

21 DAY FIX

UPPER BODY FIX—TRAVEL CHEAT SHEET

THE PLAN

No need to forget your fitness routine when you travel! If you can't pack your 21 Day Fix workout DVD and weights, just bring this Upper Body Fix Travel Cheat Sheet and a set of resistance bands.

Workout consists of TWO rounds, done twice each. Be sure to have a bottle of water handy!

WARM-UP

2 rounds of each move, done approximately 30 seconds each.

JOG IN PLACE

JUMPING JACKS

WINDMILLS

SIDEBENDS

CROSS TOE-TOUCHES

ROUND 1

- BENT OVER ROW**
- SIDE PUNCH TWIST**
- PUSH UPS**
- PLANK**
- HAMMER CURL TO SHOULDER PRESS**

ROUND 1

- LYING LAT PULL DOWN**
- CIRCLE CRUNCHES**
- LYING CHEST PRESS**
- STRAIGHT LEG SCISSOR TWIST**
- STANDING FRONT RAISE**

Be stronger than those excuses. You're stronger than you think.

Autumn Calabrese

Enjoy a free printable!

