



The Road Routine: Fitting in fitness and coming home stronger!

- Complete in the bathroom before your shower (Gives you your privacy if sharing a room. Allows the other person to relax, without having to endure your grunts or heavy breathing!)
- There are two workouts. Choose either Beginner or Intermediate and Advanced
- **Both workouts last approximately 12 minutes and you complete 3 circuits.**
- Do not move on to the next exercise until all reps have been completed.
- Rest for 30 seconds (if needed) after each complete circuit.
- All you need is a timer, a towel, and some killer music!
- The Road Routine is a total body workout.
- Train for four days and then take one day off (Allows recovery).

Beginner Workout: Complete 3 circuits

1. 10 Jumping Jacks
 2. 10 Squats
 3. 10 Towel Shoulder Press (Start with towel across your chest and press it over your head while constantly pulling on the two ends as if you are trying to pull the towel apart).
 4. 10 Lunges with Towel Hold (Begin in a split stance (one leg behind the other) and lower your back knee to the floor until it lightly touches it. Do this while holding the towel out in front of you and again trying to pull it apart. Change legs after 5 reps).
 5. 10 Push ups
 6. 10 seconds of Planks (count slowly yourself)
 7. 10 Triceps Dips on Toilet/Bathtub/Chair
- ***At the end of your workout check your time. Your goal is to beat that time the next day and to push yourself a little harder each day. Beating your time by one second or more is your goal!***



Intermediate/Advanced Workout: Complete 3 circuits

1. 20 Jumping Jacks
 2. 15 Squats with jump
 3. 15 Towel Shoulder Press (Start with towel across your chest and press it over your head while constantly pulling on the two ends as if you are trying to pull it apart).
 4. 20 Lunges with Towel Hold (Hold the towel out in front of you and again try to pull it apart) Change legs after 10.
 5. 15 Push ups
 6. 10 Push up Planks (Begin in a Push up starting position with only hands and toes touching the ground. Move your body down onto your elbows and forearms and then move back up onto your hands. This is one rep. Your stomach and legs never touch the ground).
 7. 15 Triceps Dips on Toilet/Bathtub/Chair
- ***At the end of your workout check your time. Your goal is to beat that time the next day and to push yourself a little harder each day. Beating your time by one second or more is your goal!***

Complete the table each day as you train

DATE	DAY	TIME