

THE BODYWEIGHT  
WORKOUT BIBLE:

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# TRAVEL-FRIENDLY HOME WORKOUT



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NOMAD FITNESS TALES



# Equipment Needed

- **Resistance Bands**
- **Foldable Yoga Mat**
- **Jump Rope**
- **Adjustable Dumbbells (optional)**
- **Portable Suspension Trainer (optional)**

## Warm-Up (5-10 minutes)

- **Jump Rope: 2 minutes**
- **Dynamic Stretches:**
- **Arm Circles: 1 minute**
- **Leg Swings: 1 minute**
- **Hip Circles: 1 minute**

## Strength Training (20-30 minutes)

### Resistance Band Workout

- **Squats: 3 sets of 12 reps**
- **Rows: 3 sets of 12 reps**
- **Chest Press: 3 sets of 12 reps**
- **Glute Bridges: 3 sets of 15 reps**

## 2. Dumbbell Workout (Optional)

- **Lunges: 3 sets of 10 reps per leg**
- **Shoulder Press: 3 sets of 12 reps**
- **Deadlifts: 3 sets of 10 reps**

### 3. Suspension Trainer Workout (Optional)

- **TRX Rows: 3 sets of 12 reps**
- **TRX Push-Ups: 3 sets of 10 reps**
- **TRX Core Plank: Hold for 30 seconds, 3 sets**

#### Cardio (10-15 minutes)

- **Jump Rope Intervals:**
  - **30 seconds of jumping**
  - **30 seconds of rest**
  - **Repeat for 10-15 minutes**

#### Cool-Down (5-10 minutes)

- **Yoga Mat Stretches**
- **Child's Pose: Hold for 1 minute**
- **Cat-Cow Stretch: 1 minute**
- **Seated Forward Bend: Hold for 1 minute**
- **Hamstring Stretch: Hold for 1 minute per leg**
- **Spinal Twist: Hold for 1 minute per side**

# Tips for Success

- **Stay Consistent:** Aim to complete this workout 3-4 times per week.
- **Track Progress:** Use a fitness app or journal to log your workouts and improvements.
- **Hydrate:** Drink plenty of water before, during, and after your workout.

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