# 21 Day Fix
## Lower Body Fix—Travel Cheat Sheet

### The Plan
If you can’t pack your 21 Day Fix workout DVD and weights when traveling, just bring this Lower Body Fix Travel Cheat Sheet and a set of resistance bands.

Workout consists of FOUR rounds. Do each move for ONE MINUTE, then take a 15 second break. Be sure to have a bottle of water handy!

### Warm-Up
- **2 rounds each move, 20 seconds each.**
  - Jog In Place
  - Jumping Jacks
  - Windmills
  - Side Bends
  - Cross Toe-Touches

### Round 1
- **Side Lunge to Back Lunge on Right**
- **Squat to Knee Raise** (alternate right & left)
- **Side Lunge to Back Lunge on Left**
- **Squat to Knee Raise** (alternate right & left)

### Round 2
- **Curtsy Lunge** (alternate right & left)
- **Calf Raises** (10 second hold at end)
- **Curtsy Lunge** (alternate right & left)
- **Calf Raises** (10 second hold at end)

### Round 3
- **Static Split Squat on Right** (10 second hold at end)
- **Sumo Squat** (10 second hold at end)
- **Static Split Squat on Left** (10 second hold at end)
- **Sumo Squat** (10 second hold at end)

### Round 4
- **Seated Inner Thigh Lift** (30 seconds right, then left)
- **Seated Quad Raise** (30 seconds right, then left - move up, down, in & out)
- **Seated Inner Thigh Lift** (30 seconds right, then left)
- **Seated Quad Raise** (30 seconds right, then left - move up, down, in & out)

### Bonus
- **Fire Hydrant with Leg Extension, Right**
- **Fire Hydrant with Leg Extension, Left**

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Enjoy a free printable!

WeighToMaintain.com

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If you’re tired of starting over, stop giving up.

Autumn Calabrese