



Name: _____

A Travel Workout - Intermediate

Hotel/Apartment Gym- Dumbbells & Benches

			Date				Date				Date			
Movement	Reps	Tempo												
A1 1-Arm Kneeling Supinated Dumbbell Row	12-15	3011												
Rest	45 seconds													
A2 Side-Facing Dumbbell Bench Step-Up	18-20	2011												
Rest	45 seconds													
A3 Plank Knee-In	12-20	2011												
Rest	45 seconds													

B Travel Workout - Intermediate

Hotel/Apartment Gym- Dumbbells & Benches

			Date				Date				Date			
Movement	Reps	Tempo												
A1 2-Arm 1-Leg Dumbbell Deadlift	18-20	2110												
Rest	45 seconds													
A2 Standing 1-Arm Neutral Grip Dumbbell Press	12-15	3110												
Rest	45 seconds													
A3 Lying Leg Raise on Bench	15-30	3110												
Rest	45 seconds													

C Travel Workout - Intermediate

Hotel/Apartment Gym- Dumbbells & Benches

			Date				Date				Date			
Movement	Reps	Tempo												
A1 Neutral Grip Dumbbell Bench Press	12-15	3110												
Rest	45 seconds													
A2 Goblet Squat	12-15	2510												
Rest	45 seconds (*note: hold for 5 seconds in the squat position, just below parallel)													
A3 Plank Reach	12-15	2010												
Rest	45 seconds													

**ALL TOGETHER
ALL STRONGER**