

Holiday training plan

Gym Trainings

Tri sets (3 exercises done back to back to back) are an efficient way to exercise when time is of the essence. And anything will work here, but it's better for you to focus on the compound exercises which work multiple muscle groups.

For example; squats, push-ups, bench presses, rows, lat pulldowns, hip extensions and lunges.

Here are some examples:

Resistance training

1A. Push-ups 10 reps

1B. Single arm row 10 reps each side

1C. Kettle bell swings -20 reps

Rest one minute after each circuit, do five circuits and hit the showers

1A. Dumbbell shoulder press 10 reps

1B. Dumbbell bent over row 10 reps

1C. Sumo squats- 20 reps

Rest one minute after each circuit, do five circuits and hit the showers.

1A. Lat pulldowns- 10 reps

1B. Standing single arm chest press – 10 reps each side

1C. Dumbbell front squats – 20 reps

Rest one minute after each circuit, do five circuits and hit the showers.

Or when you have a little more time, put 5 exercises into a circuit for maximum calorie burn

Density training

Density training is exercising in a time frame. Do as many reps with as you can with good form, using an appropriate weight.

The work/ rest periods are as follows:

Beginner (you're just starting out) 20 seconds work/40 seconds rest.

Intermediate (you've been exercising for 6 months) 30 seconds work/30 seconds rest.

Advanced (you've been getting after it for a year or more) 24 seconds work/16 seconds rest.

The exercises are –

1A. Squat variation – [BW squat](#), [Goblet](#) or [Sumo](#)

1B. Push variation- [Incline push up](#), [Push up](#) or [Dumbbell bench press](#).

1C. Single leg exercise- [Reverse lunge](#), [Forward lunge](#) or [Side lunge](#) (Alternating sides).

1D. Pull variation- [Dumbbell bent over row](#), [Standing cable row](#) or [Single arm row](#)

1E. Core- [Alternating side plank](#), [Mountain climbers](#) or [Front plank](#).

You'll complete 2-4 circuits (depending on how much time or energy you have) for a total training time of between 10-20 minutes.

Note- These exercises are example. You can use any exercise you please in each category. Even machines will work if they're near to each other

Training tips

- 1.** Have all the equipment you need close to you, so you don't need to move much and to reduce transition time between exercises.
- 2.** Keep track of your reps and weight to measure improvement.
- 3.** Choose a different exercise variation from week to week to keep things fresh.

Training example

- 1A.** Sumo squat
- 1B.** Dumbbell bench press
- 1C.** Forward lunge
- 1D.** Single arm row (do both sides)
- 1E.** Alternating side plank

Cardiovascular Training

Do a two-minute walk/warm up, then a 15 second sprint followed by 15 seconds of rest. Repeat this cycle for five work/rest intervals. Then cool down for two-three minutes.

Any cardio machine will do. For example, a treadmill, bike, rowing machine or the elliptical.

Just be sure to wipe the sweat off the machine (and yourself) when you're done.

Or use this.

10/10/10 minutes

Spend 10 minutes on the bike.

10 minutes on the treadmill (use the incline function for intensity) and keep the speed around 3-3.5 mph.

10 minutes on the rowing machine.

Any cardio machine will do. Just choose three different modes and work at a pace where you're **not completely** out of breath.

3-minute Aerobic intervals (any mode you like)

Warm up for 4 minutes at an easy pace.

Perform a 3-minute aerobic interval working at a pace where you're slightly out of breath.

Follow this with active recovery for 3 minutes of low intensity. Repeat the above sequence 3 times and then cool down for 3 minutes. Try to add one interval every two weeks.

At home/no equipment trainings

These are perfect trainings when you haven't got any time for but still want to raise a sweat or pre burn the large amount food you're about to eat.

Resistance trainings

1A. Pushups – 10 reps

1B. Side planks- 15 seconds each side

1C. Bodyweight squats 20 reps

Rest one min after each circuit and do five circuits.

1A. Plank to pushup- 10 reps

1B. Reverse fly's – 20 reps

1C. Reverse lunges- 10 reps on each leg

Rest one minute after each circuit and do five circuits.

1A. Windmill side lunge- 10 reps each leg

1B. Bent over IYT – 15 reps (5 of each)

1C. Inchworm – 10 reps

Rest one minute after each circuit and do five circuits.

Cardiovascular training

When you're not at the gym, use the perfect machine - your own body. Here are some examples.

[Punisher squats](#) - 20 seconds of bodyweight squats followed by a 10 second squat hold. Repeat this sequence eight times. Ouch.

Or

Do two-minute walk/warm up, then 15 seconds of a bodyweight exercise ([Jumping jacks](#), [running in place](#) or [high knees](#)) followed 15 seconds rest. Repeat this cycle for five work/rest intervals. Then cool down for 2-3 minutes.