

VOL.1

STAY FIT ON THE GO

# ALTA FIT

## FIT ANYWHERE

YOUR GUIDE TO TRAVEL-FRIENDLY WORKOUTS.

STAY FIT AND ACTIVE NO MATTER WHERE YOUR TRAVELS TAKE YOU

## NO GYM REQUIRED

EFFECTIVE WORKOUTS YOU CAN DO ANYWHERE, HOTEL ROOM, PARK..

# ANYWHERE, ANYTIME WORKOUTS: NO GYM? NO PROBLEM!

## DAY 1

**25 MIN EMOM**  
5 ROUNDS

MIN 1) 10-15 PUSH UPS  
MIN 2) 25 SIT UPS  
MIN 3) 25 AIR SQUATS  
MIN 4) 30 MOUNTAIN CLIMBERS (15EA)  
MIN 5) 20 BACKWARDS LUNGES (10EA)  
MIN 6) \* OPTIONAL REST FOR 30MIN EMOM

## DAY 2

**FULL-BODY BLAST**  
5 ROUNDS FOR TIME

25 ALTERNATING SCISSOR JUMPS  
12 LATERAL BURPEES  
25 V-UPS  
12 HAND RELEASE PUSH-UPS  
1:00 MIN PLANK

## DAY 3

**TABATA STYLE 20/10**  
5 ROUNDS

SQUAT JUMPS  
HIGH KNEES IN PLACE  
PUSH-UPS  
RUSSIAN TWISTS



## DAY 4

**TOTAL BODY BLITZ**  
EVERY 3:30 MIN X 5 ROUNDS

20 AIR SQUATS  
15 BURPEES  
10 PUSH-UPS

REST FOR REMAINING TIME

## DAY 5

**RUN LIKE THE WIND**  
6 ROUNDS

300M RUN  
12 BURPEES

REST FOR 90 SECONDS X 5

## DAY 6

**WORKOUT WANDERLUST**  
12 MIN EMOM X 2 ROUNDS

15 JUMPING LUNGES  
4 SHUTTLE RUNS (25' LENGTHS)  
15 HAND RELEASE PUSH-UPS

REST 5 MIN AND REPEAT

# TRAVEL STRONG: WORKOUTS TO KEEP YOU ENERGIZED AND ACTIVE

EQUIPMENT STYLE

## DAY 1

### SINGLE KB OR DB WORKOUT

#### 4 ROUNDS FOR TIME

8 KB GOBLET SQUAT  
8 KB AMERICAN SWINGS  
8 KB PUSH UPS

#### 4 ROUNDS FOR TIME

8EA KB GOBLET FORWARD LUNGES  
8EA SINGLE ARM BENT OVER ROW  
8EA KB SINGLE ARM PUSH PRESS

#### 3 ROUNDS: CORE FINISHER

10EA KB RUSSIAN TWIST  
10EA KB DRAG THROUGH  
10EA KB FRONT RACK MARCHES

## DAY 3

### DB METCON

40-30-20  
GOBLET SQUATS  
DB BENCH PRESS  
DB SNATCH

REST 5 MIN

30-20-10  
DB LUNGES  
BURPEES  
DB CURLS

## DAY 2

### DUAL DUMBBELL PUMP

#### 3 SETS OF 10-15 REPS

1A) DB FLOOR PRESS  
1B) DB FRONT SQUATS

#### 3 SETS 10-15 REPS

2A) DB FLOOR ROW  
2B) DB ROMANIAN DEADLIFT

#### 3 SETS 10-15 REPS

3A) DUAL DB BACKWARDS LUNGES  
3B) DB STRICT PRESS

#### 3 SETS OF 10-12 REPS

4A) BICEP CURLS  
4B) SKULL CRUSHERS  
4C) DB RUSSIAN TWIST

## DAY 4

### KB METCON

10 MIN AMRAP  
20 KB SWINGS  
15 DB THRUSTERS  
10 DB CLEANS

REST 5 MIN

10 MIN AMRAP  
20 PUSH PRESS  
15 RENEGADE ROWS  
10 DB SNATCH