



**FIT FIGURE**

**BOOTCAMP**

ULTIMATE FITNESS FORMULA

**TRAVEL  
WORKOUT  
GUIDE:**

**WHAT TO DO WHEN  
YOU'RE OUT OF TOWN**

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## The Travel Workout Guide: What To Do When You're Out of Town

I want to be honest with you.

I HATE very few things in this world but I do hate the word "EXCUSE" and excuse-makers.

You create your life. You make your choices. Once you can take 100% responsibility for how things "are" – you can then and ONLY then change how they will be in the future.

Your thoughts become your feelings – your feelings become your belief system – your belief system causes you to take certain actions or non-actions – and your actions over time determine your LIFE!

If you happen to be going out of town for work or play, you still should continue pushing forward toward your goal.

In life, there is no "staying the same" – you are either moving toward or away from your goal with each and every day.

**There is NO EXCUSE NOW!**

You can train with us when you are home, you can train on your own when you are out of town with this guide and you can still post your nutrition data on our FB group and get coached every single day!

**The following are bodyweight only workouts that you can do when you are out of town or unable to make boot camp. Enjoy!**

## **Some general points:**

- Each workout is only about 10-20 minutes long
- You only need your body! (no equipment needed)
- You will be counting “reps” during the movement (for the most part) and looking at your watch during the rest periods to keep yourself honest.
- Just make sure you move from one exercise to the next with little or no rest until the small break period!
- You can do these exercises at any point of the day
- Try to vary your workouts (don't do the same workout over and over again)
- You may even consider doing 2 home workouts per day split with at least 6 hours apart

## **Warm-Up:**

### **Always warm-up with the following routine:**

- 20 seconds of running in place
- 20 seconds of running in place “butt-kicks”
- 20 seconds of hands behind head “high-knees”
- 20 seconds of fake “jump-rope”
- 10 arm circles to the front
- 10 arm circles to the back
- 10 leg swings each leg (forward and backward and side to side)
- REPEAT ONCE MORE

## **Workout #1 – The Dirty 30**

30 Push-ups (rest if you need to but get it done)  
30 alternating reverse lunges with hands on head (15 for each leg)  
30 squat jumps  
30 straight leg raises  
rest for 1 minute then repeat 2 more times!

## **Workout #2 – Up The Ladder, Down The Ladder**

5 Close Grip Push-ups  
10 Mountain Climbers  
15 Reverse Crunches  
20 Bicycles  
25 Toe Touches  
30 Squats  
35 fake jump ropes  
40 alternating forward lunges with hands behind head (20 each side)  
then go in reverse back to 35, 30, 25 etc.  
Rest 90 seconds when you have gone up and down the ladder, then repeat one more time!

## **Workout #3 – Tummy Toner**

15 full sit-ups  
20 toe touches  
25 straight leg raises  
30 bicycles  
45 seconds in planks position (just get on your forearms and hold your body tummy tight for 45 seconds)  
rest 30 seconds and repeat 3 more times!

Note: Please don't do this home workout every single time!

The name sounds tempting but you're going to burn more fat with full body exercises and our general boot camp workouts!

You can't do a million sit ups a day and expect a lean, body-fat "free" midsection without full body resistance training workouts and smart eating. I put this workout in here because there is nothing wrong with having a workout dedicated to a problem area but don't fall into the trap of only doing ab stuff and expecting a new body!

The 3am infomercial promise is NOT what we are about!

We are about hard work, commitment, science, patience, failing forward and believing in yourself!

#### **Workout #4 - Double Time**

10 Burpees

20 Front to Back Jump Squats (jump and squat to the front, then backwards)

40 - Ab Windshield Wipers (20 each side)  
rest one minute then repeat 4 more times!

#### **Workout #5 - Why Did I Choose This One**

10 Squats

10 Right leg reverse lunges

10 Right leg forward lunges

10 Left leg reverse lunges

10 left leg forward lunges

10 Burpees

10 "up, up, down, down" push-ups

rest 1 minute, then repeat 3 more times!

#### **Workout #6 - Fresh Air**

If you're gonna be outside in a park, this one is perfect!

20 seconds of all out "someone is chasing me and he looks mean" running immediately followed by 10 squats with hands behind hand and finishing with 10 push ups.

You rest 40 seconds then you repeat 6 more times for a total of 7 "all-out" sprints.

#### **Workout 7: No-Joke**

1. Bicycles (30 reps)

2. Push ups (max)

3. jump squats side to side for 8 jumps on each side

4. Full situps (20 reps)
  5. Push ups (max)
  6. 20 walking alternating lunges (hands behind head and thats 20 per side)
- repeat 2-3 times
- End with: 15 minutes of interval training INCLINE TREADMILL.
- How to: Warmup for 3 minutes, then do 1 minute fast and 1 minute slow for 10 minutes total and finish with a 2 minute cool down!

### **Workout 8: Work Dat Bod**

15 reps for everything: 3-4 rounds: upper body, lower body, core is the approach:

up, up, down, down pushups  
squats jumps to touch the living room ceiling (sorry neighbors)  
full sit ups with a 5 count on the way down - go slow on way down

rest 45 seconds

dips on the cheap chair you dont care about  
side to side squat jumps  
twisitng hip ups

rest 45 seconds

then do 2-3 MORE rounds!

### **Workout 9: Sexy Abs**

RULES. Do every exercise for 15-25 reps depending on how you feel. Do these 5 exercises in a row, then break for 30-45 seconds and repeat 2 more times for a total of 15 sets

- ex.1: straight leg raises
- ex.2. half sit ups (come up half way)
- ex. 3. reverse crunches

ex.4 bicycles  
ex 5. V-ups

### **Workout 10: Pushing It In The Park**

Warmup: 1 minute fast walking in an open park or playground area.  
Note: rest as needed but in a perfect world, the jogging IS the rest!

Stop: Go into 15 jump squats with hand behind your head  
Jog for 2 minutes

Stop: Go into 15 front lunges (do one side first, then the other)  
Jog for 3 minutes

Stop: Go into 15 back lunges (do one side first, then the other)  
Jog for 4 minutes

Stop: Go into 15 jump lunge switches  
Jog for 5 minutes:

Then...REPEAT 1 more time (if you have the time..if NOT...once around is still WAY better than nothing)

One round will take approx. 20-25 minutes (30 with extra rest periods)

Two rounds will take approx. 40-45 minutes (more with extra rest periods)

### **11. Workout 11: Beach Body**

5 minute traditional interval jog on beach >>> 30 seconds fast / 30 seconds slow

then...do this:

20 seconds of pushups

10 seconds rest

20 seconds of reverse alternating lunges

10 seconds rest

20 seconds of close grip push ups

10 seconds of rest

20 seconds of jump squats

10 seconds rest

20 seconds of alternating front lunges

10 seconds rest

20 seconds of full sit ups

10 seconds rest

20 seconds of split lunge jumps

10 seconds of rest

20 seconds of straight leg raises

10 seconds rest

Rest 1 minute: then >>> Repeat the tabata one more time (without the jog)

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