



# Back Pocket

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# WORKOUTS

[WWW.AXISTRAININGSTUDIO.COM](http://WWW.AXISTRAININGSTUDIO.COM)

Welcome to

# Back Pocket

● ● ● ● ● TRAVEL ● ● ● ● ●

# WORKOUTS

On the road? No problem! The workouts in this guide will help you stick to your workout regimen no matter where you are...

Even if you only have 10 minutes to spare!

We've specifically designed these exercises so you can stay on top of your fitness goals, even with minimal equipment, no matter where you are in your fitness journey.

That's because your workouts focus on **compound movements** that work multiple muscle groups at the same time — and from almost every direction.





Inside you'll find:

- **10-, 15-, 20-, and 30-minute workouts**
- **Tips for making the most of your workouts**
- **Motivation for sticking with your fitness routine**

The Back Pocket Workouts in this book are fast, effective, fun, and challenging. We hope you love them!

# LET'S DO THIS!



Committed to your success,

**Jake Thompson**

Owner/Founder, *AXIS Training Studio*

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# MOTIVATION

## for Travel Workouts



Here are 5 reasons to make time for fitness on the road:

- ***You don't have to restart your routine when you get back home. It's so much easier to maintain a fitness habit than it is to start over again.***
- ***You'll feel fit and strong so you get the most out of your days.***
- ***You'll have more energy for fun activities.***
- ***It sets a good example for your travel companions.***
- ***It can help reduce travel-related stress and keep your mood upbeat.***

# HOW TO USE

## *These Workouts*

- ① Click on an exercise name to be taken to a video demonstrating how to do it.
- ② Most of the exercises we've included can be done with just your body weight, but a few are demonstrated with weights. If you don't have access to weights, use resistance bands, a weighted backpack, a heavy book, or other weighted object. Improvise with what you have on-hand!
- ③ **Focus on your form:** Think about the muscle groups you are targeting and feel them work.





- ④ If an exercise becomes challenging to do with proper form, take a break or modify it (example: for planks and similar exercises, drop to your knees).
- ⑤ The exercises in these workouts are done for time vs. repetitions. Go at a pace that is challenging but sustainable.
- ⑥ You can shorten the longer workouts by doing 2 circuits instead of 3.
- ⑦ **Warmups & cooldowns:** Before your workout, get your blood pumping with light cardio and/or light body movements (squats, arm circles, etc.). After your workout, make sure you cool down with easy walking and/or stretching, to allow your heart rate to safely return to normal.

# WORKOUTS

## ➤ 10-MINUTE WORKOUTS ● ● ● ●

### ➤ LOWER BODY BURN

*Repeat this circuit 2x:*

Goblet Squat - 60 seconds

Lunge with Rotation, alternating sides - 60 seconds

“Kickstand” RDL - 60 seconds (30 seconds per side)

Glute Bridge - 60 seconds

*Finish with 2 minutes of stretching.*

### ➤ STRONG CORE

*Repeat this circuit 2x:*

Bird Dog - 60 seconds

Dead Bug - 60 seconds

Forearm Plank - 60 seconds

Supine Toe Taps - 60 seconds

*Finish with 2 minutes of stretching.*



## 🔍 15-MINUTE WORKOUTS ● ● ● ●

### ➤ CORE + UPPER BODY BLAST

*Repeat this circuit 3x:*

Push-up - 60 seconds

Russian Twist - 60 seconds

Half-Kneeling Woodchop - 60 seconds (30 seconds each side)

Plank Drag Through - 60 seconds

Cardio Break (Examples: Walking, High Knees, Jumping Jacks, etc.) - 60 seconds

*Cool down to return heart rate to normal and stretch.*

### ➤ DYNAMIC STRENGTH

*Repeat this circuit 3x:*

Half Turkish Get-Up - 60 seconds (30 seconds each side)

Bent Over Row - 60 seconds

Half-Kneeling Woodchop - 60 seconds

Side Plank/Hip Lift - 60 seconds (30 seconds each side)

Cardio Break (Examples: Walking, High Knees, Jumping Jacks, etc.) - 60 seconds - 60 seconds

*Cool down to return heart rate to normal and stretch.*



## 🔍 20-MINUTE WORKOUTS ●●●●

### ➤ TOTAL BODY CONDITIONING

*Repeat this circuit 3x:*

Goblet Squat - 60 seconds

Push-up- 60 seconds

Lunge With Rotation - 60 seconds

Bent Over Row - 60 seconds

Dead Bug - 60 seconds

Superman - 60 seconds (two seconds to lift, two seconds to lower)

*Cool down with 2 minutes of stretching*

### ➤ FULL BODY ENDURANCE + STRENGTH

*Repeat this circuit 3x:*

Goblet Squat - 60 seconds

Push-up - 60 seconds

Supine Toe Taps - 60 seconds

Kickstand RDL - 60 seconds (30 seconds each side)

Plank Drag Through - 60 seconds

Side Plank/Hip Lift - 60 seconds (30 seconds each side)

*Cool down with 2 minutes of stretching*

## ➤ 30-MINUTE WORKOUTS ●●●●

### ➤ STRENGTH + MOBILITY MIX

*Repeat this circuit 3x:*

Half Turkish Get-Up - 60 seconds

Lunge with Rotation - 60 seconds

Bent Over Row - 60 seconds

1-Leg Glute Bridge - 60 seconds (30 seconds per side)

1-Arm Overhead Press - 60 seconds (30 seconds per side) (seated or standing)

Crunches - 60 seconds

*Cool down with a 2 minute stretch.*

### ➤ BALANCED BODY WORKOUT

*Repeat this circuit 3x:*

Bird Dog - 60 seconds

Glute Bridge - 60 seconds

Push-up - 60 seconds

Bent Over Row - 60 seconds

Slow Mountain Climber - 60 seconds

Suitcase Carry - 60 seconds (30 seconds each side)

*Then, complete this circuit 1x:*

Forearm plank - 60 seconds

Side plank/hip lift - 60 seconds (30 seconds each side)

*Finish with 2-3 minutes of stretching.*

# Ready to take your **NEXT STEPS?**

At AXIS Training Studio, our mission is to help our clients feel great with our award winning training!

If you're a Gainesville area resident looking for a better way to exercise so you can feel amazing this 2024, we want to invite you to experience our training that's already gotten 1,000's of Gainesville residents amazing results.



***Our Clients are #1!***

Connect with us on our  
at:  
[www.axistrainingstudio.com](http://www.axistrainingstudio.com) OR stop by our  
location in Magnolia  
Parke!

***Ways to Work With Us:***

## **Personal Training**

You have goals, we deliver results! Workouts personalized to YOU!

## **Small Group Training**

Fun, group atmosphere with a different workout each day!



*We'd love to be part of your fitness/wellness journey.*



***Jake Thompson***

Owner/Founder, AXIS Training Studio

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