

# Travel & Home *workouts*





# Travel & Home Workouts

Developed for Optimal Fat Loss with  
Minimal Equipment

[www.stormfitness.com.au](http://www.stormfitness.com.au)

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# Home Workout Solutions

Storm Fitness & Performance strives to provide our clients and those that choose to lean on us as their fitness, fat loss, and health solution with versatile and flexible training options so that they can continue to progress no matter the situation.

These workouts can be done with a simple set of dumbbells or even your own bodyweight.

If you are completing these workouts as a program, not just as individual workouts that can be done if traveling or stuck at home, then you will perform 3 workouts a week for as long as needed.

To ensure you are making significant progress challenge yourself on each set and each exercise always looking to outperform your work from the last workout.

## How to Perform the Workouts

These workouts are set up as super sets or giant sets to save you time and to ensure you are maximizing the efficiency and effectiveness of your workouts. When you superset exercises in the right way you can shorten rest periods which allow you to maximize the metabolic effect of the workout. A greater metabolic effect leads to greater fat loss!

When you see the labels 1A), 1B), 2A), 2B), etc., you will perform the workout in the following fashion. All of the “1” exercises will be done together. So you will perform exercise 1A) for the set number of reps, then you will rest as prescribed, then immediately go into performing the set number of reps for 1B) and rest as prescribed. After this rest, you will repeat these two exercises for the prescribed number of sets.

Reps are the number of times that you perform the exercise each time you do it. Sets are the number of times you will complete the set number of reps for each exercise. Set and reps are prescribed in the following fashion “SETS” x “REPS”, so 3x15 means that you will perform 3 sets of 15 reps.

Sometimes you will see rep ranges. For instance 2x12-15. This means that you will complete 12-15 reps based on your fitness level. During your first week, shoot for the higher end of the range, and if you choose to increase the weight on the next workout, you should aim to complete the same number of reps. In this case, it is acceptable to have to lower the reps to focus on the heavier weight.

This method of training allows to you train as intensely as possible each day based on how you are feeling that day.

# Bodyweight-Only Workouts

These workouts are great for traveling when you have no choice but to use only your bodyweight. This type of training is just as effective and can be just as challenging as using heavy weights.

## Workout A

- 1A) Plank 3x45-60s Rest 30s
- 2A) Prisoner Reverse Lunge 4x10-12 per leg Rest 30s
- 2B) Push Up or Feet Elevated Push Up 4x8-10 Rest 60s
- 3A) Bodyweight Squat w/ 2s Pause at Bottom 3x15-20 Rest 30s
- 3B) Scapular Retraction on Floor 3x20-25 Rest 30s
- 4A) Jumping Jacks or Sprint In Place 5x20s Rest 40s

## Workout B

- 1A) Mountain Climber 2x20-30 reps each leg Rest 45s
- 2A) Skater Squat 3x6-8 reps each leg Rest 30s
- 2B) Wall Sit Wall Slide 3x10-12 Rest 60s
- 3A) T-Push Up 3x8-12 Rest 30s
- 3B) Lateral Lunge 3x6-8 each leg Rest 60s
- 4A) Inchworm 5x20s Rest 40s

## Workout C

- 1A) Single Leg Glute Bridge 4x10-15 each leg Rest 30s
- 2A) Dive Bomber or Hindu Push Up 3x6-8 Rest 30s
- 2B) Close Stance Squat 3x12-15 Rest 60s
- 3A) Wall Squat Iso Hold 3x30s Rest 30s
- 3B) Side Plank 3x30s each Side Rest 60s
- 4A) Jumping Jacks or Sprint In Place 5x20s Rest 40s

## Bonus!

Make sure to get in 20-30 minutes of easy walking, outside if possible, 3-5 times per week. You should be able to hold a conversation during this walk. It isn't cardio!

# Bands Workout

Resistance Bands are great for traveling or performing at home workouts. You can get resistance bands at most fitness and sport stores (including Rebel Sport) and sometimes even Kmart, Big W and Target have them available.

## Workout A

- 1A) Band Squats 3x 15-20 Rest 30s
- 1B) Band Single Arm Rows 3x12-15 Rest 60s
- 2A) Band Reverse Lunge 3x8-10 each leg Rest 30s
- 2B) Band Press 3x8-10 Rest 60s
- 3A) Band Anti Rotation Holds 3x30s Each Side Rest 30s
- 4A) Sprint in Place 5x20s Rest 40s

## Workout B

- 1A) Inchworm 4x6-8 Rest 60s
- 2A) Band Push Up 4x8-10 Rest 30s
- 2B) Band Pull Apart 4x10-20 Rest 30s
- 3A) Band Curl 2x15-20 Rest 30s
- 3B) Close Grip Push Up 2x8-15 Rest 30s
- 4A) Band Mountain Climbers 5x20s Rest 40s

## Workout C

- 1A) Band Good Morning 2x15-20 Rest 30s
- 2A) Rear Foot Elevated Split Squat 3x8-10 Rest 30s
- 2B) Band Single Arm Chest Press 3x12-15 Rest 30s
- 2C) Band Single Arm Row 3x12-15 Rest 30s
- 3A) Plank 4x30s No Rest
- 3B) Vertical Jumps 4x30s Rest 60s

## Bonus!

Make sure to get in 20-30 minutes of easy walking, outside if possible, 3-5 times per week. You should be able to hold a conversation during this walk. It isn't cardio!

# Dumbbell Workouts

These workouts are best for at home or on the road where you have access to a set of dumbbells. You can get started with a set of 8-10kg dumbbells for women and 10-15kg for men (you can go heavier if you want to).

## Workout A

- 1A) Plank 3x30s Rest 30s
- 2A) DB Goblet Squat 3x20-25 Rest 30s
- 2B) DB 1 Arm Press 3x12-15 each Rest 30s
- 3A) DB Single Leg RDL 3x12-15 Each Leg Rest 30s
- 3B) DB Single Arm Row 3x12-15 Each Arm Rest 30s
- 4A) DB Swings 5x20s Rest 40s

## Workout B

- 1A) Feet to sky 3x8-12 Rest 30s
- 2A) DB Reverse Lunge 3x10-12 Rest 30s
- 2B) DB Press 3x8-10 Rest 30s
- 3A) DB Rear Foot Elevated Split Squat 3x8-10 Rest 30s
- 3B) DB Hammer Curl 3x8-10 Rest 30s
- 4A) Inchworm 5x20s Rest 40s

## Workout C

- 1A) Side Plank w/ Rotation 2x15 each side Rest 30s
- 2A) Push Up or Dive bomber Push Up 3x8-15 Rest 30s
- 2B) DB Walking Lunge 3x12-15 Rest 30s
- 3A) DB Bent Over Row 3x12-20 Rest 30s
- 3B) DB Sumo Deadlift 3x8-10 Rest 30s
- 4A) Skier Swings 5x20s Rest 40s

## Bonus!

Make sure to get in 20-30 minutes of easy walking, outside if possible, 3-5 times per week. You should be able to hold a conversation during this walk. It isn't cardio!

# Exercise Descriptions

## Plank

Start to get into a pushup position, but bend your elbows and rest your weight on your forearms instead of on your hands. Move your elbows about 6 to 8 inches in front of your shoulders. Your body should form a straight line from your shoulders to your ankles. Brace your abs like you're going to take a punch, flex your quads, and glutes as hard as possible. Think about pulling your elbows toward your feet while pulling your toes up toward your elbows. In other words, everything is maximally contracted from head to toe.

## Prisoner Reverse Lunge

Stand holding both hands behind your head like you are being taken prisoner. Step backward with your left foot and lower your body until your right thigh is almost parallel to the floor. Return to the starting position and then repeat with your other leg.

## Push Up

Start in pushup position with your hands closer than shoulder-width apart. Your body should form a straight line from your ankles to your shoulders. Lower your body until your chest nearly touches the floor, making sure to tuck in your elbows into your ribcage. Pause at the bottom and then press back to the starting position.

## Bodyweight Squat w/ 2 Second Pause

Stand with your feet slightly wider than shoulder-width apart. Keeping your back naturally arched, push your hips back, bend your knees, and lower your body until the tops of your thighs are at least parallel to the floor. Pause for 2 seconds, then push yourself back up to the start.

## Scapular Retraction on Floor

Lay down flat on your back then bend your elbows 90 degrees. Now imagine you are doing a row by driving your elbows down into the ground. The intent should be to lift your body slightly off the floor. This will be impossible for many of you but as long as the intent is there and you're trying to squeeze your shoulder blades together you'll get the benefit. Hold each rep for three seconds in the max contraction position.

## Sprint in Place

Start by standing tall with feet hip width apart. Start to sprint by marching your feet, bringing your knees high. You should be working in an opposite arm and leg fashion so that if your left leg is being



lifted your right arm goes in front of your body. Increase the speed as quickly as you can to turn this into a sprint. Think about keeping your knees high and body tall.

## **Mountain Climber**

Get into pushup position, with your body forming a straight line from your ankles to shoulders. Now without moving your core and keeping it stable bring one knee in towards your chest, return it to the start position and then repeat this process with the other leg. The faster you go the harder this movement becomes.

## **Skater Squat**

Stand with your feet about shoulder width apart. Raise one foot and let it hang a few inches above the floor. Then, push your hips back and lower your body into a single leg squat, making sure that the foot off the floor does not help with the movement. Lower your body until your back knee touches the floor and your front knee is bent about 90 degrees. Pause, and then—without using the assistance of your other leg—press back up to the starting position. Do all reps, switch legs, and repeat.

## **Wall Sit Wall Slides**

Stand tall with your back against a wall. The back of your head, shoulders, and lower back should all make contact with the wall. Lower into a squat (as if you're sitting into a chair), until your knees are bent 90 degrees. Push down into your heels and hold.

In this position you will now take your hands and hold them over your head and press the back of your hands against the wall. You should like you are being held up in a bank robbery. Slide your arms to your side by bending your elbow but keep the back of the arms pressed against the wall. At the bottom of the movement your thumbs should be near your ears. Return to the start position with your hands and repeat while holding the wall sit position.

## **T-Push Ups**

Begin in pushup position with your hands beneath your shoulders. Lower your body until your chest nearly touches the floor. Pause at the bottom, and then push yourself back up to the starting position. As your body rises, rotate your body to the right so that your chest opens up and you raise your right arm directly above your right shoulder. Your right arm should be straight, and your body turned to the side so that you form the letter "T." Lower back to the starting position, perform another pushup, and repeat the movement, this time rotating to the left.

## **Lateral Lunge**

Stand with your feet about hip width apart with your arms extended out in front of your chest. Lift your left foot and take a big step to your left as you push your hips backward. Lower your body down

towards the floor by dropping your hips and bending your left knee. Your feet should be pointed straight ahead, and your right foot should remain flat on the floor. Pause, and then push yourself back to the starting position. Repeat with the other leg.

## **Inchworm**

Stand tall with your legs straight and bend over and touch the floor. Keeping your legs straight, walk your hands forward as far as you can. Then take tiny steps to walk your feet back to your hands. That's one repetition.

## **Single Leg Glute Bridge**

Lie face up on the floor with your left knee bent and your right leg straight. Place your arms out to your sides at 45-degree angles. Raise your right leg until it's in line with your left thigh. Brace your core—as if you're about to be punched in the gut—and hold it that way. Keeping your right leg in line with your left thigh, squeeze your glutes tightly and raise your hips until your body forms a straight line from your shoulders to your knees. Pause, then slowly lower your body and leg back to the starting position. Complete the prescribed number of repetitions with your left leg, then switch legs and do the same number with your right leg.

## **Dive Bomber or Hindu Push Up**

Begin in a standard pushup position, but widen your stance and move your feet forward and raise your hips so your body almost forms an upside-down “V.” Keeping your hips elevated, lower your body in a forward scooping motion until your chin nearly touches the floor. Skim your chest along the floor while continuing to move your upper body forward. At that point you want to raise your head and chest while keeping your hips on the floor. You'll be in cobra position with your hands next to your hips, while staring up at the ceiling. Now raise your hips back up and repeat.

If that's too easy you can do a Dive bomber pushup. The only difference is that instead of raising your hips back up to get into the start position for the next rep you reverse the motion and press yourself back up. So it would look exactly like someone pressed the rewind button and you did the exact same motion in reverse.

## **Close Stance Squat**

Stand with your feet shoulder-width apart or closer. Keeping your back naturally arched, push your hips back, bend your knees, and lower your body until the tops of your thighs are at least parallel to the floor. Pause, and then push yourself back up to the start.

## Wall Squat Iso Hold

Stand tall with your back against a wall. The back of your head, shoulders, and lower back should all make contact with the wall. Lower into a squat (as if you're sitting into a chair), until your knees are bent 90 degrees. Push down into your heels and hold.

## Side Plank

Lie on your left side with your knees straight. Prop your upper body up on your left elbow and forearm. Position your elbow under your shoulder. Brace your core by contracting your abs forcefully as if you were about to be punched in the gut. Raise your hips until your body forms a straight line from your ankles to your shoulders. Your head should stay in line with your body. Hold this position for the prescribed amount of time while breathing deeply. That's one set. Turn around so that you're lying on your right side and repeat.

## Band Front Squats

Stand with your feet slightly wider than shoulder-width apart. Step on your band so that it is under both feet and then bring it up to your shoulders that it is resting across your shoulders in front of your neck. You can hold the band there with your hands by taking your right hand to your left shoulder and your left hand to your right shoulder so that your forearms are crossed and making an "X". Keeping your back naturally arched, push your hips back, bend your knees, and lower your body until the tops of your thighs are at least parallel to the floor. Pause, and then push yourself back up to the start.

## Band Single Arm Rows

Secure a band to a stable object at chest height. Grab the band with your right hand and step away from the anchor point until you feel tension. Lower your body into a quarter squat and extend your arm out in front of your torso. Pull the band to the side of your chest by driving your elbow back and towards your ribcage. Slowly return the band to the starting position. Do all reps, switch arms, and repeat.

## Band Reverse Lunge

Stand with your right in the band and the band over your shoulders like you are going to perform the band front squat. Step backward with your left foot and lower your body until your right thigh is almost parallel to the floor. Return to the starting position, perform all reps and then repeat with your other leg.

## **Band Press**

Stand with your feet shoulder width apart inside the band. With the band in both hands at shoulder height you will now press the band overhead, with a shoulder width grip. Pause at the top so that your ears are inline with your elbows and return to the start position.

## **Band Anti Rotation Holds**

Attach a band to a stable object at chest level. Grab the band with a clasped grip and stand with your left side facing the anchor point. Step away from the anchor so that the band is taut. Hold the handle in front of your chest and then press your arms out in front of your body until they're full extended. Hold this position without allowing any rotation in your torso. Return to the starting position, switch sides so that your right side faces the anchor point and repeat.

## **Band Push Up**

Grab a band and hold an end in each hand, and wrap the band around your back. Still holding the band in each hand, get into pushup position, with your body forming a straight line from your ankles to shoulders. The band should feel taut and pressed against your upper back while anchored under each hand. Lower your body until your chest is just above the floor, and then push back up to the starting position.

## **Band Pull Apart**

Keeping your arms straight, use both hands (palms up) to hold a stretch band out in front of your chest. Now squeeze your shoulder blades together and stretch the band out to your sides, without bending or lowering your arms, until the band touches your sternum.

## **Band Curl**

Grab a band with both hands, standing on one end with your feet about hip-width apart. Hold the band just below your waist, with your arms straight and your hands at least 2 inches apart, palms facing each other. Without moving your upper arms, bend your elbows and curl the band as close to your shoulders as you can. Pause, then slowly lower the band to the starting position.

## **Band Mountain Climbers**

Grab a band and hold an end in each hand, and wrap the band around your back. Still holding the band in each hand, get into pushup position, with your body forming a straight line from your ankles to shoulders. The band should feel taut and pressed against your upper back while anchored under each hand. Now without moving your core and keeping it stable bring one knee in towards your chest, return it to the start position and then repeat this process with the other leg. The faster you go the harder this movement becomes.

## **Band Good Morning**

Stand on a resistance band on one end and loop the other end around your shoulders. Stand up straight with the band pressing down on your traps. Begin the movement by pushing your hips back as your chest lowers toward the ground. The range of motion in this exercise is dictated by your hamstring flexibility. Basically, you will move down as far as possible, attempting to get as close to parallel as possible while keeping your back arched. Once this arch begins to disappear, immediately start the upward phase of the exercise. Remember to keep your knees slightly bent during the entire exercise; this helps avoid hyperextending your knees. Keep your head up, shoulders back, and lower back arched during the entire movement.

## **Rear Foot Elevated Split Squat**

Stand in a staged stance, and place the instep of your back foot on a bench. Keeping your shoulders back and your chest up, lower your body as deeply as you can until your back knee is about 1-2 inches above the floor. Pause, and then press back to the starting position. Do all reps, switch legs, and repeat.

## **Band Single Arm Chest Press**

Secure a band to a stable object at chest height. Grab the band with your right hand, face away from the anchor point and step away from the anchor point until you feel tension. Stagger your stance so that the opposite foot of your hand holding the band is forward (right hand band, left foot forward). Press the band straight out in front of you while keeping your shoulders square. Slowly return the band to the starting position. Do all reps, switch arms, and repeat.

## **Vertical Jumps**

With your feet about hip width apart, push your hips back and squat down and then explode up into the air as high as possible. Land softly, reset your feet, and then jump again.

## **DB Goblet Squat**

Grab a dumbbell and hold it vertically in front of your chest, with your feet slightly wider than shoulder-width apart. Keeping your back naturally arched, push your hips back, bend your knees, and lower your body until the tops of your thighs are at least parallel to the floor. Pause, and then push yourself back up to the start. If that's too hard, do a bodyweight squat instead.

## **DB 1 Arm Press**

Stand holding a dumbbell just outside your shoulder, with your arm bent and palm facing inward. Let your free hand hang to your side or place it on your hip. Set your feet shoulder-width apart, and slightly bend your knees. Press the weight upward until your arm is completely straight. Make sure to

push the dumbbell in a straight line. Slowly lower the dumbbell back to the starting position. Complete the prescribed number of reps with your right arm, then immediately do the same number with your left arm.

## **DB Single Leg RDL**

Stand with feet shoulder-width apart. Hold a pair of dumbbells in front of your thighs. Move one foot slightly behind the other, and balance on your front foot, holding your other foot a few inches off the ground. With your back flat and abs tight, slowly lower the weight toward front foot and allow your free leg to float behind you for balance. Once the weight reaches just below your knee, push through grounded heel to return to the upright position, and repeat on the opposite leg.

## **DB Single Arm Row**

Grab a dumbbell, with an overhand grip that's just beyond shoulder width, and hold it at arm's length. Set your feet shoulder-width apart. Let the dumbbell hang straight down from your shoulders. Keeping your lower back naturally arched, bend at your hips and knees and lower your torso until it's almost parallel to the floor. Without moving your torso, pull the dumbbell to the side of your torso by raising your upper arms, bending your elbows, and squeezing your shoulder blades together. Pause, and then slowly lower the dumbbell back to the starting position. Repeat on the other arm.

## **DB Swings**

Grab a dumbbell with an overhand grip with both hands and hold it in front of your waist at arm's length. Keeping your lower back slightly arched and with your knees slightly bent, hinge (or bend) at your hips and swing the dumbbell between your legs. Keeping your arms straight, thrust your hips forward, and swing the dumbbell up to chest level as you rise to standing position. Now swing the weight back and forth.

## **Feet to Sky**

Lie on your back with your hips bent 90 degrees and your legs straight. Hold your arms out to the sides. Use the strength of your abs to lift your hips back and towards your chest, while keeping your legs straight and perpendicular to the floor. Pause, and then slowly lower your hips back to the starting position.

## **DB Reverse Lunge**

Stand holding a dumbbell in each hand, your arms hanging straight at your sides, palms facing in. Step backward with your left foot and lower your body until your right thigh is almost parallel to the floor. Return to the starting position and then repeat with your other leg.

## **DB Rear Foot Elevated Split Squat**

Grab a pair of dumbbells and stand in a staged stance, and place the instep of your back foot on a bench. Keeping your shoulders back and your chest up, lower your body as deeply as you can until your back knee is about 1-2 inches above the floor. Pause, and then press back to the starting position. Do all reps, switch legs, and repeat.

## **DB Walking Lunge**

Stand with your feet hip-width apart and holding a dumbbell in each hand. Step forward with your right leg and slowly lower your body until your right knee is bent at least 90 degrees. Pause, then raise up and bring your back foot forward so that you move forward (like you're walking) a step with every rep. Alternate the leg you step forward with each time.

## **DB Press**

Stand tall, holding a pair of dumbbells just outside your shoulders with palms facing each other. Press the weights up until your arms are straight; slowly lower them to the starting position.

## **DB Split Squat**

Stand in a staggered stance, your left foot in front of your right. Keeping your torso upright, lower your body until your front knee is bent 90 degrees. Then push yourself back to the starting position. Hold the dumbbells to your sides.

## **DB Hammer Curl**

Holding a pair of dumbbells, stand with your feet hip-width apart. Let your arms hang straight down from your shoulders, and turn your palms so they're facing each other. Curl the dumbbells up as high as you can without moving your upper arms forward, and then lower the weights to the starting position.