



IRONBUNNY ROAD KIT

YOUR COMPLETE GUIDE TO STAYING FIT WHILE ON THE GO

"I have trouble staying consistent"

"I do well until I eat out, then I make bad choices"

"I went on vacation and it took me weeks to get back on track"

I hear things like this all of the time, and that's why I created the IronBunny Road Kit. It's your guide to staying consistent with your nutrition and exercise even when your traveling.

I've included 5 bodyweight workouts that you can do anywhere and 3 principles of nutrition to help you focus when you eat out. Take this guide with you on your next trip as a reminder that you don't need to put your wellness on hold while your away.

You'll have more energy on your trip and you'll come home ready to get back in the gym.

Please feel free to reach out with any questions and enjoy your trip!

Here's to your wellness,

Jen "IronBunny" Weiss

PART 1

WORKING OUT

Working out while traveling can seem like the last thing you want to do. If you're on vacation it can be a buzzkill and if you're on a business trip, maybe you don't have much time or equipment to get in your workout.

It may take a little effort to work out while away but I swear, **YOU WON'T REGRET IT!**

These workouts are short and don't require any equipment. Occasionally a few exercises will include an option to add weights but its not necessary.

You can also do them at home if you don't have time to get to the gym.

Some movement is better than none so don't worry if you think that they're too easy. This isn't about PR's, its about consistency because **#itsnotsexybutitworks!**

WORKOUT 1

Perform each exercise, resting as little as possible between each. Rest 1-2 mins after completing the full circuit. Perform 4-5 rounds.

- 1) Push-ups x 10-15
- 2) Prisoner Squats x 20 (hands on head, elbows back)
- 3) Deadbug x 10 each (lay on back, extend opp arm/leg)
- 4) Jumping Jacks x 25
- 5) Inchworm x 10
- 6) Squat Hold 60 secs
- 7) X-Body Mt Climbers x 15 each
- 8) Single Leg Deadlifts w/ pause – x 5 each side
- 9) Skaters x 10 each side

WORKOUT 2

This workout consists of 3 different AMRAP circuits. AMRAP stands for “As Many Rounds as Possible”. You can set a timer for 5 mins and perform as many rounds of the 3 exercises as you can in 5 mins. Rest 1-2 mins and move on to the next circuit. The whole work out can be done in under 20 minutes!

Circuit 1 (5 mins)

- 1a) Alternating Reverse Lunges or Jump Lunges x 5 each
- 1b) Downward Dog to Plank w/ Knee Drive x 5 each side
- 1c) Single Leg Glute Bridge x 5 each side

Rest 1-2 mins

Circuit 2 (5 mins)

- 2a) Lateral Bound or Step w/ 1 Leg Balance x 5 each
- 2b) Overhead Squat x 5 (Hold arms up in a Y)
- 2c) Plank Rockers x 10

Rest 1-2 mins

Circuit 3 (5 mins)

- 3a) Bird dog x 5 each (hands and knees, extend opp arm/leg)
- 3b) Russian Twist x 5 each
- 3c) Plank Jacks or Plank Step outs x 10

WORKOUT 3

Requires a chair

This workout is called a Ladder. You'll start with 10 reps of everything and the following set you'll do 9 reps of all of the exercises, then 8 and so on until you finish at 1 of each. For extra challenge you can time yourself and see if you can beat your time the next time you do the workout.

- 1) Jump Squat (or Full Body Extension - com up to tip toes but feet don't leave the ground)
- 2) Dips (from chair)
- 3) Burpee (use chair to modify)
- 4) Revers Fly (hinge at the hips, arms at side, squeeze shoulders together as you bring arms out to a T)
- 5) Plank w/ shoulder tap

WORKOUT 4

(Suggested that you have a bench, bed or ottoman to do hip thrusts)

If you have one, you can use an interval timer for this workout. Set it for 30 secs of work and 15 secs of rest. If you don't have access to a timer, shoot for 10-15 reps of each exercise. Perform 3-5 rounds.

- 1) Hip Thrusts from Bench (for added challenge you can do them 1-legged for 30 secs per leg)
- 2) Plank to Side Plank (from elbows or hands)
- 3) 1 Leg Deadlift w/ Row standing on Right Leg
(you can add dumbbells or just squeeze your shoulder blades as you bring your elbows to your side)
- 4) 1 Leg Deadlift w/ Row standing on Left
- 5) Push-ups
- 6) Squat w/ 3 sec pause at bottom
- 7) Calf Raises
- 8) Arm Circles (small, switch directions halfway through)

WORKOUT 5

For this workout you have 2 circuits of 5 exercises. Perform 3 sets of the first circuit, rest and then move on to 3 sets of the next circuit.

Circuit 1

- 1a) Forward Lunge w/ Lateral Raise x 10 each (you can use dumbbells or just raise arms up w/out weights)
- 1b) Plank Get-ups x 5 each (modify from knees if needed)
- 1c) Deadbug x 10 each
- 1d) Glute Bridge March x 10 each (keep hips as level as possible).
- 1e) Lateral Hops or Steps x 15 each side

Circuit 2

- 2a) Squat to 1 Leg Deadlift x 5 each
- 2b) Windmill x 10 each side (dumbbell optional - hold 1 arm up straight, and slide other down your leg)
- 2c) Jumping Jacks x 25
- 2d) Wall Sit x 30-60 secs
- 2e) Side Laying Leg Raises x 15 each

PART 2

FOOD

Eating while traveling can be challenging. We have the devil on one shoulder telling you to eat whatever you want because YOLO! On the other shoulder is an angel reminding you that you've been working hard and you don't want to lose all the progress you've made. I propose that you also have a practical Bunny sitting on your head reminding you that you can have both.

Rather than following a philosophy of All or Nothing, I suggest you adhere to 3 principles while on the road to help you enjoy yourself while still feeling good.

The answer is PMS. I'm not talking about that time leading up to that time of the month. I'm talking about:

PROTEIN

MANAGING CARBS

SALADS

PROTEIN WITH MOST MEALS

The benefits of protein are constantly being stated when it comes to fat loss but it can also be helpful for maintenance. Maybe you aren't trying to get leaner on vacation, that doesn't mean you don't want to return from your trip having gained a ton of weight.

As often as possible when on the road try to include a hearty serving of protein with your meals, it will help keep you feeling fuller longer.

Here are a few ideas:

| Convenience Stores | Restaurants |
|--------------------------|------------------------------------|
| Chicken/Tuna/Egg Salad | Chicken (baked/roasted or grilled) |
| Hard boiled Eggs | Steak |
| Greek Yogurt | Pork (tenderloin, chop, pulled) |
| Cold Cults | Fish (baked/roasted or grilled) |
| Canned Tuna/Anchovies | Tofu |
| Protein Bars (low sugar) | Eggs |
| Jerky | |

MANAGE YOUR CARB INTAKE

Most people don't eat low carb while on vacation. Carbs don't necessarily cause you to put on body fat but they will cause you to retain water, and many of them are pretty easy to overeat. Have you ever tried to have an actual proper serving of potato chips? Rather than a full on ban of carbs, try to budget them. When you eat out stick to one serving (about the size of your fist) and if you want to have some cocktails, then lower the carbs at your meals.

Here are a few options:

| Convenience Stores | Restaurants |
|-------------------------|-------------------|
| Apples | Rice/quinoa |
| Bananas | Tortillas |
| Fruit Salads | Potatoes |
| Dried fruits | Beans |
| Whole Grain Wraps/Bread | Whole Grain Bread |
| | Oatmeal |

SALADS AND OTHER VEG

Inclusion is a powerful concept. Just like with protein, focusing on **INCLUDING** vegetables with most meals rather than fretting over what to **EXCLUDE** can make for a much more pleasant dining experience. Whenever you can add some veg to your meal or have a salad, then go for it.

Here are a few ideas:

Ask if you can have crudites with your guacamole

Hit the salad bar at a grocery store

Add your favorite veg (and protein) to your pizza

Add veg to your omelette at breakfast

Sub a salad with your burger/sandwich

Treat yourself to a fancy smoothie with some spinach and/or kale in it.

ENJOY YOUR TRIP!

This Road Kit is meant to provide a blueprint for your trip, but it may not go as planned. You may eat more than you had hoped or have a few extra cocktails.

ITS OK!

In the grand scheme of things the trip is a very small % of your whole year and a few days, even a week of being a little more lax is not going to make a big difference.

If you have a supposed set-back, asses the situation without too much judgement and move on. Focus on the next meal or the next workout or just having fun!

I hope you find this helpful and always feel free to reach out to me and ask questions.



**IRON BUNNY
FITNESS**