



Name: _____

A Travel Workout - Intermediate

Bodyweight - No Equipment

				Date	Date	Date	Date		
	Movement	Reps	Tempo						
A1	Close-Grip Pushup	AMAP	2110						
Rest	45 seconds								
A2	Split Squat	12-20	2110						
Rest	45 seconds								
A3	Plank Knee-In	12-20	2011						
Rest	45 seconds								

B Travel Workout - Intermediate

Bodyweight - No Equipment

				Date	Date	Date	Date		
	Movement	Reps	Tempo						
A1	1-Leg Deadlift w/ Forward Reach	18-20	2110						
Rest	45 seconds								
A2	Superman Row (chest down on floor)	20-30	2012						
Rest	45 seconds								
A3	Poliquin Step-Up	18-30	2110						
Rest	45 seconds								

C Travel Workout - Intermediate

Bodyweight - No Equipment

				Date	Date	Date	Date		
	Movement	Reps	Tempo						
A1	Plank Reverse Flye	18-20	2011						
Rest	45 seconds								
A2	Bodyweight Squat	12-15	2510						
Rest	45 seconds (*note: hold for 5 seconds in the squat position, just below parallel)								
A3	Inverted Plank Leg Lift	12-15	2010						
Rest	45 seconds (*note: lie on back, legs straight out - first, lift glutes off of floor, then lift one leg straight up; alternate)								

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**ALL TOGETHER
ALL STRONGER**