

Simple Series Vacation Circuit 3

Created By: Jonathon Janz, MS, CSCS, USAW

The **Simple Series Vacation Circuit** by [XL Athlete](#) is a collection of workouts and drills that can be done with or without equipment.

This way, an athlete that is away from home or from the gym may be able to perform meaningful training during that time.

Requirements for this workout:

1. SET OF STAIRS

- Minimum of 10
- Maximum depends on your fitness

Directions for this workout:

1. Complete each exercise in a set
2. Do not rest until each set is complete
3. Complete sets required by level chosen

CHOOSE YOUR LEVEL

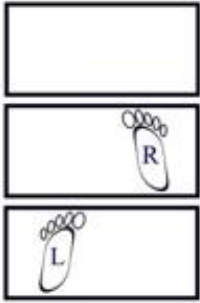
Level	Complete	Check Box
1	Sets 1-2 ONCE	
2	Sets 1-2 TWICE	
3	Sets 1-2 THREE TIMES	
4	Sets 1-2 FOUR TIMES	



Simple Series Vacation Circuit 3

Set 1

1. Walk Every Stair Forward



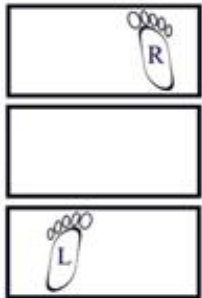
2. 7 Bodyweight Squat Jumps

3. 20 Reps of Squat

4. 20 Sec. Isometric Squat Hold

5. Walk Back Down Stairs

6. Every Other Stair Forward



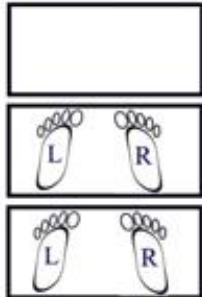
7. 7 Clap Push Ups

8. 20 Push Ups

9. 20 Sec. Isometric Push Up Hold

10. Walk Back Down Stairs

11. Hop Every Stair

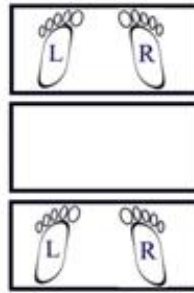


12. 20 Sit Up With Twist

13. 20 V-Ups

14. Walk Back Down Stairs

15. Hop Every Other Stair



16. 10 Reps Alt. Split Lunge Jumps

17. 30 Sec. Isometric Squat Hold

18. 7 Clap Push Ups

19. 20 Push Ups

19. Walk Back Down Stairs

REST 2:00



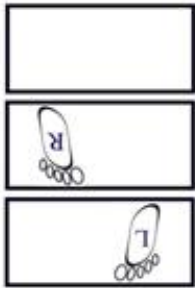
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Set 2

15. Hop Every Other Stair

1. Walk Every Stair Backward



2. 7 Bodyweight Squat Jumps

3. 20 Reps of Body Weight Squats

4. 20 Sec. Isometric Squat Hold

5. Walk Back Down Stairs

6. Every Other Stair Forward



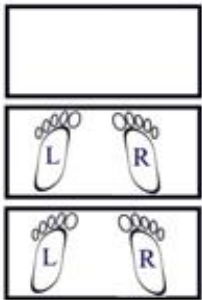
7. 7 Clap Push Ups

8. 20 Push Ups

9. 20 Sec. Isometric Push Up Hold

10. Walk Back Down Stairs

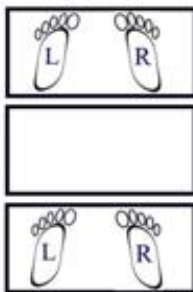
11. Hop Every Stair



12. 20 Sit Up With Twist

13. 20 V-Ups

14. Walk Back Down Stairs



16. 10 Reps Alt. Split Lunge Jumps

17. 30 Sec. Isometric Squat Hold

18. 7 Clap Push Ups

19. 20 Push Ups

19. Walk Back Down Stairs

REST 2:00

