

# ATHLETIC NOMAD

THE ULTIMATE TRAVEL  
WORKOUT PROGRAM



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## Athletic Nomad: The Ultimate Travel Workout Program

Most of us love to travel. Despite the many great experiences that come with being on the road, staying fit can be a challenge. From prolonged sitting on airplanes to lack of gym access, you will most likely be confronted with obstacles to staying fit during your trip. This is no reason to fear your next vacation or business trip. All it takes is proper planning and the right information. In fact, you can get yourself in even better shape with nothing but your body and some space, both of which are available to you wherever you are and at no cost.

**No gym membership.**

**No machines.**

**No equipment.**

Bodyweight exercises require no machinery or equipment and are a simple, effective way to develop your strength, stability and flexibility. Even if you're not traveling, with bodyweight training there is no excuse to skip a workout. Get your heart pumping in your living room, on a playground or in your hotel room while you build strength and boost your metabolism.

Athletic Nomad is a 12 week, bodyweight workout program that has been carefully calibrated to help you build muscle and lose fat with just bodyweight exercises. You'll also get 20 microworkouts that you can do in less than 5 minutes.

## **Baseline**

In order to safely and effectively complete this program, you should be able to complete the baseline workout. As a benchmark to track your progress, perform this workout before starting Athletic Nomad and after you have completed the program. Record how many rounds you are able to complete and compare them to see your progress.

### **As Many Rounds as Possible in 10 minutes:**

5 Pull-ups

10 Push-ups

15 Squats

### **Mobility/Warm Up**

5 Ankle Circles

5 Scapular wall slides

30 Second Deep Squat

10 Second Spider-Man Lunge Stretch Hold (each side)

10 Second Tortoise Pose to 10 Second Cobra pose

10 Bird Dogs

1 Minute Jump Rope (jumping jacks if no jump rope)

10 Push-Ups

10 Overhead Squats

# The Ultimate Travel Workout Program

Each workout follows a similar template, consisting of a mobility-focused warmup, a lower body movement, an upper body pull and push, core and conditioning. These fast-paced circuits will incinerate body fat by keeping your heart rate elevated throughout the workout and by utilizing compound, multi-joint moves. Compound exercises will activate more muscle fibers, which will help you burn the most calories. Best of all, they require minimal to no equipment.

Perform the numbered movements in each workout as a circuit for the assigned number of rounds. Rest one minute between rounds and as little as possible between movements. Set a timer and record how long it takes you to complete each workout.

## **Weeks 1-4 (Beginner Phase)**

### **Day 1**

Mobility/Warmup

3 Rounds:

1. 10 Squats
2. 5 Pull-Ups
3. 15 Push-Ups
4. 30 Second Plank
5. 10 Burpees

### **Day 2**

Mobility/Warmup

Sprints/Jump Rope – 10 minutes

### **Day 3**

Mobility/Warmup

3 Rounds:

1. 10 Glute Bridges
2. 5 Chin-Ups
3. 10 Hand Release Push-Ups
4. 30 Second Side Plank (each side)

5. 10 Jump Squats

## **Day 4**

Mobility/Warmup

Sprints/Jump Rope – 10 minutes

## **Day 5**

Mobility/Warmup

3 Rounds:

1. 10 Alternating Jumping Lunges (each leg)
2. 5 Pull-Ups
3. 10 Pike Push-Ups
4. 20 Mountain Climbers
5. 10 Burpees

## **Weeks 5-8 (Intermediate Phase)**

### **Day 1**

Mobility/Warmup

5 Rounds:

1. 15 Squats
2. 8 Pull-Ups
3. 20 Push-Ups
4. 1 Minute Plank
5. 15 Burpees

### **Day 2**

Mobility/Warmup

Sprints/Jump Rope – 15 minutes

Practice Handstand

### **Day 3**

Mobility/Warmup

5 Rounds:

1. 10 One Leg Glute Bridges
2. 8 Chin-Ups
3. 10 Diamond Push-Ups
4. 1 Minute Side Plank (each side)
5. 10 Jump Squats

### **Day 4**

Mobility/Warmup

Sprints/Jump Rope – 15 minutes

### **Day 5**

Mobility/Warmup

5 Rounds:

1. 10 Alternating Jump Lunges
2. 8 Pull-Ups
3. 10 Pike Push-ups
4. 20 Mountain Climbers
5. 10 Burpees

## **Weeks 9-12 (Advanced Phase)**

### **Day 1**

Mobility/Warmup

5 Rounds:

1. 10 Jump Squats
2. 5 Pull-Ups
3. 5 Handstand Push-Ups
4. 1 Minute and Half Plank
5. 10 One-Leg Burpees

## **Day 2**

Mobility/Warmup

Sprints/Jump Rope – 20 minutes

## **Day 3**

Mobility/Warmup

5 Rounds:

1. 10 Pistol Squats or Rear Foot Elevated Split Squat
2. 10 Chin-Ups
3. 15 Hand Release Push-Ups
4. 10 Dead Bugs (per side)
5. 10 8 Count Burpees

## **Day 4**

Mobility/Warmup

Sprints/Jump Rope – 20 minutes

## **Day 5**

Mobility/Warmup

5 Rounds:

1. 10 Alternating Jump Lunges
2. 10 Pull-Ups
3. 5 One-Arm Push-Ups (per side) or 10 Diamond Push-Ups
4. 30 Mountain Climbers
5. 10 Tuck Jump Burpees

## 20 Miceworkouts

The research is in. Exercising with maximum effort for as little as one minute can yield the same benefits as 45 minutes of moderate exertion. Don't subject yourself to the boredom and monotony of the treadmill or elliptical anymore. Squeeze in a miceworkout when you can during your busy day. Give it your all. Get the same benefits.

Miceworkouts should not exceed 5 minutes. Partition repetitions as necessary unless otherwise noted. One arm/leg movements are each side unless otherwise noted.

1. As many push-ups as possible in 30 seconds. As many air squats as possible in 30 seconds. As many pull-ups as possible in 30 seconds. Rest 30 seconds in between.
2. 50 air squats.
3. 2 minutes of burpees.
4. As many rounds as possible in 5 minutes: 5 Push-ups. 5 jump squats.
5. 10 burpee pull-ups.
6. Tabata jump squats. 1 round.
7. Tabata burpees. 1 round.
8. Tabata push-ups. 1 round.
9. Tabata air squats. 1 round.
10. Tabata jumping lunges. Alternate legs. 1 round.
11. 3 rounds: 5 plyo push-ups, 5 air squats, 5 inverted rows.
12. Deep squat hold for 30 seconds. 10 bird dogs. 10 wall slides.
13. 20 jumping lunges each leg.
14. 20 dive bomber push-ups.
15. 25 push-ups. 25 air squats. 10 burpees.
16. 10 reverse lunges each leg. 10 close hand push-ups. Plank 30 seconds.
17. 7 one leg glute bridges. 7 push-ups. 7 air squats. 7 burpees.
18. Texas push-up challenge - Set a timer. Drop and do one pushup. Stand up. Drop and do two. Stand up. Drop and do three. Stand up. Continue until you do 10.
19. Chinups - 5,4,3,2,1
20. 30 Burpees.

## **One-Arm Push-Up**

This also takes a lot of balance, motor control and strength to pull off but it can be done. Start by practicing with one hand elevated, creating an imbalance. Force the lower hand to do more work. Keep your feet far apart and turn your hand slightly inward for more leverage. Concentrate on lowering yourself from the up position initially to build strength and become comfortable with the mechanics.

## **Handstand Push-Up**

Assume a sprinter's starting position against a sturdy wall. Use your rear foot to propel your legs above your head as you flip over. Extend your arms as your feet hit the wall, holding you in a handstand position against the wall. Lower yourself until your head touches the ground. Push yourself back up to the starting position by extending your arms.

## **Tabata**

Perform 20 seconds of all-out work, followed by 10 seconds of rest. Do this 8 times.

## **Push-Ups**

If you cannot perform a push-up from a full up position, drop to your knees and perform the movement that way. For plyo push-ups, explode up from the down position until your hands are off the ground.

## **Chin-Ups/Pull-Ups**

If you do not have access to an actual pull-up bar, find an alternative (tree branches work great). If nothing is available, substitute with one arm bent over row and improvise for a weight (try using a duffel bag or suitcase). If you cannot perform a pull-up, start from the top position (chin over the bar) and practice by lowering yourself slowly. These are called negatives. Do the number of prescribed repetitions. At least once a workout, practice pulling yourself up to the bar.

## **Sprints**

Find a spot where you can run sprints up to 50 yards in one direction. Grass, hills or a track work best. You can also run sprints in hotel hallways or on stairs. Perform a quick warmup and then set a timer. Run sprints for the entirety of the time established. Start with about 50% intensity and gradually increase until you are sprinting at 95%. Bring it back down to 60% for the last few sprints. Rest only in the time it takes you to walk back to your starting point.

## **Pistol Squat**

This is a one leg squat, with your nonworking foot extended out in front of you. It will take a lot of practice as it requires a tremendous amount of balance, motor control and strength. However, it is harder than it looks. Spend at least 5 minutes practicing the movement, using

something for support if necessary. Squatting down onto a seat while in the practice stage is also helpful.

## About The Author



### **Chris Castellano**

Chris experienced firsthand the difficulty of staying in shape while traveling during his time serving overseas in the United States Army. As a scout in a reconnaissance unit, he was often deployed in austere environments with little to no access to gyms. He built on the calisthenics-focused functional fitness foundation provided by the Army and has spent the past several years working with some great fitness minds and frequent travelers to perfect the science of travel fitness. He holds a Bachelor of Science from Briarcliffe College and attended graduate school at Boston University. He currently works as a firefighter and is an army reservist.

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