

Travel, Vacation, Home Workout No Equipment



Perform each exercise for 30 seconds each. Allow 10 second rest in between sets.

Jumping Jacks

Wall Sit

Pushup or for more challenge try this [Paper Plate Sliding Pushup](#)

[Low Ab March](#)

Step Ups onto Chair

[Squat](#) or for more challenge try this [1 Leg Squat Touchdown](#)

Triceps Dip on Chair

Plank

High Knees in Place

Lunge or for more challenge try this [Forward Leaning Lunge](#) or [Front to Back Lunge](#)

Pushup and Rotate

Side Plank or for more challenge and to also target the glutes try this [Side Plank Leg Lift](#)