Travel Workout Plan

Training Style: Perform aerobic exercise for 20seconds , take 10seconds rest , and repeat for alotted amount of rounds.

			Date	/	/	/	/	/	/	/	/	/	/
			Rounds										
				Rest 60 seconds after every exercise completed									
Aerobic Training Exercises	Rounds	Lbs	Coaching Tip	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps	Reps
SIT OUTS	8												
PLANK	8												
PUSHUPS	8												
SPLIT SQUATS	8												
BENCH DIPS	8												
RENEGADE ROWS	8												
WALKING LUNGES	8												
BURPEES	8												
SQUAT JUMPS	8												
DB SKIER SQUAT TO PRESS	8												