



# VACATION WORKOUT

STAY ON TOP OF YOUR GAME.

4 SETS | 10-12 REPS

- REVERSE LUNGE W/ HOP
- HIGH PLANK TO PIKE WALKOUTS
- WALKING LUNGES
- PLANK PUSH UPS
- PENGUINS

- SQUATS
- CHAIR TRICEP DIPS
- CHAIR INCLINE PUSH-UPS
- CHAIR BULGARIAN SPLIT SQUATS
- HIGH KNEES (30 SEC)

- SQUAT W/ HOP
- PUSH-UP TO SIDE PLANK
- MOUNTAIN CLIMBERS (30 SEC)
- UPRIGHT ROW\*
- SINGLE-ARM BENT-OVER ROW\*

\*use a handbag/trash bag and fill it with items to add some weight/resistance

\*\*each block is a separate workout. total of 3 workouts

FOCUSED.



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