



BODIFIT 14 DAY BODYWEIGHT TRAVEL WORKOUT

1. 20, 15, 10, 5 with run between rounds: air squat, push up, sit-up and 100m run
2. 4 rounds: 50m sprint, 10 push ups.
3. 10 rounds: 10 squats, 10 push ups, 10 sit ups
4. Tabata air squats (20 secs work, 10 secs rest for 8 rounds)
5. 15- 20 rounds: 10 air squats, 1 burpee
6. 6 rounds: 20 jump squats for time. Rests 30 secs.
7. Tabata push ups (20 secs work, 10 secs rest for 8 rounds)
8. 2km run. Every 30 secs 10 plyometric lunge. Repeat time permitting.
9. 3 rounds: 20 burpees to target for time. Rests 1 min.
10. Tabata sit ups (20 secs work, 10 secs rest for 8 rounds)
11. 20, 15, 10, 5 sit ups and 50m sprint.
12. 3 rounds: 10 broad jumps, 10 push ups, 10 sit ups
13. 3 rounds: 20 push ups, run 200m
14. 5 rounds: 10 air squat, 10 burpee