



Wayfaring Wellness™

Travel-friendly fitness by **Sarah Smith**

Welcome to Wayfaring Wellness™, a traveling workout program that helps you stay active no matter where you are!

This program is designed to make honoring your fitness-commitments **easy** and **uncomplicated**, even when you are away from regular fitness routine.

Whether you are at the beach, visiting family, staying in a hotel or camping in the wilderness, you can do all 3 of these workouts to experience the benefits of exercise AND remain consistent with health and wellness goals even though you're on the move!

Below you will find 3 time-efficient and effective rest-based workouts (and video demonstrations!) that require no more than 5-30 minutes and little to no equipment!

Each workout can be adjusted to any fitness level. Use Wayfaring Wellness™ to get your workouts in and then get back to your fun travel activities!



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Disclaimer

Exercise has many health benefits, but please only follow the workouts in this program if you have been cleared for exercise by your doctor.

Any medical concerns and questions should be directed immediately to your physician.

Any action you take upon the information provided by this program is strictly at your own risk. Sarah Smith will not be liable for the losses and damages in connection with the use of this product.

With these workouts and all exercise, always remember to listen to and respect your body.

If you experience sharp pains, nausea and or dizziness, stop exercising immediately.

Get as close to the floor as possible and rest until you can safely move or ask for assistance.



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Program

Wayfaring Wellness™ contains 3 portable workouts that utilize your bodyweight, a resistance band or dumbbells.

Each workout consists of a circuit that takes about 5 minutes. If you take about 1-3 minutes rest between circuits, you can complete anywhere from 1 to 5 circuits in 30 minutes or less. The accompanying videos demonstrate proper form for all of the exercises. To get the most out of your workouts while protecting yourself from injury, watch the videos to learn correct form for all the movements and modifications.

The videos are designed to demonstrate the moments of each circuit. Use them as a reference, but workout at your own pace, completing the number of rounds that feels good to you.

If you need additional form cues, then consult my [Form Cue Index](#).

Wayfaring Wellness™ workouts have been designed to be preceded by a 5 minute warm-up and followed by a 5 minute cool down. To prevent injury, always warm up with dynamic stretches and not static ones!



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Equipment

Two out of the three workouts require a tiny bit of equipment. One workout utilizes a resistance band and one workout utilizes free weights (dumbbells).

Purchasing a resistance band: Resistance bands come in different colors that correspond to different resistance (weight). Beginner level bands are green, intermediate is red. Advanced level folks should use blue and very advanced people (folks who workout with weights that are 25 lbs +) would use purple.

Resistance bands are available from [Amazon](#), Target, Walmart, and at sporting goods stores.

Purchasing dumbbells or selecting them at the gym: When purchasing a set of dumbbells, ideally you want to purchase bells that are 6lbs or heavier. To determine your ideal dumbbell weigh, select a heavy weight that only allows you to do 3 good quality bicep curls where you are not swaying your body to help you lift the weight. Do 3 repetitions, not 2 or 4, just 3!

Then take that total weight (say it's 12lbs) divide it in half (6lbs) and that's the dumbbell weight you should begin with! Select two 6 lb weights and get moving!



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What is Rest-Based Training

All of the workouts in Wayfaring Wellness™ are designed to be conducted using **Rest-Based Training**.

Rest-based training (RBT) is an approach to fitness that allows you to push as hard as you can and take rest whenever you need to. There are no set rest periods with RBT. You choose when to rest.

This philosophy designed by [The Metabolic Effect](#), puts you in full control of the pace of your workouts.

Whether it's between reps or rounds of a circuit, if you need to rest, then stop working and recover until you feel strong enough to get back to the workout.

Push until you can go no further, rest until you're ready to go again.

This approach to fitness has 3 major benefits.

1. **Workout customization**-By choosing your own rest periods, RBT helps you to take any workout and adjust it to your fitness level. For example, if the workout requires you to do 5 plank jacks, but after 3 you feel your form is suffering, then you rest and finish up the last 2 when you're ready!



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What is Rest-Based Training cont'd

2. Pacing prevention-By giving yourself permission to stop and rest whenever you need to, there's no reason to pace yourself. You can go all out, challenge your mind and body to work harder than ever before, because you know that a rest period is just a second away!
3. Increased strength-The authority to set your own rest periods can make it easier for you to up the intensity of your workouts. While there might be an initial adjustment period when you increase your dumbbell weight, tension on your band, or number of reps, you don't have to be afraid because you set your own intervals. You decide when to work and when to stop!

Your need for rest will vary depending on your fitness, energy level, your chosen dumbbell weight or resistance band. That's exactly how it should be.

The workouts in Wayfaring Wellness™ all include a recommended 1-3 minute rest period between circuits.

This is a suggested rest period.

If you find that you do not need to take rest between rounds, then go as long as you can until you have to stop!



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What is Rest-Based Training cont'd

Or, if you find that you need to take rest between reps within the circuits, take rest!

Don't worry if you feel like you're taking rest often. The best results come when you customize workouts to your fitness level by pushing as hard as you can for as long as you can, resting, and then pushing again!



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Bodyweight Workout

Time: 6 minutes to complete one round of the circuit; complete 2-4 rounds of the circuit depending on how much time you have! Rest for 1-3 minutes between each round. Rest between reps if you need to as well. Remember **RBT**.

Equipment: NONE!!!

Link to video: [Bodyweight workout video](#)

Circuit:

10 x Squats

10 x Plank with hip flexion (alternating legs)

10 x Glute bridge

10 x Side to side plank

10 x Quadruped (Table) leg lifts (R/L)

10 x Pushups

10 x Jab, cross (R/L)

10 x Reverse lunges (optional-only do if these do not bother your knees)

Modifications:

Chair squats

Side to side planks from knees

Pushups from knees or Elevated pushups -use a secured chair or bench



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Resistance Band Workout

Time: 5 minutes to complete one round of the circuit; complete 2-5 rounds of the circuit depending on how much time you have! Rest for 1-3 minutes between each round. Rest between reps if you need to as well. Remember **RBT**.

Equipment: Resistance Band

Link to video: [Resistance Band Workout](#)

Circuit:

10 x Side Steps

10 x Shoulder

10 x Bicep curl

10 x Shoulder-height rows

10 x Standing chest press

10 x Waist-height rows

**Optional burnout movement: 10-20 lunge jumps

Modifications:

If the tension on the band is too great with the shoulder press when you're standing on it, then move your foot all the way to the handle on one side, lessening the tension, and press one arm at a time (like in the video). You can do the same thing with bicep curls.

To reduce tension when working with the doorway, simply move closer to the wall where the band is attached.



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Dumbbell Workout

Time: 5 minutes to complete one round of the circuit; complete 1-4 rounds of the circuit depending on how much time you have! Rest for 1-3 minutes between each round. Rest between reps if you need to as well. Remember **RBT**.

Equipment: Dumbbells

Link to video: [Dumbbell Workout Video](#)

Circuit-Begin by doing 5 repetitions of the following movements, after completing all 5 movements repeat the circuit doing 4 reps of each movement. Continue with 3, 2, 1. Then begin again!

Movements

Plank jacks

Serpentines (R/L)

Weighted Bent-over rows

Weighted Arnold Press

Weighted squats

Modifications

Replace Plank Jacks: Side stepping planks or just do a stationary plank for as long as you can either a Full Plank or an Elbow Plank



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Dumbbell Workout

Modifications cont'd

Replace Serpentine: Quadruped (table) side leg raise

Perform the Weighted Bent-over row, Arnold Press, and Squat without weights. Focus on maintaining great form and moving vigorously!

Squats: Weighted or not, feel free to place a chair behind you when squatting. Slowly lower yourself until you touch the chair and then use your glutes and quads to push yourself back up to standing.



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Links

Introduction: <https://www.youtube.com/watch?v=wL87xmJCHHw>

Bodyweight workout: <https://www.youtube.com/watch?v=gn-QUF0BOPQ>

Resistance Band Workout : <https://www.youtube.com/watch?v=wuJEkG1pzQI>

Dumbbell Workout: <https://www.youtube.com/watch?v=RMz7IUJZ0S8>

Warm Up: <https://vimeo.com/155326790>

Cool Down: <https://vimeo.com/155328099>

Form Cue Index: sarahsmith.me/formcueindex