



VACATION WORKOUTS
HOTEL W/ GYM

BEGINNER INTERMED ADVANCED

| VW#1 | TOTAL BODY | SETSxREPS | SETSxREPS | SETSxREPS |
|------|------------------------|-----------|-----------|-----------|
| A1 | SQUAT - BODYWEIGHT | 5 x 10 | 5 x 15 | 5 x 20 |
| B1 | DB FLOOR/ PRESS | 3 x 10 | 4 x 15 | 5 x 20 |
| B2 | DB ROW | 3 x 10 | 4 x 12 | 5 x 16 |
| C1 | TRICEP KICKBACK LEFT | 3 x 10 | 3 x 15 | 5 x 20 |
| C2 | TRICEP KICKBACKS RIGHT | 4 x 10 | 4 x 15 | 6 x 20 |
| C3 | DB BICEP CURLS | 3 x 10 | 4 x 20 | 5 x 20 |
| D1 | SHOULDER PRESS | 3 x 10 | 3 x 15 | 3 x 20 |
| D2 | DB SIDE RAISE | 3 x 10 | 3 x 15 | 3 x 20 |
| E1 | SPLIT SQUAT LEFT | ∞ | 3 x 12 | 4 x 12 |
| E2 | SPLIT SQUAT RIGHT | ∞ | 3 x 12 | 4 x 12 |

BEGINNER INTERMED ADVANCED

| VW#2 | LEGS | SETSxREPS | SETSxREPS | SETSxREPS |
|------|-------------------|------------|------------|------------|
| A1 | BARBELL SQUAT | 5 x 6 | 5 x 8 | 5 x 12 |
| A2 | STEP UPS - QUICK | 4 x 30 SEC | 4 x 40 SEC | 4 x 60 SEC |
| B1 | GOBLET SQUAT | 4 x 20 | 4 x 24 | 4 x 32 |
| B2 | KB SWING | 4 x 30 SEC | 4 x 40 SEC | 4 x 60 SEC |
| B3 | BICYCLES | 4 x 30 SEC | 4 x 40 SEC | 4 x 60 SEC |
| B4 | JUMP SQUATS | 4 x 30 SEC | 4 x 40 SEC | 4 x 60 SEC |
| C1 | SPEED SQUATS | 4 x 30 SEC | 4 x 40 SEC | 4 x 60 SEC |
| C2 | HIGH KNEES | 3 x 30 SEC | 4 x 40 SEC | 4 x 60 SEC |
| C3 | WALL SIT | 3 x 30 SEC | 4 x 40 SEC | 4 x 60 SEC |
| C4 | PLANK | ∞ | 3 x 40 SEC | 4 x 60 SEC |
| C5 | MOUNTAIN CLIMBERS | ∞ | 4 x 40 SEC | 4 x 60 SEC |

BEGINNER INTERMED ADVANCED

| VW#3 | TOTAL BODY METCON | SETSxREPS | SETSxREPS | SETSxREPS |
|------|--------------------------|-----------|-----------|-----------|
| A1 | BENCH PRESS | x 10 REPS | x 12 REPS | x 14 REPS |
| A2 | BACK ROW | x 10 REPS | x 12 REPS | x 14 REPS |
| A3 | SQUAT OR SUMO SQUAT | x 10 REPS | x 12 REPS | x 14 REPS |
| A4 | SPLIT SQUAT | x 10 REPS | x 12 REPS | x 14 REPS |
| A5 | TRICEP EXTENSION | x 10 REPS | x 12 REPS | x 14 REPS |
| A6 | BICEP CURL | x 10 REPS | x 12 REPS | x 14 REPS |
| A7 | HIP THRUSTERS | ∞ | x 12 REPS | x 14 REPS |
| A8 | QUICK STEPS OR BOX JUMPS | ∞ | x 12 REPS | x 14 REPS |



Vacation Workouts

BEGINNER INTERMED ADVANCED

| VW#4 | UPPER BODY - CHEST & BACK | SETSxREPS | SETSxREPS | SETSxREPS |
|------|-------------------------------|-----------|-----------|-----------|
| A1 | BARBELL BENCH PRESS | 4 x 6 | 4 x 8 | 4 x 10 |
| A2 | PULL UPS | 4 x 3 | 4 x 6 | 4 x 9 |
| B1 | DB INCLINE BENCH PRESS | 4 x 6 | 4 x 12 | 4 x 18 |
| B2 | LAT PULLDOWN | 4 x 12 | 4 x 18 | 4 x 24 |
| C1 | CHEST SUPPORTED ROW/ONE ARM R | 4 x 6 | 4 x 8 | 4 x 10 |
| C2 | PUSH UPS/PLATE PUSH | 4 x 12 | 4 x 14 | 4 x 16 |
| D1 | OVERHEAD PRESS | 4 x 6 | 4 x 8 | 4 x 10 |
| D2 | CABLE ROW | 4 x 12 | 4 x 14 | 4 x 16 |