

Workouts for vacation

1. Walk as much as you can. If you are a runner, then run. If you are not a runner try to do some easy intervals with light jogging between your walks.
2. Cardio Intervals are a great way to burn lots of calories
Mix up the following moves for one minute
Jump Rope
Skip
Squat Jump
Scissor Leg Jumps
Run in Place or Walk High Knees
Rest after each round for 1 minute (Do as many rounds as your body will allow)
3. This is a tough one but good one
8 jumping jacks
10 push ups
15 squats
Do all these moves as fast as you can. You get one minute to complete the moves and whatever you have left in time is rest. Do as many rounds as you can up to 25 rounds
4. Do the following moves

Alternating Lunges (1 minute)
Shoulder Press (1 minute) (with wine bottles or bands)
Side Squat (1 minute)
3 Rounds

Squat Jumps (1 minute)
Bicep Curls (1 minute)
Hip Abduction Standing (each leg 30 sec)
3 rounds

Jumping Jacks (1minute)
Crunches (1minute)
Supermans (1minute)
3 rounds