



Bite-Sized Busy Traveller Workout

This convenient program is specifically designed for small spaces like hotel rooms, office, tiny condo gyms etc., without compromising on your results. This is a total body program with 5 different strategic exercises for your bite-sized workout. You can use any combination of movements and add to existing workouts. This is to be done daily to maximize your success and to maintain proper habits. The flow of the workout is specifically designed to target larger muscle groups with cardiovascular intervals. Click on the exercises for instructions. Like my [Facebook](#) page for additional support.

| Busy Traveller Program | | | |
|----------------------------------|---|---------------|-------------|
| Exercise | Weight | Reps | Sets |
| Squat | 0 | 12-15 | 2 |
| Footwork - Crossover Step | 0 | 45-60s | 2 |
| Plank | 0 | 60(s) seconds | 2 |
| Glute Bridge | 0 | 12-15 | 2 |
| Mountain Climbers | 0 | 60s | 2 |
| Nutritional Tips: | Eat high fiber foods to keep the body full for longer. Follow my page for additional tips. http://facebook.com/stayfitanywhere | | |
| Comments: | Work up to the suggested reps and sets. For an added challenge, only take 20 second breaks between each exercise. For additional exercise options follow me on instagram @joewellnesscoach @stayfitanywhere | | |