



## ***Diet Rebellion Travel/At-Home Workouts***

### *Instructions and Recommendations :*

- While I may dictate a particular format, you MAY absolutely change it up so that YOU FEEL motivated and excited to do your best and are able to keep intensity high.
- Listen to your body- Is not only meant to keep you safe but it's also there to make your work HARD! If you are not breathless or working up a Sweat, you are NOT using your 20 minutes to their fullest potential!!!!
- Workout 1, 2, 3 work IN UNISON for the week. They are BALANCED with pushes, pulls, knee dominant, hip dominant, rotation, and anti-rotational movements. You may combine all 3 workouts for one longer workout as well.
- With that said, you MAY cherry pick workouts to fill in and supplement what you are already doing. You may also change the order however you see fit. In other words, if you plan to do the whole week but feel more motivated to do workout #2 first, by all means, #GSD!
- Some formats are designed to make you THINK as well as move! #sorrynotsorry! You are welcome to simplify it if needed if the format feels too advanced but understand that training the body is also a process in training your central nervous system. You WANT to get to a point where techniques like “ladders” and “chains” and “complexes” challenge and enhance your workout.

## DUMBBELL WORKOUT WEEK

Failure is Success Workout #1- <https://vimeo.com/178038356/eb5fd817ce>

Materials: 1 set medium/heavy dumbbells

<b>Movement</b>	<b>Duration/Instructions</b>
Back lunge/Squat/Back lunge/Squat Jump	1 minute keeping pattern
Curl to Overhead Neutral Press Ladder to 5	1 curl-1 press, 2 curls- 2 Oh Presses...
Renegade Row	1 min alternating each arm
Straight Leg Deadlift 1.5 ladders	1 min adding .5 rep at bottom to 5
REST	1 min and repeat 4 MORE times

Get Breathless! Workout #2- <https://vimeo.com/178000557/f89e99b925>

Materials: 1 set medium/heavy dumbbells, Interval Timer set to 40:20 (work:rest)

Optional Materials: resistance band

<b>Movement</b>	<b>Duration/Instructions</b>
High Pull	40 sec
In and Out Squat Jumps/Band Jacks	40 sec
Russian Twists	40 sec
Goblet Squats	40 sec
REST full minute	Repeat 4 more times

The Mean 15 Workout #3- <https://vimeo.com/178000594/a4ecde3418>

Materials: 1 set medium/heavy dumbbells

<b>Movement</b>	<b>Duration/Instructions</b>
Cardio Burpees	15
Squat Row	15
Push Ups	15
Reverse Fly	15
Aim to get all 15 reps without rest.	Rest only as long as needed to complete 15

Repeat until 20 minutes is up!!

## BODYWEIGHT WORKOUT WEEK

[Ladder down/Ladder up Workout #1- https://vimeo.com/180369452/10a0a282ff](https://vimeo.com/180369452/10a0a282ff)

Materials: n/a

Instructions: Do 10 push ups and immediately do 1 squat jump. Follow the ladders back and forth until finished. 10 minutes or less usually.

<b>Movement</b>	<b>Duration/Instructions</b>
Push Ups	10, 9, 8, 7, 6, 5, 4, 3, 2, 1
Squats Jumps	1, 2, 3, 4, 5, 6, 7, 8, 9, 10

[Leg Tabata Nightmare Workout #2- https://vimeo.com/180369179/d8915b9650](https://vimeo.com/180369179/d8915b9650)

Materials: sliding towels for wooden/tile surface or paper plates for carpet, timer

Instructions: 20 seconds of work, 10 seconds of rest, repeat SAME movement 8 times through at your top capability.

<b>Movement</b>	<b>Duration/Instructions</b>
Towel Mountain Climbers	Tabata
Jump Lunges	Tabata
Plank Jacks	Tabata
In and Out Squat Jumps	Tabata
Glute March	Tabata

[500 Ab Workout #3- https://vimeo.com/180368689/6ae45f8b48](https://vimeo.com/180368689/6ae45f8b48)

Materials: n/a, microwave timer

Instructions: You have to finish all assigned reps in

Ab Rowers	50
Hollow Hold	50 breaths (seconds)
Candle Stick	50
Shoulder Taps	25/25
Crunch and Twist	25/25
Side Plank Crunch	25/25
Russian Twist	25/25
Flutter Kicks	50/50
Toe Taps	25/25
Leg Raises	50

# Kettlebell Workout Week

Beat the clock in 10 Minutes or less- <https://vimeo.com/182794413/469efea46a>

Materials: kettlebell

Instructions: 2 cycles in 10 minutes or less

Single Arm Kettlebell Swing	6/6, 8/8, 10/10, 12/12, 14/14	
Goblet Squat	5, 4, 3, 2, 1	

Saved by the bell- 20 min KB workout- <https://vimeo.com/182794756/66a3b839a3>

Materials: kettlebell

Instructions:

Kettlebell Rockers	20	
Commando Burpees	15	
Kettlebell Cleans	10	
Overhead Presses	5/5	

4- 5 minute Supersets- <https://vimeo.com/182795178/1907ae2235>

Materials: kettlebell, bench optional

Instructions: Timer set for 5 minutes, intensity high in each 5 minute set

Push up/ kettlebell pullover	5/5 AFAP	Transition quickly from movement to movement
Single Arm Bent Over KB row	5/5	Transition quickly from side to side
KB Sumo Squat/ Body weight Sumo Squat Jump	1-10 *ladder the jump to 10, if you have time ladder down!	
Russian Twist/ Pike ups	5/5 on Twist and 5 pike ups	Transition quickly to each movement

TRX Workout Week

Mash Up Workout Week

Treadmill/Cardio Machine + Strength Workout Week