

Travel Wods

Kari Eide,Lissa Mueller

Bodyweight Cross Training WOD Bible P. Selter, 2014-05-14 BONUS - exclusive content upon redemption. Regardless of your gender, age or current fitness level you're about to learn how to build a fit and healthy body without any expensive gym memberships or overhyped workout equipment No gym? No equipment? No worries! Here is A Preview Of What the Bodyweight Cross Training WOD Bible contains: A comprehensive list of the health benefits of Cross Training In depth terminology to help you understand the abbreviations and lingo used in Cross Training An explanation of what bodyweight training actually is Benefits of bodyweight training revealed ***must read!*** The essential principles of bodyweight training Bodyweight exercises explained (including photos!) 220 Cross Training bodyweight workouts And Much More!

Fit for Travel Christopher Castellano, 2018-08-14 Are you worried about the effect that traveling has on your health? People who travel three weeks per month or more are almost twice as likely to be obese compared to workers who travel just one to six nights per month. We all know it's tough to stay fit while traveling. It doesn't matter what kind of fitness routine you have at home. Everything is up in the air when you're in airports, hotels, conferences, meetings, sightseeing or visiting friends and family. To make matters even worse, most hotels do not have gyms - at least not legit ones. The few that do have gyms only have a treadmill, an elliptical, and the loneliest dumbbells you've ever seen. When it comes to exercise while traveling, you need a guide that's made specifically for this unique challenge. In the book *Fit For Travel: Your Guide to Losing Weight and Feeling Great While Traveling*, you will discover what it takes to get you on the path to achieving the body you've always wanted. ORDER:: *Fit For Travel: Your Guide to Losing Weight and Feeling Great While Traveling* Fit For Travel contains a catalog of key areas to focus on while traveling to get fitter and healthier than ever. You will learn: ** Why you need to be working out while you travel. ** How to pack and plan for fitness away from home. ** Travel workouts that you can do anywhere. ** Where the best hotel gyms in the world are. ** How to beat jet lag. ** Nutrition strategies that will help you lose weight and keep it off. ** What apps and fitness gear are perfect for the travel life. ** What it takes to be an athletic nomad. Would You Like To Know More? Order now and read this book on your next flight. Become a fitter and healthier traveler today. Scroll to the top of the page and select the buy button. Change the way you travel. Change the way you live.

HIIT on the Go: Travel-Friendly Workouts for Every Adventurer Mick Southerland, 2024-02-02 HIIT on the Go: Travel-Friendly Workouts for Every Adventurer serves as a comprehensive manifesto for integrating High-Intensity Interval Training (HIIT) into the travel experience, enabling adventurers to maintain their fitness journey irrespective of their location. This guide delves into the essentials of HIIT, presenting it as a versatile and effective regimen adaptable for any fitness level and travel scenario. It begins with foundational insights into the importance of fitness while traveling, progresses through the principles and customization of HIIT, and equips readers with practical strategies for executing workouts in a variety of settings, from hotel rooms to natural landscapes. The book meticulously outlines various HIIT workouts tailored to the unique needs of travelers, including routines that require no equipment, suggestions for utilizing minimal gear like resistance bands and jump ropes, and creative methods to turn any space into an impromptu gym. Specialized chapters cater to outdoor enthusiasts and adventure travelers, with targeted workouts for activities such as hiking and water sports. Additionally, it emphasizes the significance of recovery and nutrition, offering guidance on stretching, hydration, and maintaining a balanced diet on the road, ensuring that travelers can fully enjoy their journeys without compromising their health and fitness. Beyond mere workout routines, HIIT on the Go champions a lifestyle that harmonizes the spirit of adventure with a commitment to wellness. It tackles the psychological aspects of staying motivated and consistent in one's fitness regimen while away from home, including setting achievable goals, overcoming obstacles, and fostering a community among fellow travelers. The book concludes with valuable appendices that provide resources such as workout logs, exercise guides, and recommendations for fitness apps, making it an indispensable resource for anyone eager to explore the world while keeping fitness a forefront priority. Through its practical advice and adaptable workout plans, this guide empowers readers to seamlessly integrate health and adventure, transforming travel experiences worldwide.

The 20-Minute Travel Workout Andre Meintjes Phd Mpt Cfe, André Meintjes, 2014-01-21 Keep Active, Energized and Productive While Traveling It Takes Just 20 Minutes! Get energized while traveling on business! Become the envy of your co-workers or counter-parts, while honing the body and also increasing chances of success. All this becomes possible thanks to unique, fun and easy exercises that also sharpen and naturally accelerate the mind into efficient overdrive. Heralded worldwide as among today's most widely respected and knowledgeable workout experts, Doctor Andre Meintjes provides comprehensive, short, whole-body exercise routines based on his more than 17 years of experience as a renowned physical therapist. His trademarked and increasingly popular 20-Minute Travel Workout invigorates you while on the road, particularly essential for busy, stressed out executives and sales personnel. Each scientifically designed exercise routine can be done anytime and anywhere, from your hotel room to a public park or the beach. You should perform these exercises vigorously, using multiple muscle groups while elevating your heart rate - thereby accelerating your body's natural energy producing systems. When using The 20-Minute Travel Workout you: Keep active while on the road. Energize your mind and body before business meetings. Need only 20 minutes daily to markedly increase your fitness level. Live a healthy lifestyle. Complete warm-up, whole-body conditioning, aerobic and anaerobic as well as cool down exercises in each routine.

The Real Skinny Julie Upton, Katherine Brooking, 2013-04-04 Tired of gimmicky diets that don't work? Upton and Brooking, founders of the website Appetite for Health, show you how to exchange most common fat habits with slim solutions that work!

365 WODs Blair Morrison, 2015-05-15 Challenge your body with the ultimate resource of daily workouts. Fast-paced exercise programs based on high intensity interval training are sweeping the nation. Their recipe for success is the WOD, or workout of the day. Planks, squats, crunches, pushups are all great, but changing up a routine can be challenging, and it can be difficult to find a resource for so many different workouts. Until now. 365 WODs features a new workout for each day of the year. With endless variety, you'll never become bored with your fitness routine. You'll find: -Instructions and step-by-step photos for 40 fundamental movements, allowing you to perfect your technique and avoid injury -A choice between beginner, intermediate, and advanced difficulty levels for each WOD -A glossary so you can make sense of common terminology and acronyms -Workouts for the gym, at home, and on the road The ultimate resource of exercises, 365 WODs will help you push your limits all year long. Blair is among the best athletes, teachers, and coaches in our industry. - Ben Alderman, owner CrossFit Iron Mile - www.crossfitironmile.com

The Fit Traveler Kari Eide,Lisa Mueller,Lissa Mueller,Eide,2006-05 Free stretch band with guide explaining and illustrating the top-20 exercises, in color. Hard case binding with pocket for storing the stretch band. Lay-flat, concealed wire-0-binding. Program delivers a full-body workout, including upper body, lower body, and target areas like thighs and abdomen. Travel, exercise, and diet tips help round out this concise and effective program.

Training Day Damect Dominguez,2017-12-14 Training Day is the result of over three years of obsessively writing and testing workouts-short and long, light and heavy, high skilled and low skilled, and everything in-between. Each workout is intended to be both fun and effective-and of course, sometimes grueling!The book is written for box owners and athletes alike. Need a quick workout to do while on vacation? Turn to the bodyweight chapter and find a WOD you can do in your hotel room. Want to program a tough triplet for your class? Training Day's got a ton of them!If you're looking to maximize your gains, Training Day offers instructions on how to program a week, month, or the entire year using the workouts in this book. As a matter of fact, we've used these same workouts over the course of several years and seen athletes improve in all aspects of their fitness-stronger, faster, fitter!

Down and Dirty Matt Davis,2014-07-01 Obstacle course races and mud runs such as Tough Mudder, Spartan Race, Warrior Dash, Rugged Maniac, and Muddy Buddy are all waiting for you to get Down and Dirty. Author Matt B. Davis offers an overview of the most popular races before tackling the most important concerns for any racer: preparation and training. Each obstacle-focused chapter will feature a leading obstacle race athlete who will offer expert advice on how to get prepared for your next race—whether it's your first or you're a recent devotee who wants to try them all. Because each race is different, this book will supply training advice for a variety of obstacles and races.

Quick Workouts ,1987-01-01 Includes a 20-minute workout, office workouts, travel workouts, and advice on eating out.

Mom's WODS Ella C. Brunt,2015-10-11 Mom's WODS is a collection of heart-to-heart text messages from a concerned mother to her daughter. These short but sweet words of encouragement combined with scripture will be a daily boost to your morning routine. Mom's Word of the Day will challenge you to exercise your spiritual muscles and see how The Cross fits into your life.

The Fit Traveler Kari Eide,Lissa Mueller,2006-01-01 Finally, a practical, fully-illustrated guide to using lightweight, elastic resistance bands for a dynamic, efficient, full-body workout--any time, any place. The program and kit (comes with a free stretch band) are specially created for the senior traveler who wants a convenient, effective workout without leaving the safety and privacy of a hotel room. The 20 top exercises are explained and photo-illustrated in color. Hard case binding contains a convenient pocket for storing the stretch band. Tips on travel, exercise, and diet help round out this concise and effective program. This award winning, highly endorsed title has been featured nationally in major newspapers (Star-Tribune, Post, Chronicle, and more), magazines (Shape, Oxygen, Fitness, and more), and on-line venues. Sold in Travel, Fitness, Gift, and Senior categories.

The Workout Bucket List Greg Presto,2022-04-26 Do leg day like America's toughest firefighter, join a bicycle race in the mountains of Colorado, or get pumped like a POTUS with this unique and well researched collection of exercises that will encourage and inspire you to try some of the most challenging and ridiculously fun workouts at home and around the world! For most of us, exercise can be a dreaded task, one to be postponed, procrastinated, or avoided. We all know the excuses: exercise is boring; I don't have time for the gym; there's no room in my apartment; I need to be motivated. The real problem is that we're used to old fitness routines and the same monotonous gym equipment, but The Workout Bucket List promises that exercise can, and will, be fun again. Combine history, pop culture, travel, inspiration, and health and you've got the perfect book to help break down your mental barriers to shake up your fitness regimen. Author and fitness journalist Greg Presto suggests countless exercises and activities around the world—or in your very own home—for the ultimate fitness bucket list, whether it's biking with zebras, entering the Tour de Donut, climbing the tallest mountain east of the Mississippi, training like a Baywatch lifeguard, or starting your day with a workout that you might have done in the Titanic's gym. The Workout Bucket List is here to challenge you to try the world's toughest, most interesting, and fun workouts, inspiring the fitness adventurer in all of us.

Wodzilla Ben Morgan,University Lecturer in Germans Ben Morgan,2014-07-03 Looking for the Ultimate WOD Book? You've Found it!If you're looking for the ultimate compilation of WODs, suitable for anyone including those just getting into cross training all the way up to athletes at an elite level then this is the book for you! Featuring over 700 workouts you'll never be short of a WOD, whether you want to focus on bodyweight training, do some intense Russian kettlebell training or perform some heavy Olympic lifts WODZILLA has you covered! Here is A Preview of what WODZILLA Contains:10 Warm up WODs to get your muscles ready to work 78 Benchmark WODs to measure your progress! 30 Running WODs 20 Rowing WODs 70 Heavy Lifting WODs, featuring Olympic and strongman style lifts 20 WODs that take 5 minutes, perfect for when you're short on time! 20 WODs that take 10 minutes 20 WODs that take 20 minutes 200 Russian Kettlebell based WODs 200 Bodyweight WODs, no fancy gym equipment required! 50 Partner WODs – grab a buddy or two and smash these workouts!

Cross Training WOD Bible P. Selter,2014-03-09 Here is A Preview Of What the Cross Training WOD Bible contains: A comprehensive list of the health benefits of Cross Training In depth terminology to help you understand the abbreviations and lingo used 555 Cross Training WODs (workouts) And Much More! Here is A Preview of the 555 Workouts the Cross Training WOD Bible contains: Beginner workouts 'The Girls' - benchmark workouts Heroes - benchmark workouts Bodyweight workouts Running based workouts Rowing based workouts Kettlebell workouts Olympic lifting workouts Strongman workouts Short 'N' heavy workouts Minute by minute workouts Bi-element workouts Tri-element workouts Four or more workouts Hybrid workouts AMRAP workouts Epic endurance challenges - designed to obliterate even the toughest endurance athletes There really is something for everybody in here!

365 WODs Blair Morrison,2015 Become a part of the fitness phenomenon! As a fast-paced exercise program based on high-intensity interval training, CrossFit is sweeping the nation. CrossFit's recipe for success is the WOD, or workout of the day. Planks, squats, crunches, pushups are all great, but changing up your routine can be challenging, and it can be difficult to find a resource for so many different workouts. Until now. 365 WODs features a new workout for each day of the year! With endless variety, you'll never become bored with your fitness routine. Use this book in the gym, at home, and on the road. Challenge different parts of your body

every day and work your muscles to the level you want. The ultimate resource of exercises, 365 WODs will keep you on your toes all year long.

Burpees & Thrusters & Squats & Bacon Crossfit & Crossfitters Journals,2019-06-24 This WOD Crossfit Journal has been created to help your to keep track of your WODs and personal records in order to improve your workout skills and know how far you've come in your training. This wodbook contains: WOD log pages to track every details of each WOD (description, strenght/skill trained, duration, score, etc.) personal records pages to keep track of your best trainings a WOD index to find back your favorite WODs and improve your scores BONUS: a list of the 8 most famous WODs to get inspiration for building your next crossfit trainings This unique and personalized wodbook makes a cool gift for any crossfiter or workout lover.

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Dumbbell Wod Bible P. Selter,2015-10-19 Build Strength, Muscle, Discipline & Shred Fat With These Killer Dumbbell Workouts! By The Author Of The Original 'Cross Training WOD Bible' An International #1 Amazon Best Seller! Let me ask you a few quick questions... Are you tired of spending endless hours walking on the treadmill? Are you sick of following the same workout regime week after week? Are you training hard, yet struggling to see results? Do you struggle to find time to get in a proper workout? Do you want to build explosive athletic power, muscle and strength, along with unbreakable confidence and a mindset to match? If you answered 'Yes!' to any of these questions then the Dumbbell WOD Bible is a MUST READ Here Is A Preview Of What The Dumbbell WOD Bible Contains... An Introduction To Dumbbell Training The Benefits Of These Quick & Efficient Dumbbell Workouts That You Need To Know The Only Equipment You Need To Have A Killer Workout Anytime, Anywhere 70 Dumbbell Workouts Designed To Get You Results! Much, Much More!

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