

# KEEP FIT ABROAD

## 3 Effective Workouts for When You Travel

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Mini Workout Guide



FITNESS

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## Maintaining Momentum and Motivation

Are you jetting away for some needed time off? Well, be sure to make some time for just **THREE** workouts, and you will guarantee yourself the best possible chance of getting back in the groove when you return!

Now, I get it - the whole point of a vacation is to get *away* from the grind, and just relax and forget that the world exists! But the fact is, 90% of people struggle to get back into their fitness routine after being on vacation for more than 3-4 days.

When your time off starts to approach the 1-week mark, the likelihood of you "happily" getting your a\$\$ back in the gym when you get home becomes very slim...

If you're going to be away for more than FIVE days (up to 8-9), then getting in just **three** workouts will drastically increase your motivation to maintain that momentum when you get back to "reality"!

In this Mini Workout Guide, I'm going to layout 3 easy-to-follow workouts that you can do almost anywhere you might go for your getaway! Even if the equipment you have at your disposal is minimal - you can still get it done!

Keep reading to Keep Fit Abroad...



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Now, whether you're a single mom getting away with the gals for a week in Hawaii, a strapping guy heading for a romantic vacation with your better half or whatever, the fact is, you can still be doing something to **keep up** with the routine while you're away.

Perhaps research where you're going ahead of time and see if there is a gym or fitness facility [of sorts] on site. If you don't have that luxury, then you should be able to find somewhere local where you can purchase a *relatively* cheap day pass to enter.

Everywhere I have travelled I have always managed to find somewhere to Keep Fit Abroad; I fly to Spain - I've got a nifty li'l Bodybuilder's gym I like to frequent when I'm in town.

I long-haul it to South Korea, the "worst case scenario" is: I will simply forgo the traditional lifting routine in favour of getting in some quality Martial Arts practice! (I have practiced Taekwondo and Hapkido extensively over the years, but if that's not your thing, then hey - you can almost always find a Yoga Studio in any part of the world!).

In America I'll hit up an Anytime Fitness, or if I can find one, I'll scale the walls of a Bouldering/Climbing Gym!

Simply put: I like to mix it up!



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Basically, if you just make a little extra effort and put in the due diligence *ahead* of time, you can find all sorts of hidden "fitness gems" out there.

But if you just want to stick with some basics, then this Mini Workout Guide has you covered!

A lot of what you'll be performing is calisthenics-based (bodyweight exercises). And those that call for weights only require the most **rudimentary** equipment you can find.

I recommend just sticking with the three workouts - they should have you well-catered to until you return home; however, if you are going to be away for longer than a week, then I would suggest repeating one or more of them!

For example, if you'll be away for 10 days, then I would say you could simply alternate ON/OFF and do five days working out, with five days to rest. Or even do "One Day On / Two Off" for the duration of the trip.

Workouts 2 & 3 are fundamentally full-body workouts (upper & lower at least), so you might bode well repeating one of those, as Workout 1 is very much UPPER-body intensive!

None of the workouts are designed to "get jacked"; nor are they for "getting shredded". They're all meant to be for maintaining a decent level of conditioning - for guys and gals of all shapes and sizes - while you're not rockin' on back at your local gym.



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## TEN ROUND CIRCUIT

5 Pull Ups  
15 Incline Press Ups  
10 Hanging Leg Raises  
10 Dips  
10 EZ-Bar Curls

Repeat for 10 Rounds!  
Total Reps: **500**

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## Run the Rack - AMRAP

Dumbbell Shoulder Press  
**[Superset w.]**  
Dumbbell Biceps Curl

Set 1: 35lbs / Set 2: 30lbs / Set 3: 25lbs / Set 4: 20lbs  
Set 5: 15lbs / Set 6: 12.5lbs / Set 7: 10lbs / Set 8: 5lbs

***Estimated time to completion: 60-75mins***



## Pro Tips for Workout 1

So, the most efficient bit of kit to seek out for the first half of this workout (the 10-Round Circuit) is a Roman Chair! They're absolutely perfect for it - you can get all of the exercises except the curls done on just **ONE** station!

Now, don't be fooled - 'Just 5 pull ups!?' I hear you ask... Well, no - technically **50**! So, pro tip on these: Approach with caution! By the time you hit the sixth or seventh round, these will have gotten significantly tougher!

Then you've got "Running the Rack" - this is a classic technique that Arnold [Schwarzenegger] used to get a serious pump going! I've gone and spiced it up a little with... AMRAP (As Many Reps As Possible!).

Rather than simply starting with a weight that you can just about lift for about 10-12 reps and just perform as many sets as it takes to reach the lightest weight on the rack, you're going to perform as many REPS as possible to make each set count!

For a little inspiration, here's the perfect Muhammad Ali quote to keep in mind:

*'I don't count my situps. I only start counting when it starts hurting. When I feel pain, that's when I start counting, because that's when it really counts!'*



## GHV & PHA-style Conditioning

10 x 10 [Smith Machine] Squats

**[Superset w.]**

10 x 10 Incline Press Ups

10 x 10 Bench Press

**[Superset w.]**

10 x 10 Plyometric "Tri-Planar" Jumps

10 x 10 Incline Bench Press

**[Superset w.]**

10 x 10 Sumo Squats

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The Plyometric "*Tri-Planar*" Jumps are as follows:

**Sets 1-3:** Jump Forward / Backward

**Sets 4-6:** Jump Laterally (Sideways)

**Sets 7 & 8:** Jump Vertically w. 180° Turn

**Sets 9 & 10:** Loaded Jumps\*

*\*Land in lower-squat position and explode straight into the next jump with no "de-loading phase".*

***Estimated time to completion: 60-75mins***



## Pro Tips for Workout 2

What the heck are 'GHV' and 'PHA', right? Well, they are possibly two of the most effective training methods that you can possibly use when it comes to resistance training!

**GHV** = *German High Volume*... As you can see: **10 x 10!**

However, not only are you doing ten sets of ten reps, but you are going to superset the exercises with one another (performing the two back-to-back with no break).

This is where "**PHA**" comes in! Peripheral Heart Action [training] is tough! The idea is simple: perform an upper body exercise immediately followed by a lower body exercise for consecutive sets - perfect for Supersets! What effect does this have? One of **tremendous** conditioning!

See, your heart has to go from pumping blood predominantly to one "end" of your body then shunt it back to the other "end" for use by the other muscles. The beauty being: you won't fatigue the actual muscles you're using for that set as quick because they get a break in the next set while you perform the second exercise!

Be warned: GHV is *tough* by itself. The superset-twist is nasty. But the PHA... well, that's gonna make taking the next day as a Rest Day more or less mandatory!



## 12-Round Circuit Blitz

Half Mile \*BRISK\* Walk to Warm Up  
(Use a treadmill, head along the beach or  
whatever you want!)

### The Circuit:

4 Pull Ups

12 Incline Push Ups

15 Squats

*Repeat for \*12\*Rounds!!*

Total Reps: **372**

End with another Half Mile [less brisk] Walk to  
Cool Down.

***Estimated time to completion: 30-35mins***



## Pro Tips for Workout 3

This will probably be your favourite workout of the bunch. After all, it is most definitely the shortest!

However, do not let time pull the wool over your eyes! The aim of those 12 Rounds is to make sure you spend no more than TWO minutes per round.

I recommend trying to perform all reps of the three exercises in the first minute, then you have the second minute to rest, take a sip of water, and get ready to roll with the punches and go at it again!

Now, like with Workout 1 - you're only performing a very small number of Pull Ups each set (in this case, just four); but again, don't underestimate this workout. You'll be performing almost fifty Pull Ups [again], which should be done with strict form. Then you've got 144 Incline Push Ups, and a whopping 180 squats to bastardize!

Needless to say, this is a full-body workout that will round your trip off nicely! Legs - DONE! Chest - DONE! Back - Doubly Done!

Enjoy!



## Success

## Nutrition Facts

Serving Size: 24 hours per day

Servings Per Container: 365 days a year

### Amount Per Serving

Hustle	100%
Focus	100%
Persistence	100%
Discipline	100%
Failure	100%
Risks	100%
Patience	100%

*\*Percent Daily Values are based on high levels of ambition*



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I want that "*Success 'Nutrition Facts'*" table on the last page to just sit with you for a moment... "**24/7** - 365 days per year".

The extremely simple fact is this: 'health & fitness' should never just be treated as a superficial luxury, or as a fad. It is a g\*d-damn **essential** part of life!

Your very survival depends on your ability to stay fit and healthy. It's a very basic formula that equates to one thing that we all wish for in life: *longevity*!

So, go ahead and live it up in some exotic far-flung part of the world! Or keep it local, but quaint and peaceful. Whatever your idea of "the perfect getaway" may be, just don't use it as an excuse to throw it all to the wind, saying 'F\*ck it' and "Let It Go"...

We should **never** confuse habit and lifestyle - they are very much exclusive from each other. And if you have a habit of just not giving a sh\*t about your health & fitness simply because you've earned yourself some time off [from work/the grind], then that habit will *VERY* quickly spill over into the rest of your life. Your well-being will forever take a backseat to meaningless and short-lived moments...

Keep Fit Abroad - maintain your momentum and motivation! Years and years down the line, you will be **SO** glad you did.



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I just want to round off by saying **Thank You** for downloading this Mini Workout Guide!

I truly hope that through its most literal purpose it serves you well; but also, I hope that it teaches you a few new things too. About training methods. About motivation. Resourcefulness. And especially... *Mindset*.

I know that a lot of the "Free Reports" and other 'Mini Guides' that people and businesses offer for download [in exchange for you subscribing] can often be kinda underwhelming. So, I absolutely hope that this has exceeded your expectations!

Be sure to check in with my blog often - I am publishing new content for the world to read each and every week! And if you prefer listening to reading, then my podcasts are awesome too!

Also, if you are on LinkedIn, Facebook, Instagram, Tumblr or Medium then feel free to connect - Like/Follow to your heart's content! I share all my best stuff on those platform, so definitely check 'em out!



As always, Train Hard and Train Smart!

Yours in Training,

Chris Atkinson | Master Personal Trainer, SDO



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