

Cor2Life “MOVE IT!”-THE VIRTUAL TRAINER

TOUGH TRAVEL

TRAVELING WORKOUT ROUTINE:

This workout is designed for those times when you want to get a quick workout in and time is a premium or a gym is not handy. This works with not weights, takes only 16 minutes and can be done in the home, the hotel room or anywhere for that matter. With this workout, there is **NO EXCUSE** for not working out. This is best for men and women once they have reached the maintenance level of a program. 12-14 weeks

1. Push ups - 60 seconds
2. Lunge - 60 seconds
3. Jumping Jacks - 60 seconds
4. Plank - 60 seconds
5. Squat - 60 seconds
6. Superman - 60 seconds
7. Crunch - 60 seconds
8. Dips - 60 seconds