

Relentless Strength Training Travel Workouts

*All workouts start with the [Relentless Warmup](#).

Workout 1

A1) [3-Position Push-ups](#) (Narrow-Normal-Wide) 5x3-5 at each position. If you don't have access to dumbbells then just use your hands on the floor.

A2) [Reverse Lunges](#) (5-second pause at the bottom): 5x5/side

A3) [Planche](#): 5x30-45sec

Workout 2

4 Rounds of 20sec max reps/20sec rest. This workout should take about 16 minutes.

-[Close-grip Push-ups](#)

-[Bodyweight Squats](#)

-Jumping Jacks

-[Toe Touches](#)

-[Alternating Side Lunges](#)

-[Side Planche](#): 20sec hold, alternate sides every round so you get four on the right, and four on the left.

Workout 3

15:00 AMRAP

-[Burpees](#) x3 (If that is too hard a progression, use [Step-Out Burpees](#))

-Bodyweight Squats: x8

-Burpees x3

-Reverse Lunges: x5/side

Workout 4

A1) Jump Rope (or Simulated) x30-60-90-120-90-60-30

A2) Close-grip Push-ups x3-6-9-12-9-6-3

A3) [Squat Jumps](#): x3-6-9-12-9-6-3

A4) Planche: x10-20-30-40-30-20-10 seconds

Workout 5

A1) Run, Elliptical, Bike, or Run in Place for 10:00

B1) 1.5 Squats: 3x10

B2) 1.5 Push-ups: 3x10

B3) [Spread-eagle Sit-ups](#): 3x15

C1) Run, Elliptical, Bike, or Run in Place for 10:00