOME place to workout), or if you're stuck in a miserable little apartment, there's a workout here you can follow.

THE TEMPO MAKE-UP

Each workout will have a tempo - or cadence - that is designed to maximize the muscle damage we're trying to create. That's what we're doing when we workout, we're breaking down our muscle. **It's through proper recovery and repairing that muscle that we build it.**

We're going to be changing up the tempo of our exercises A LOT. We're going to create an atmosphere where we can have consistent gains. Where plateaus aren't given a chance to show their ugly faces.

So, for the purpose of saving time, and to avoid long, boring descriptions after every set or exercise, I'm going to give you an easy code to follow. It's a secret code though, so if you tell anyone, you will have to be killed...

I'm kidding of course. Please don't email me with a return threat. I will cry.

C = Concentric contraction

E = Eccentric Contraction

T = Top - or the pause part of the exercise. This might not mean what you think, so make sure you look in the 'LINGO' section for a more detailed description.

Here's a sample of what I'm talking about.

Push-up

E4;C1;T2

The tempo I just described for the push up looks like the following:

Always start at the top of an exercise.

The way down = 4 seconds

The press = 1 second

The top = hold for 2 seconds (squeezing/flexing the muscles in your chest, shoulders, and triceps)

Here's another example for an opposing exercise, the chin-up.

E4;C1;T1

The way down = 4 seconds

The pull = 1 second

The top = hold for 1 second (pinching and squeezing your back muscles, this isn't a break)

Below are links to the programs. Right click to save it, or just click the title you want to see and it'll take you to the page you want to visit.

Good luck!

WHERE DO YOU NEED TO TRAIN?

- 1.....THE METABOLIC HOTEL ROOM WORKOUT***
- 2.....THE MUSCLE HOTEL ROOM WORKOUT***
- 3.....THE MORNING HOTEL ROOM WORKOUT***
- 4.....THE PARK WORKOUT***
- 5.....THE JACKED JUNGLE GYM WORKOUT***
- 6.....THE APARTMENT WORKOUT I***
- 7.....THE APARTMENT WORKOUT II***
- 8.....THE BACKYARD WORKOUT I***
- 9.....THE BACKYARD WORKOUT II***
- 10.....THE SHITTY GYM WORKOUT***
- 11.....LINGO***

HOTEL WORKOUTS

The following workouts will help you burn fat, build muscle, and have a lot more energy when you're on the road, staying in hotel rooms.

These workouts, like all others, take 10 minutes or less. So gone are your excuses!

The Setup

The goal with workouts done in a confined space, like a hotel room, is to raise our HR as high as possible, as quickly as possible, but also to create as much muscle damage in this confined space.

You can do each exercise with 2 tempo's. I suggest rotating between the two.

The first:
E4;C1;T2

Second:
E1;C4;T2

The first temp will maximize muscle growth. Really focus on exploding in the concentric phase of each exercise. The walk outs will be done as fast as possible, as will the mountain climbers.

What you'll find is that even though the space is confined, there are actually quite a few options, and you *can* build up a sweat in a very short time, even if you're in a tiny room.

THE METABOLIC HOTEL ROOM WORKOUT

A1. Bulgarian split squat

A2. Lunges

A3. Walk outs

Rest - high knees for 30 seconds

Repeat 3x.

Resting for 30 seconds after all 3 sets have been completed.

B1. Inclined push-ups (hands on the bed)

B2. Dips

B3. Mountain Climbers

Rest - high knees for 30 seconds

THE MUSCLE HOTEL ROOM WORKOUT

Tempo: 1 second concentric; 4 seconds eccentric
Reps: 10-15 or failure

A1. Russian Push-ups
A2. Dips
60 second wall sit (break)

B1. Single-arm push-ups (or close grip push-ups_
B2. Bulgarian split squat
60 second wall sits (break)

Finisher:

Shoulder Circles (a boxing drill that *kills*)

50 small circles in a forward motion
50 small circles in a backwards motion
50 medium circles in a forward motion
50 medium circles in a backwards motion
50 large circles in a forward motion
50 large circles in a backwards motion

THE MORNING HOTEL ROOM WORKOUT

A lot of the time when we travel, it's hard to wake up. We're in a different city, sleeping in a different bed, and following a completely different routine.

We're also on business, or have packed schedules that require energy, an ability to focus, and some damn exuberance.

This workout will get the blood flowing, and the brain working.

Breakfast is also important, so be sure to check this article out about what you should be eating for breakfast not just for fat loss, but for improved energy and focus as well.

The Meat, Nuts and Vegetables Breakfast

(link to: <http://www.chadhowsefitness.com/blog/2012/02/is-your-breakfast-killing-you/>)

1. Sliding Planks – 12 reps
 2. Mule Kicks – 12 reps
 3. Bodyweight Squats- 20 reps
 4. Side Plank – 30-seconds
- Rest 45 seconds
Repeat 4 times

THE PARK WORKOUT

If you're traveling, find a nearby park for this workout. You're going to burn a *ton* of fat in very little time...

... this intense workout will also have a positive effect on your metabolism for up to 24 hours *after* you've finished training. So you're burning fat even after you've left the gym!

The Set-up

Sprints are our break. Yes I know. Sprints aren't much of a break. But we're going to be in and out in less than 10 minutes, and we're going to burn a boatload of calories.

Each exercise will take place 20-30 meters (or yards) away from each other. Complete one exercise for the allotted amount of reps, sprint to the other side, and complete the second exercise.

Each set is separated by rest. Use it. But don't abuse it. Your rest isn't timed; it's simply going to be the walk back to the first exercise.

Here we go:

1. Spiderman Push-ups
sprint
2. Lunges (or lunge jumps)
sprint
3. Mountain Climbers
sprint
4. Burpees
Walk back to the starting point

Repeat this set 4 times, then get on with your day!

THE JACKED JUNGLE GYM WORKOUT

Now we can actually have a legit muscle-building workout.

If, at any time in your travels, you come across a playground with a jungle gym, THIS is where you're going to workout.

We can do our pulling, pushing, squatting, dips, and any other exercise you can think of. We can actually build muscle at a jungle gym, we don't have to do metabolic workouts. We can now train for some *serious gains*.

I'm going to give you the 10-minute workout, then I'm going to give you a few bonus sets you can throw in there if you have a bit more time to burn.

The first:

E4;C1;T2

A1. Chin-ups - overhand grip (on monkey bars)

A2. Dips ("

A3. Hanging Leg Raise

3 sets of 15 + reps

Recover: 60 seconds

B1. Bulgarian Split Squat

B2. Single leg calf raise

B3. Chin-up curl (30 seconds down, 30 seconds up)

3 sets of 15+ reps

Recover: 60 seconds

Bonus Set

C1. Alternating level push-up

C2. 45 degree angle chin-up

C3. Box Jump
3 sets of 10-15 reps
Recover: 60 seconds

THE APARTMENT WORKOUTS

Let's assume that you have a few dumbbells in your apartment, or at least the ability to go buy some, but you don't always have time to get to the gym. The following workout is for you.

We're going to really vary the volume in these workouts. Some of the exercises you might not be able to do, in which case, do the simpler version (that's in brackets). We're also going to be doing some extreme rep variations to optimize the benefits you'll get out of these shorter workouts.

The set-up

Again, we'll be using the giant set platform of 3 exercises back-to-back to optimize muscle damage, which we'll then repair through the proper recovery techniques that are mentioned in the book.

We're also going to be using different tempo's to maximize the weights we have. I know we all don't have 60's, 70's or 100's lying around our living room floor, but I'll show you how to make 10's, 20's, and 40's work just as well.

THE APARTMENT WORKOUT I

The first tempo:

E4;C1;T2

Second tempo:

E1;C4;T2

A1. Dumbbell lateral raise

A2. Dumbbell bent over later raise

A3. Dumbbell front raise

rest 30 seconds

2 sets of 15 reps each exercise

B1. Bent over dumbbell row

B2. Upright row

B3. Walking Push-up

Rest 30 seconds

2 sets of 15 reps each exercise

Bonus Set

C1. Single leg squat (or lunge)

C2. Single leg romanian deadlift (straight leg)

2 sets of 15 reps each exercise

Rest 30 seconds

THE APARTMENT WORKOUT II

The first tempo:

E4;C1;T2

Second tempo:

E1;C4;T2

A1. Walking push-up

A2. Walkouts

A3. High knees sprint (30 seconds)

rest 30 seconds

2 sets of 15 reps each exercise

B1. Upright Row

B2. Lateral pauses (pause to failure w 5-10 lbs weight)

B3. Burpees – 10 reps

60 second wall sit as rest

THE BACKYARD WORKOUTS

This could be a yard-sized spot at the back of your apartment building, or of course, your back yard. Either way, this little space is more than enough to get a great metabolic workout in.

We're going to be using a similar set-up to the field workout, but since we have less space, we're going to make it a more condensed, and even more difficult workout. We're going to burn a ton of calories, even though we have only 5-10 yards to work with.

The Setup

Like I just said, we're going to be using a similar set-up as the field workout, but as we move from one exercise to another, the difficulty is going to be increased.

The focus of this workout isn't to have a fast and intense tempo, but rather, to build up as much lactic acid as we possibly can, as fast as we can.

How do we build lactic acid?

Well, lactic acid is actually created on the concentric phase of an exercise. So, we're going to slow this part of each exercise down to maximize our lactic acid build up. This is the opposite of what we're doing in every other workout.

This workout is geared to maximize fat loss. You can go through any of the other workouts and change the tempo up to follow this one as well. But I DO like an explosive concentric phase to the lift, which is why this change up will be so effective.

You're really going to feel these workouts.

THE BACKYARD WORKOUT I

Tempo

C4, E1, T2

1. Push-ups (on knees if necessary)

Lunge walk (slow)

2. Squat (single leg if needed)

Lunge Walk

3. Diamond push-up (close grip)

Lunge Walk

4. Squat sit (30 second sit)

Lunge Walk

5. Plank (30-60 second plank)

Repeat this workout 2 times - then again, get on with your day!

THE BACKYARD WORKOUT II

Tempo

C4, E1, T2

A1. Clock Push-ups

A2. Med Ball Slams (or walk-outs)

A3. Lunges (or lunge jumps)

Squat Hold for 30 seconds

B1. Frog Jumps

Lunge jump (to other exercise)

B2. Extended Walkouts

Lunge jump (to other exercise)

B3. Russian Push-up (feet on fence or side of house)

THE SHITTY GYM WORKOUT

Let's assume your hotel room has a gym - awesome - but we're probably only going to have access to some very limited weights, and most likely a universal gym-type device that uses a system of pulley's or cables.

The equipment is lacking, but that doesn't mean the workout is lacking. We're going to take advantage of the light dumbbells, and maybe more importantly the bench.

The Setup

A1. Bulgarian split squat

A2. Inclined bent over row

A3. Inclined lateral raise

45 seconds rest (keep your eye on the clock!)

B1. Feet elevated push-up

B2. Dumbbell Curl

B3. Pulldowns

45 seconds rest (keep your eye on the clock!)

LINGO

concentric contraction: the force generated is sufficient to overcome the resistance, and the muscle shortens as it contracts. This is what most people think of as a muscle contraction.

eccentric contraction: the force generated is insufficient to overcome the external load on the muscle and the muscle fibers lengthen as they contract. An eccentric contraction is used as a means of decelerating a body part or object, or lowering a load gently rather than letting it drop.

tempo: the cadence or pace of the exercise. That is, each individual repetition.