

HIIT WORKOUTS: BODY WEIGHT ONLY

Most of these workouts are Insanity-Inspired. I use a lot of the same exercises from those workouts for the ones I invent on my own.

CARDIO WITH POWER MOVE

WARM-UP: 30 Seconds each, 2 Rounds

JOG
HEISMAN
JUMPING JACKS
HIGH KNEES
SQUATS

WORKOUT: Complete each circuit 3 times, 30 seconds each exercise. Each power move is 1 minute.

CIRCUIT ONE

SWITCH KICKS/HIGH KICKS
STANCE JACKS
PIKE TO PUSH-UP
POWER MOVE: SPRINT

CIRCUIT TWO

10 & 2
REVERSE CRUNCHES
JUMP SQUATS
POWER MOVE: SIDE-TO-SIDE

CIRCUIT THREE

KNEE DIAMOND PUSH-UPS
HIGH KNEES
BURPEES
POWER MOVE: OVER THE LOG JUMPS

CIRCUIT FOUR

IN & OUT PLANKS
MEDICINE BALL TWIST
FRGGIES
POWER MOVE: GENIE ABS

CARDIO KILLER

WARM-UP: 30 Seconds each, 2 Rounds

JOG
JUMPING JACKS
BUTT KICKS
SCISSOR RUNS

WORKOUT: Perform each exercise for 1 minute

HIGH KNEES
STANCE JACKS
PUSH-UPS
MEDICINE BALLS TWIST
SWITCH KICKS
HOP-HOP SQUAT
JUMP SQUATS
REVERSE CRUNCHES
DIVE PUSH-UPS
BURPEES
HIGH KNEE TWIST
10 & 2
PLANK KNEE TAPS
DIAMOND PUSH-UPS
JUMP LUNGES
SUICIDE SPRINTS
DIAMOND JUMPS
MOUNTAIN CLIMBERS
HIGH JUMPS
PLANK KNEE TO SHOULDER
SQUATS
JACKS WITH FINGER TOUCH
PLANK PUNCHES
OVER THE LOG ABS

STRETCH: 5 Minutes

CROSSFIT-INSPIRED

I just got back from my Grand Canyon/Zion National Park excursion. While I got lucky at the lodge at the Grand Canyon (there was a decent gym on site), the lodge at Zion was gym-less. I busted out one of my favorites...

WORKOUT: Either 1 set for time OR repeat 2-3 times

75 JUMPING JACKS
75 PUSH-UPS
75 JUMP SQUATS
75 REVERSE CRUNCHES OR SIT-UPS
75 MOUNTAIN CLIMBERS (EACH LEG)
75 SQUATS
75 JUMPING JACKS

IVAN THE TERRIBLE

For when your coworker snatches up the machine you were planning to use for a late morning workout before shift... I did another 25 minutes on the elliptical after this. Also good for hotel rooms (no equipment needed).

WORKOUT: FOR TIME

90 SECOND JUMP ROPE
50 LUNGES
50 PUSH-UPS
50 SIT UPS
90 SECOND JUMP ROPE
40 LUNGES
40 PUSH-UPS
40 SIT UPS
90 SECOND JUMP ROPE
30 LUNGES
30 PUSH-UPS
30 SIT UPS
90 SECOND JUMP ROPE
20 LUNGES
20 PUSH-UPS
20 SIT UPS
90 SECOND JUMP ROPE
10 LUNGES
10 PUSH-UPS
10 SIT UPS

PURE CARDIO

For when you're alone in the tiny building gym, and do not care that you'll look a tad bit strange jumping all over the place, switching from random exercises to the elliptical or treadmill...

WORKOUT: Can be done with or without equipment/machines

CIRCUIT ONE: 1 MINUTE EACH, 20 REPS FOR LAST 1

JUMP ROPE
HIGH KNEES
BUTT KICKERS
JUMPING JACKS
BURPEES
RUN FOR 10 MINUTES

CIRCUIT TWO: 1 MINUTE EACH FOR FIRST 4, 25 REPS LAST 2

JUMP ROPE
HIGH KNEES BUTT KICKERS
JUMPING JACKS
PUSH-UPS
TRICEP DIPS
RUN FOR 10 MINUTES

CIRCUIT THREE: 1 MINUTE EACH FOR FIRST 5, 20 REPS LAST 1

JUMP ROPE
HIGH KNEES
BUTT KICKERS
JUMPING JACKS
MOUNTAIN CLIMBERS
BURPEES
RUN FOR 10 MINUTES

1000 CALORIE WORKOUT

For when you're in the Dominican Republic, but refuse to stop workout out just because you're on a relaxing trip. My hip flexors hated me for the next few days...

WORKOUT: 7 ROUNDS X 4 EXERCISES

ROUNDS	1.	2.	3.	4.	5.	6.	7.
JUMPING JACKS	60	60	60	50	60	60	50
REVERSE CRUNCHES	50	40	50	40	40	50	30
SQUATS	20	30	20	30	30	35	35
PUSH-UPS	15	15	10	15	20	15	10