

the no-equipment traveler workout

Repeat the circuit below 5 times. If you'd like to add a bit of a competitive element, try to do each round faster than the last. Alternatively, do it with a travel buddy and see who completes it all first.

Rest if you need to between rounds, but if you can, go straight through to the end. There will be plenty of time to recover when you've finished!

5X:

30 high knees (15/side)

15 bounding burpees

20 walking lunges

20 bottom half squat jacks

15 long jumps with shuffle back

15 traveling push-ups

30 high plank shoulder taps (15/side)

15 inchworms

**rest only as long as you need, then repeat for a
total of 5 sets**