

16b | Hotel-Room Workouts

Traveling? You can still get your workouts in, even if there's no gym handy. Here are a ton of ideas.

Presented in three levels of difficulty: bronze, silver and gold.

If you only have six feet of floor space ...

5 rounds for time: 5 push-ups 5 sit-ups 5 squats	7 rounds for time: 7 push-ups 7 sit-ups 7 squats	10 rounds for time: 10 push-ups 10 sit-ups 10 squats
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75 air squats for time	150 air squats for time	300 air squats for time
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3 rounds for time: 9 push ups 9 air squats	15-12-9 of push ups and air squats for time	21-15-9 of push ups and air squats for time
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3 rounds for time: 9 burpees 9 air squats	15-12-9 of burpees and air squats for time	21-15-9 of burpees and air squats for time
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3 rounds: 9 push ups 9 squats	15-12-9 of push ups, squats	21-15-9 of handstand push ups, squats
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3 rounds for time: 10 push ups 10 air squats 10 sit ups	3 rounds for time: 15 push ups 15 air squats 15 sit ups	3 rounds for time: 25 push ups 25 air squats 25 sit ups
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3 rounds for time: 10 lunges 10 push-ups	5 rounds for time: 10 lunges 10 push-ups	10 rounds for time: 10 lunges 10 push-ups
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3 rounds for time: 10 rounds for time: 10 vertical jumps (jump as high	5 rounds for time: 10 rounds for time: 10 vertical jumps (jump as	10 rounds for time: 10 vertical jumps (jump as high as you can, land and
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Fundamentals of Functional Movement

as you can, land and do it again) 10 push-ups	high as you can, land and do it again) 10 push-ups	do it again) 10 push-ups
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30 burpees for time	50 burpees for time	100 burpees for time
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For time: 30 burpees 20 squats 15 push ups	For time: 40 burpees 30 squats 20 push ups	For time: 75 burpees 50 squats 25 push ups
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20 air squats, 3 rounds. Rest for 2 minutes between rounds.	25 air squats, 4 rounds. Rest for 2 minutes between rounds.	50 air squats, 4 rounds. Rest for 2 minutes between rounds.
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5 rounds: 5 push ups 10 sit ups 15 squats	10 rounds: 5 push ups 10 sit ups 15 squats	20 rounds: 5 push ups 10 sit ups 15 squats
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4 rounds of Tabata squats and tabata pushups; rest for 1 minute and repeat. ("Tabata" = 20 seconds of work followed by 10 seconds of rest; count lowest score)	Tabata squats and tabata pushups (8 rounds of 20 seconds of work followed by 10 seconds of rest; count lowest score)	Tabata squats and tabata pushups (8 rounds of 20 seconds of work followed by 10 seconds of rest; count lowest score)
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5 rounds: Hold plank position for 15 seconds	Spend a total of 3 minutes in a handstand, or headstand. If you are using the headstand do not stay over a minute at a time.	Spend a total of 5 minutes in a handstand, or headstand. If you are using the headstand do not stay over a minute at a time.
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Fundamentals of Functional Movement

If you have some road to run ...

3 rounds: Run 1 minute 15 air squats	3 rounds: Run 2 minutes 15 air squats	3 rounds: Run 3 minutes 20 air squats
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50 meter walking lunge	200 meter walking lunge	400 meter walking lunge
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50 meter run 15 squats 50 meter run 15 push ups 50 meter run 15 burpees	200 meter run 15 squats 200 meter run 15 push ups 200 meter run 15 burpees	400 meter run 25 squats 400 meter run 25 push ups 400 meter run 25 burpees
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3 rounds: Run 30 seconds 10 squats 10 push ups	3 rounds: Run 1minute 15 squats 15 push ups	3 rounds: Run 1minute 20 squats 20 push ups
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3 rounds: Run 30 seconds 10 push ups	3 rounds: Sprint 30 seconds 10 push ups	4 rounds: Sprint 30 seconds 15 push ups
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4 x 200m runs Rest length of time between rounds it took to run each 200m	4 x 400m sprints Rest length of time between rounds it took to run each 400m	5 x 400m sprints Rest length of time between rounds it took to run each 400m
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5 x 50m sprints	5 x 100m sprints	10 x 100m sprints
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3 rounds: 3 vertical jumps 3 squats 3 long jumps	5 rounds: 3 vertical jumps 3 squats 3 long jumps	10 rounds: 3 vertical jumps 3 squats 3 long jumps
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Run 800 meters, lunging 10 steps every 1 minute	Run 1 mile, lunging 10 steps every 2 minutes	Run 1 mile, lunging 10 steps every 1 minute
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Fundamentals of Functional Movement

Run 800 meters, 10 air squats every 1 minute	Run 1 mile, 10 air squats every 2 minutes	Run 1 mile 10 air squats every 1 minute
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Sprint 50 meters, Walk 50 meters, 5 rounds	Sprint 50 meters, Walk 50 meters, 10 rounds	Sprint 100 meters, Walk 100 meters, 10 rounds
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3 rounds: Run 1 minute, Squat 1 minute	4 rounds: Run 1 minute, Squat 1 minute	5 rounds: Run 1 minute, Squat 1 minute
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3 rounds: 10 sit ups with support under the lumbar spine (pillow or rolled up towel) 10 push ups 200 meter run	3 rounds: 15 sit ups with support under the lumbar spine (pillow or rolled up towel) 15 push ups 400 meter run	3 rounds: 25 sit ups with support under the lumbar spine (pillow or rolled up towel) 25 push ups 400 meter run
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3 rounds Run 200m 10 squats 10 push ups	4 rounds: Run 200m 10 squats 10 push ups	"Susan" 5 rounds: Run 200m 10 squats 10 push ups
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3 rounds 10 push ups 200m run	3 rounds: 15 push ups 200m run	3 rounds 10 handstand push ups 200m run
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100m burpee broad jump	200m burpee broad jump	400m burpee broad jump
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Tabata squats (8 rounds, (20 seconds on, 10 seconds off) 400m run	Tabata squats (8 rounds, (20 seconds on, 10 seconds off) 800m run	Tabata squats (8 rounds, (20 seconds on, 10 seconds off) 1 mile run
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3 rounds 200m run 10 push-ups 15 sit-ups	3 rounds 400m run 10 push-ups 15 sit-ups	4 rounds 400m run 10 handstand push-ups 15 sit-ups
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Fundamentals of Functional Movement

"L" sit with your heels off the ground. 10 rounds for 5 seconds	"L" sit off the floor. 5 rounds of 10 seconds	"L" sit off the floor. 10 rounds of 10 seconds
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4 rounds Tabata squats; rest 1 minute, repeat (20 seconds on, 10 seconds off)	4 rounds Bottom Tabata squats; rest 1 minute, repeat (20 seconds on, 10 seconds off; during the 10 second "rest" time, actively hold the bottom position of the squat)	Bottom Tabata squats (8 rounds of 20 seconds on, 10 seconds off; during the 10 second "rest" time, actively hold the bottom position of the squat)
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