

VOL.2

STAY FIT ON THE GO

# ALTA FIT

VACATIONFIT: STAY ACTIVE AND  
ENERGIZED ON YOUR GETAWAY

YOUR GUIDE TO TRAVEL-FRIENDLY WORKOUTS.  
STAY FIT AND ACTIVE NO MATTER WHERE YOUR TRAVELS TAKE YOU.

# SUMMER BREEZE SWEAT SESSIONS: NO GYM? NO PROBLEM!

NO EQUIPMENT STYLE

## DAY 1

### SANDY BEACH CIRCUIT

4 ROUNDS FOR TIME

20 WALKING LUNGES (ALTERNATING LEGS)  
15 PUSH-UPS  
10 BURPEES  
RUN 400 METERS

## DAY 2

### SUNSET SPRINTS

5 ROUNDS

JOGING 2 MIN  
SPRINT 30 SECS

## DAY 3

### TROPICAL TABATA 20/10

8 ROUNDS

SQUAT JUMPS  
PLANK SHOULDER TAPS  
V-UPS  
ALTERNATING REVERSE LUNGES



## DAY 4

### ISLAND ESCAPE

EMOM 20MIN

MINUTE 1: 10 BURPEES  
MINUTE 2: 15 SIT-UPS  
MINUTE 3: 20 JUMPING LUNGES (10 EACH LEG)

## DAY 5

### SAND DUNE HIIT

TABATA STYLE

SET A TIMER FOR 20 SECONDS OF WORK AND 10 SECONDS OF REST. PERFORM EACH EXERCISE FOR 4 ROUNDS BEFORE MOVING ON TO THE NEXT:

HIGH KNEES  
PLANK JACKS  
RUSSIAN TWISTS  
JUMPING JACKS  
MOUNTAIN CLIMBERS

## DAY 6

### COASTAL COUNTDOWN

START WITH 10 REPS OF EACH EXERCISE, THEN DECREASE BY 1 REP EACH ROUND UNTIL YOU REACH 1 REP

BURPEES  
SIT-UPS  
ALTERNATING LUNGES  
PUSH-UPS  
SQUAT JUMPS

# EQUIPMENT-INTENSIVE TRAINING FOR MAXIMUM FITNESS RESULTS

## DAY 1

### RESISTANCE BAND EXPRESS 3 ROUNDS

PERFORM EACH EXERCISE FOR THE SPECIFIED NUMBER OF REPETITIONS. REST FOR 15-30 SECONDS BETWEEN EXERCISES.

1. RESISTANCE BAND BICEP CURLS: 12 REPS
2. RESISTANCE BAND TRICEP EXTENSIONS: 12 REPS
3. RESISTANCE BAND SHOULDER PRESS: 12 REPS
4. RESISTANCE BAND SQUATS: 15 REPS
5. RESISTANCE BAND GLUTE BRIDGES: 15 REPS

## DAY 2

### SWISS BALL STABILITY CIRCUIT 5 ROUNDS

PERFORM 3 SETS OF 10-12 REPS FOR EACH EXERCISE. REST FOR 30 SECONDS BETWEEN SETS.

- SWISS BALL SQUATS
- SWISS BALL HAMSTRING CURLS
- SWISS BALL CHEST PRESSES
- SWISS BALL RUSSIAN TWISTS
- SWISS BALL SUPERMAN HOLDS (10-12 SEC PER HOLD)
- SWISS BALL PLANK ROLLOUTS
- SWISS BALL WALL SITS
- SWISS BALL HIP BRIDGES

## DAY 3

### DUMBBELL CIRCUIT CRUNCH 3 ROUNDS

PERFORM EACH EXERCISE FOR THE SPECIFIED NUMBER OF REPETITIONS. REST FOR 15-30 SECONDS BETWEEN EXERCISES.

1. DUMBBELL LUNGES: 12 REPS (6 EACH LEG)
2. DUMBBELL OVERHEAD PRESS: 10 REPS
3. DUMBBELL BENT-OVER ROWS: 12 REPS
4. DUMBBELL DEADLIFTS: 12 REPS
5. DUMBBELL BICEP CURLS: 12 REPS

## DAY 4

### BIKE-POCALYPSE STATIONARY BIKE INTERVALS

- BEGIN WITH A 5-MIN WARM-UP, PEDALING AT A MODERATE PACE.
- INCREASE THE RESISTANCE TO A CHALLENGING LEVEL AND PEDAL AT A FAST PACE FOR 2 MIN.
- DECREASE THE RESISTANCE AND PEDAL AT A SLOWER PACE TO RECOVER FOR 1 MIN.
- REPEAT THE HIGH-INTENSITY AND RECOVERY INTERVALS FOR A TOTAL OF 10-15 CYCLES.
- COOL DOWN WITH A 5-MIN EASY PEDALING.