

# Vacation Workouts

## The Grind ... Vacation Style

Fresh off a vacation to Cannon Beach, Oregon, Jenni says that beach running is always a great way to start off a vacation day. "Sand running is particularly tough and really works the calves and lower legs! Running in the cool ocean air was a great start to each day, not to mention being able to see some of the sea life that low tide had to offer."

"I think the key is to just do a little something each day. Take 15 or 20 minutes in the morning and just don't stop working or moving."

### Here are some tips to motivate you to work out on vacation:

1. Choose a few exercises you "enjoy" doing and two things you hate doing.
2. Designate the time you plan to work-out (at least 15 minutes, nonstop)
3. Decide on frequency: how many reps of each? Consider doing 30 seconds of each and then transition.
4. Encourage someone to join you and make it FUN!
5. Sweat hard, work hard, then play (or relax) hard.
6. Think of it as 20 minutes that will make you feel like you've really earned your vacation relaxation for the rest of the day.

### Sample body-weight movements to incorporate into vacation workouts:

- Jumping Jacks and Seal Jacks
- Mountain Climbers and Double Mountain Climbers
- Wall Sits (overlooking an awesome view)
- Elbow-to-Hand Planks, Reverse Planks, Bridges (lay on your back, hands to sides, feet on the ground --> pull hips up/squeeze the glutes)
- Oblique Twists
- Weighted Overhead Sit-Ups (use a heavy coffee table book or no weight, just hands up above your head); anchor your feet if you need under a couch or chair.
- V-Ups or V-Abs (added challenge to pass a throw pillow back and forth from hands to feet)
- Flutterkicks/Scissorkicks
- Burpees, Burpee Broad Jump, Burpees with tuck jumps
- Sprints
- Hill Climbs
- Quick Hops – Lateral, Front to Back, Hopscotch, Diamond (switch directions), 5-Point (like a dice face)
- High Knees
- See **Bodyweight Vacation Workout** (below) for more options

## Bodyweight Vacation Workout

### 4 Rounds -OR- AMRAP in 15 or 20 Minutes:

- 15 Push-Ups
- 20 Mountain Climbers (per Side)
- 25 Squats
- 20 Bridges
- 15 Lunges (per Side)

*With this workout, try mixing in a lot of variation. E.g., add a sprint after each round.*

For each of the listed exercises, try these different variations:

- **Push-ups:** T-push-ups with weight (use rocks/shoes/no weight), hand release push-ups, elevated feet push-ups, clapping push-ups, push-ups with a bench, alternating between being on your knees versus on your toes.
- **Squats:** jump squats, Dorothy squats, 3 second hold at the bottom of each squat, chair squats (arms straight over head).
- **Lunges:** walking, step-back, lateral, jumping lunges, overhead (holding a heavy book or other)

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## Jump Rope Vacation Workout

A jump rope is an easy-to-pack tool for speed/interval training. You can try to do as many Double Unders as possible in 5 minutes. Alternatively, you can simply try to keep jumping rope for the entirety of the 5 minute period. Alternating between Singles and Double Unders can be a great workout too. Create a goal and try to beat it.

### Sample Jump Rope Workout:

- 1 minute of Singles – count how many
- 1 minute of DU's – count how many
- 1 minute Plank (on elbows)
- 25 Overhead Squats (holding the jump rope overhead)
- 15 Walking Lunges per side (holding the jump rope overhead)

*Repeat the series again and if you don't beat or match your single and double under number, you complete 20 burpee tuck jumps!*

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## Deck of Cards Vacation Workout

A standard deck of playing cards is easy to pack and a fun way to add variety. Assign a different exercise to each suit (something you'll remember!). Shuffle the deck then flip 1 card at a time, completing the number of reps corresponding to the number and suit. Work through the whole deck!

### Sample Deck of Cards Workout:

- Hearts = V-Ups, V-Abs, or Sit-Ups...LOVE them abs!
- Diamonds = Squats...diamonds and squats are a girl's best friend!
- Spades = Ice Skaters...spades are blades!
- Clubs = Push-Ups...building beautiful shoulders!
- Face Cards = 10 Reps
- Ace = 1:00 Plank...ace to the face to the ground!
- Joker = Run/Jog, or Jump Rope...joker is a jogger or jump roper!