



TRAVEL

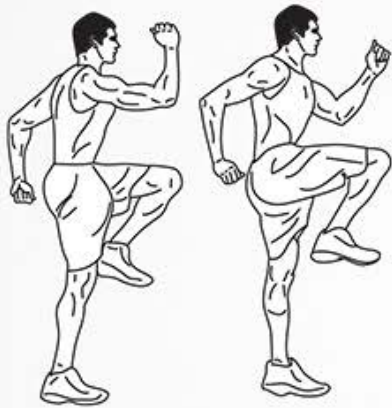
BEYOND THE ORDINARY



XERSIZE GUIDE

KEEP FIT AT HOME WITHOUT ANY FANCY EQUIPMENT

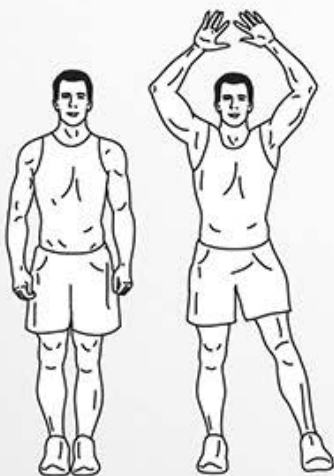
ANYWHERE CARDIO



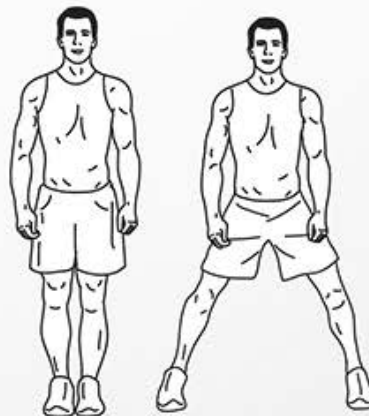
40 march steps x **4 sets** in total
20 seconds rest in between sets



40 hops on the spot x **2 sets** in total
no rest between sets 1 set per leg



40 side jacks x **4 sets** in total
20 seconds rest in between sets



40 half jacks x **4 sets** in total
20 seconds rest in between sets

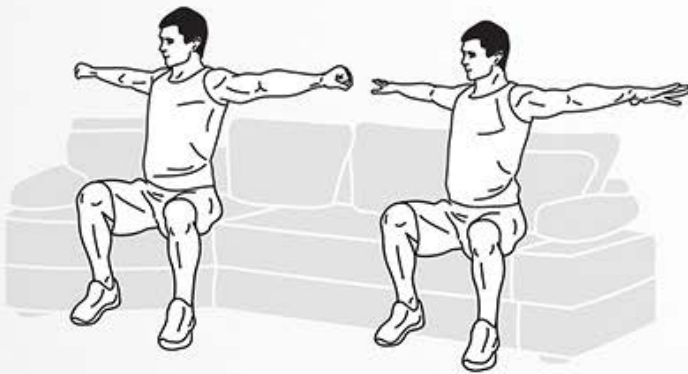
COUCH POTATO WORKOUT



20sec overhead clench / unclench



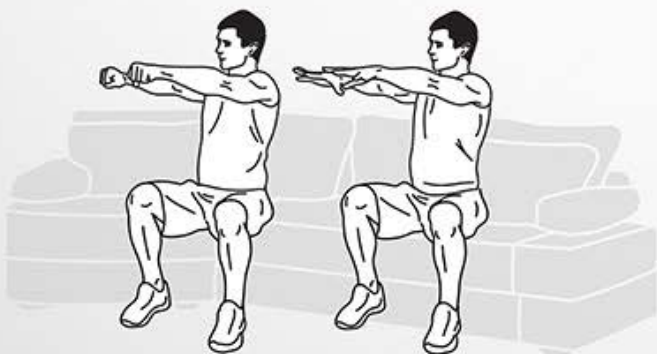
40sec overhead hold



20sec to the side clench / unclench



40sec to the side hold



20sec to the front clench / unclench



40sec to the front hold

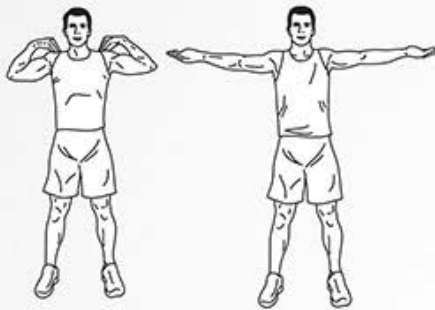
ARMS & BACK

LEVEL I 3 sets

LEVEL II 4 sets

LEVEL III 5 sets

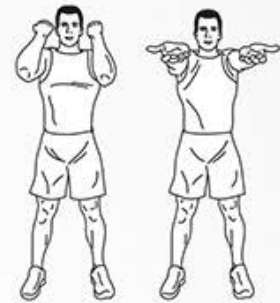
REST up to 2 minutes



20 side bicep extensions



20 raised arm circles



20 bicep extensions



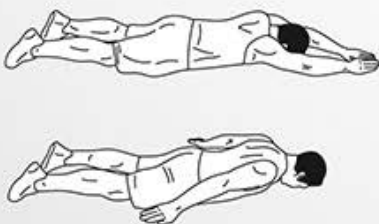
10 shoulder taps



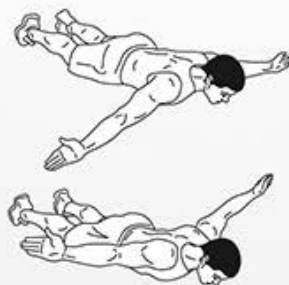
10 plank rotations



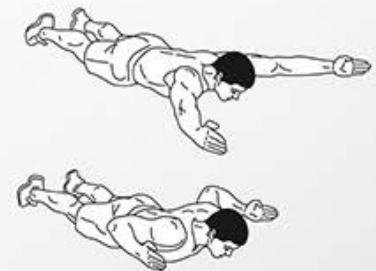
10 superman stretches



10 reverse angels



10 prone reverse flys



10 W-extensions

EZ ABS



10 crunches



10 cross crunches



10 heel taps



5 leg raises



5 raised leg circles



10 half wipers

GOOD MORNING YOGA



1. mountain pose



2. fierce pose



3. forward bend



4. wide squat pose



5. hero pose



6. child pose



7. cat pose



8. cow pose

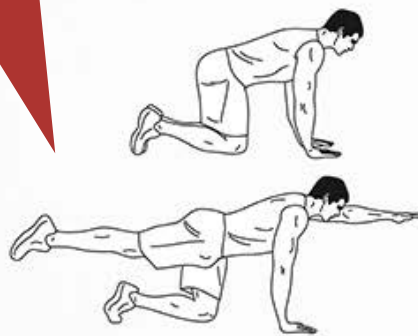


9. upward dog pose

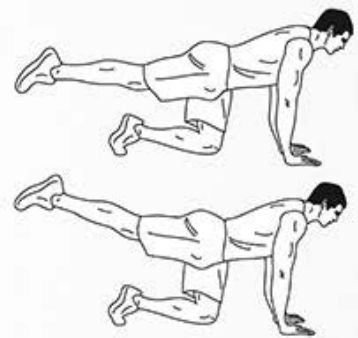
BAD KNEES



12 knee push-ups



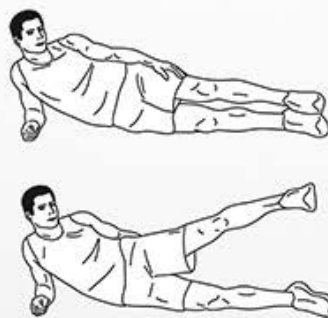
12 alt arm/leg raises



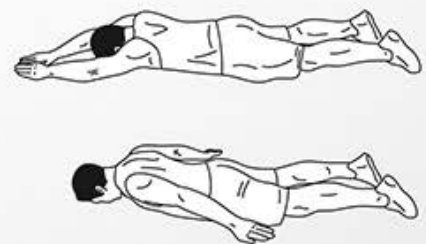
40 raised leg swings



12 bridges

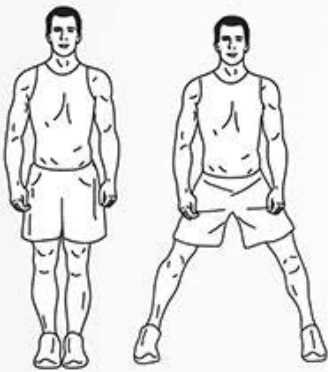


40 side leg raises



12 reverse angels

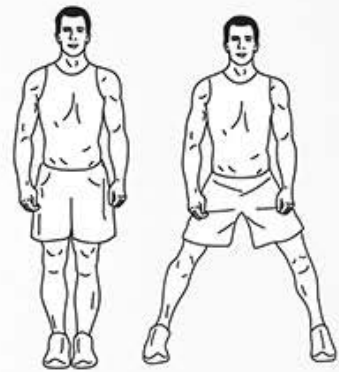
BITESIZE CARDIO



20 half jacks



2 squats



20 half jacks



20 butt kicks



2 squats

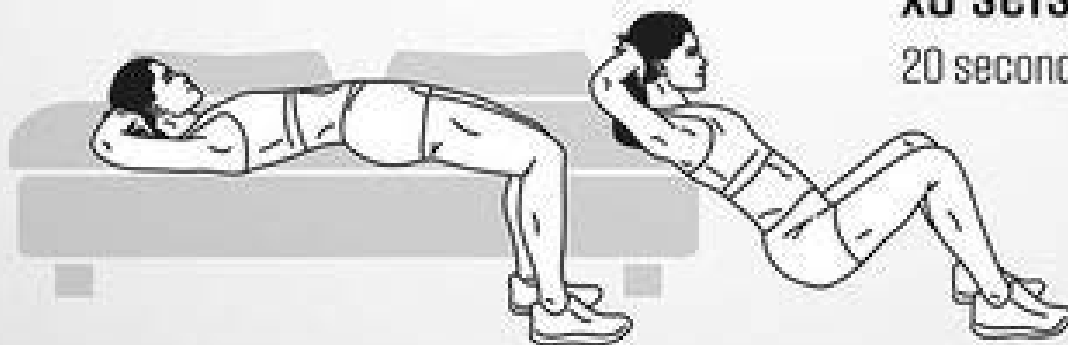


20 butt kicks

BEDTIME GLUTES



10 split squats
x3 sets
5 repetitions per leg
20 seconds between sets



10 raised bridges
x3 sets
20 seconds between sets

STRETCH GUIDE



shoulders



lower back



hamstrings



quads



inner thighs



hips

1		1		1		1		1		1	
2		2		2		2		2		2	
3		3		3		3		3		3	
4		4		4		4		4		4	
5		5		5		5		5		5	
6		6		6		6		6		6	