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# VACATION WORKOUTS

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## Blessed Eid & Happy holidays!

Leaving town for a family visit or a vacation ? No gyms or equipments around but still want to get your 30 min - 1 hour workout (to burn these holiday treats you're enjoying) ? Simple ! Here are some workouts that you can do at home , hotel room or maybe that small hotel gym with a treadmill and a pull-up bar. Remember to warm up before your workouts even for 5-10 minutes :)



### The Holiday WODs (Workouts Of the Day):

- **“Cindy”**: As many rounds as possible in 20 minutes of 5 Pull-ups, 10 Pushups & 15 Air Squats.
- **“Michael”**: 3 Rounds For time of 800 m Run, 50 Back Extensions (or **Good mornings**) & 50 Situps.
- **“Angie”**: 100 Pul-ups, 100 Push-ups, 100 Sit-ups & 100 Air squats.
- **“Barbara”**: 5 rounds for time (rest 3 minutes between rounds) of 20 Pull-ups, 30 Pushups, 40 Sit-ups & 50 Air squats.
- **“Susan”**: 5 Rounds for time of 200 m run, 10 Air Squats, 10 Pushups.
- **“Annie”**: 50-4-30-20-10 repetitions of Double under rope jumps (or 3 single rope skips) & Situps.
- 800 m run, 30 Pull-ups, 60 pushups, 90 sit-ups , 50 back extensions (or **good mornings**) & 800 m run.
- Do 200 Pushups, every time you break or change position , get up and run a 400 m.

- **“Traveling Lynne”** : 5 rounds of max Pushups , max pull-ups .
- 21,15,9,3 repetitions of Pull-ups, Goblet squats & Pushups.
- 21,15,9 repetitions of Situps , pushups & air squats.
- 100 Air squats 50 pushups & 1 mile run.
- 5 Rounds of 10 pushups , 10 Air squats & 200 m run.
- 21,15,9 repetitions of Burpees & Situps.

**“ All you need is a jump rope & workout clothes, never miss training 2 days in a row!”**

- CF WISE WOLF



Take advantage of your surroundings wherever you go and get your body moving, it will thank you later , trust me!

These are some workouts that need minimal equipment and can get you moving while enjoying your vacation & holidays with family & friends! (you can find plenty like these online if you felt inspired for more).

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You live in the eastern zone of Saudi Arabia ? Drop us an email ([cfwisewolf@gmail.com](mailto:cfwisewolf@gmail.com)) with your contact details , we will keep you updated on our opening soon!

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