

VACATION GUIDE



Hyperformance Athletics



HOW TO USE THIS GUIDE

WELCOME!

This vacation guide is created to help you stay on track when you are not able to make it into the gym. We understand that life is hectic and unpredictable. This is an easy resource guide for you to reference on any one of those crazy days. We hope this will help you take what you already know and apply it at home or on the road. Fitness goes where you go! Here are the categories you'll find in this document:

- Nutrition
- Workouts
- Mobility
- Rest

Have fun!

Yours in the Limitless Pursuit,
Jen, Drew, and the CFHP Crew



NUTRITION ON VACATION

Nutrition is a big part of what we do and we talk a lot about it. As much as 80% to 90% of our success comes from how we approach our eating habits. Do we deserve breaks? Absolutely! It's our goal to live by the 80/20 rule but it's ok to move outside of that range on vacation but we still need to stick have a plan. I'm a fan of switching to more of a 70/30.

Plan ahead as best you can. Look at how many days you will be vacationing, plan your meals and cheats accordingly, and give yourself a time-out from your normal disciplined diet. Remember that for this to work effectively, you've got to keep yourself on track during all the other meals.

Here are a few ideas on how to be successful while you are on vacation:

- Add a mid-morning or mid-afternoon protein shake to curve your appetite
- Try to eat 4 small meals, or 3 large meals with 2 snacks
- A snack could be a hard-boiled egg, 10-15 almonds and a handful of strawberries
- Drink 8oz of water first thing in the morning to curve your appetite.
- Eat something before going out to dinner to keep from "over ordering"

It's ok to say "no". It's really easy to get caught up in eating what everyone else is eating or having that extra drink or three. This is where our discipline comes into play. You've already planned ahead and know when and how much you can splurge. Stick to it. You will thank yourself when vacation is over and you're back to your regular routine.



VACATION IS STILL A GREAT TIME TO WORKOUT

FIND FUN WAYS TO WORKOUT WHILE YOU ARE AWAY. VISIT AN AFFILIATE

Vacation is still a great time to work out. Are we suggesting that you go 100% or even workout every day? Not at all, but finding fun ways to work out while you are away can really add to the enjoyment of your vacation and will make you feel better about changing to a 70/30 diet.

Visit an affiliate. One of the best ways to stay focused on Vacation is to drop in a local CrossFit gym. Again, we are not suggesting you go every day you are on vacation but pick a day, or a few days, to drop in for a workout. It's a great way to stay focused and motivated while you are away. CrossFit.com has a super easy way to find a local affiliate. We've made it even easier by providing the direct link for you - [HERE](#). As a courtesy, just remember to call in advance and give the chosen affiliate a heads up.

Kettlebells, sandbags, or dumbbells are great pieces of equipment to bring on vacation if you have access to any one of these. They take up very little space and there are so many different things you can do with them.



THE GO TO WORKOUT

Identify one thing that is your jam, something you like doing that takes almost ZERO effort. Commit to this on the days where normal training simply isn't an option and go to work.

Here are some other ideas: run, stretch, mobilize, burpees, push-ups, sit-ups. Once you've got the movement(s), pick a time domain and/or a rep scheme. Write it down. This is your GO-TO workout. Here are the steps to take to do this:

1. Choose 1, 2 or 3 movements
(example: run, push-ups, air squats)
2. Decide how much time you have
(10, 15, 20 minutes)
3. Pick either "for time" or "as many rounds in X minute" format
4. Decide a distance/reps for each movement
5. 3, 2, 1 ... GO!

TABATA WORKOUT

TABATA is 20 seconds of work and 10 seconds of rest for eight rounds...four minutes of total work.

Complete as many reps as possible in the 20 seconds, rest for 10 seconds and repeat eight times. The goal is to match that number of reps completed in the following rounds. Your score is the lowest number of reps.

MOVEMENT SUGGESTIONS

Air Squats

Push-ups

Sit-ups

Sprint





DOUBLE UNDERS & SIT-UPS

For Time Complete:

2 Minutes Double Unders
2 Minutes Sit-ups

Rest 1 min

90 sec Double Unders
90 sec Sit-ups

Rest 1 min

60 sec Double Unders
60 sec Sit-ups

MAKE IT MORE CHALLENGING

Start at a longer interval

SURFER ON ACID

3 Rounds for Time
400 m run
21 Burpees

The goal is to keep the split time on the runs equal to the time it takes to do 21 burpees

MAKE IT MORE CHALLENGING

Go faster!





“FEEL THE BURN”

For Time Complete:

100 Jumping Jacks
100 Push-ups
100 Sit-ups
100 Air Squats

MAKE IT MORE CHALLENGING

Complete 150 reps per movement

10 ROUNDS: PUSH-UP, SIT-UP, SQUAT

Complete 10 Rounds For Time:

10 push-ups

10 sit-ups

10 squats

MAKE IT MORE CHALLENGING

Complete 20 of each movement per round





BURPEES & SIT-UPS

Complete:

10 Burpees
10 Sit-Ups
9 Burpees
9 Sit-Ups
8 Burpees
8 Sit-Ups

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Until you reach
1 Burpee
1 Sit-Up

MAKE IT MORE CHALLENGING

Start your rounds at a higher number

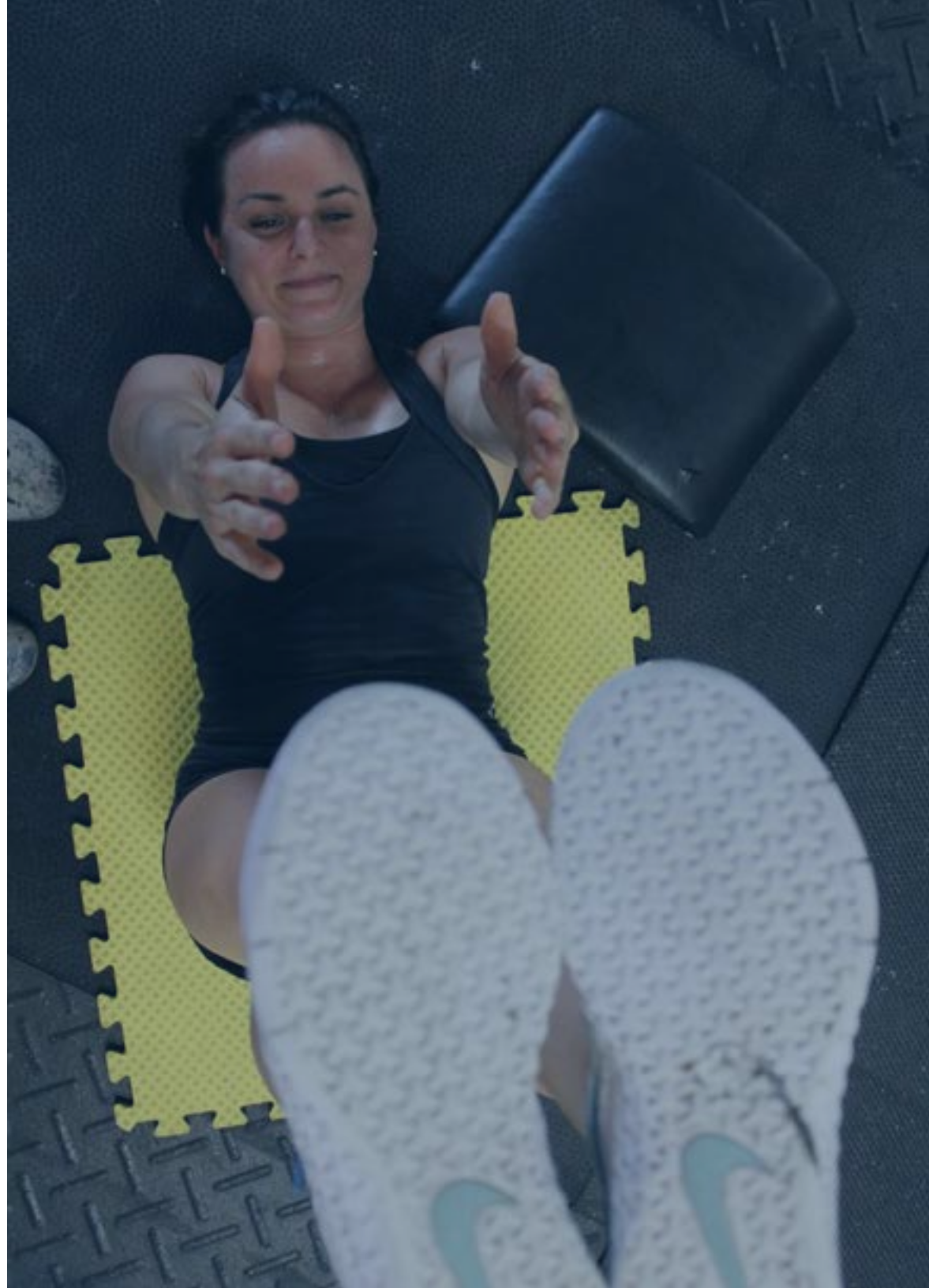
HANDSTAND PUSH-UPS & RUN

3 Rounds for Time:

10 Handstand Push-Ups
200 m run

MAKE IT MORE CHALLENGING

Increase your rounds





PUSH-UPS & SQUATS

For Time Complete:

21 Push-Ups
42 Squats
15 Push-Ups
30 Squats
9 Push-Ups
18 Squats

MAKE IT MORE CHALLENGING

Wear a weight vest and do jumping squats

RUN & BURPEES

Complete max reps of burpees in 7 minutes
Rest 5 minutes
Run 15 minutes for distance

MAKE IT MORE CHALLENGING

Complete 2 rounds





CINDY-ISH

12 min AMRAP

5 Push-Ups
10 Weighted Sit-Ups
15 Air Squats

MAKE IT MORE CHALLENGING

Wear a weight vest. Increase time domain to 20 minutes

“ANNIE”

For Time Complete:

50-40-30-20-10

Double Unders
Sit-Ups

MAKE IT MORE CHALLENGING

Exchange Sit-Ups for kettle bell swings. If you do not have a kettle bell, do weighted sit-ups





STRETCH/ MOBILITY

Mobility is one of the most important things we can do for our bodies. It allows us to have better movement patterns and live a more comfortable day to day life. HPA has a great YouTube channel with a ton of “How To Videos” to keep you mobile, flexible and on the move when you are traveling, and just in case you can’t make it to the gym. Just click the link below to get started:

https://youtu.be/UmmzqGaA_44

OTHER HPA RECOMMENDED ONLINE RESOURCES

<https://www.mobilitywod.com/>

<https://romwod.com/>

TRAVELING IN A CONFINED SPACE FOR LONG PERIODS OF TIME CAN REALLY TAKE A TOLL ON OUR BODIES

Below is a list of stretches that can be performed in planes, trains, and automobiles.

Neck

- Turn neck to one side and hold 5 seconds. Return neck to neutral and repeat on opposite side. Repeat as many times as required.
- Sit straight, look forward and tilt your head to one side trying to touch your ear to your shoulder. You should feel a stretch down the side of your neck. Repeat on opposite side.
- Sit upright and look down all the way attempting to touch your chin to your chest until you feel the stretch on the back of your head and your neck region. Hold for five seconds. Repeat as many times as needed.

Back

- In a seated position, slowly roll your bottom away from the seat forming an arch in your lower back. Hold for five seconds and slowly roll your back flat against the seat. Repeat as many times as needed
- Seated Forward Fold - Place both feet on the floor hip distance apart. Reach for the floor with your hands, keeping your back flat as you lean forward. Drop your head at the end to stretch your neck. If you can't fold all the way down, rest your arms and head on the dash. You should feel this in your hamstrings as well.

Hips

- Facing forward in your seat with your feet flat on the floor and spread a little more than hip distance. Bring your left ankle up to your right thigh. You can stay here if you feel a deep enough stretch, or you can thread your left hand between your legs and grab onto the back of your right thigh to go a bit deeper. Hold onto your left hand with your right hand to pull both legs toward your chest. Hold for at least 60 seconds breathing slow and controlled the entire time. Switch sides, and repeat.



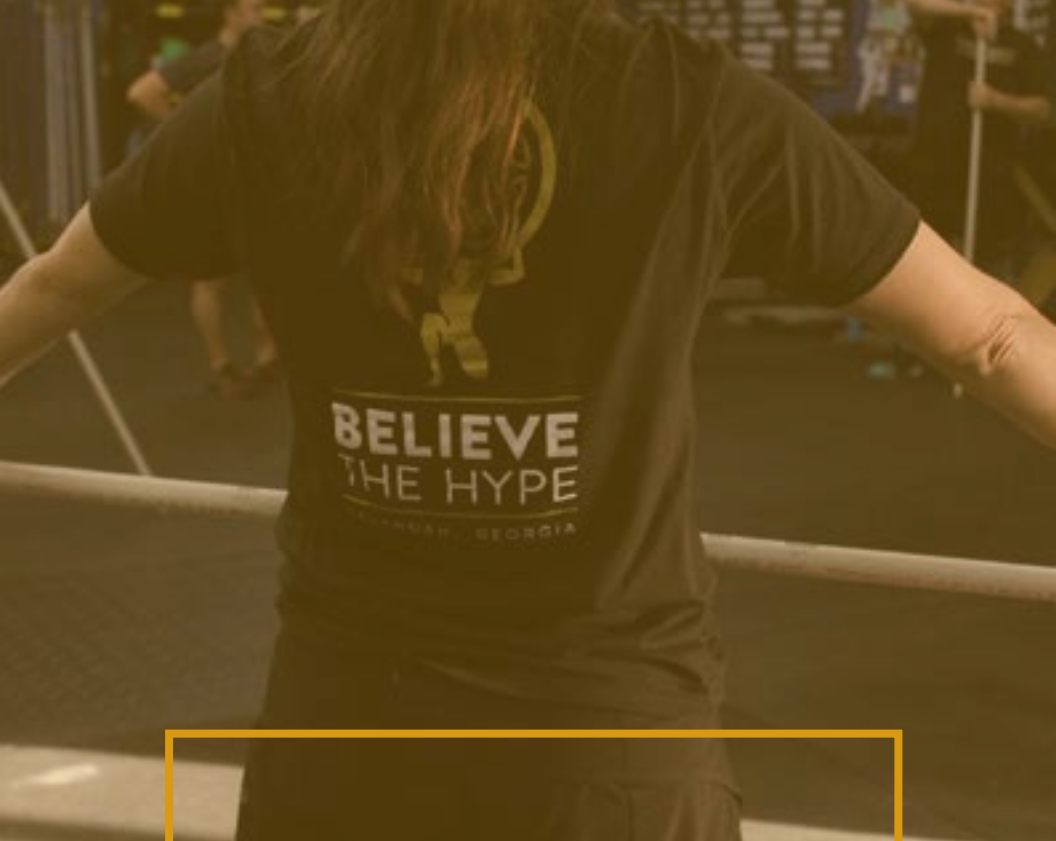
MOBILITY IN TRANSIT



SLEEP/ REST

THE SINGLE MOST IMPORTANT INGREDIENT TO YOUR SUCCESS

Recovery and recharging your nervous system happens when the body rests. Require yourself to add the single most important ingredient to your success – SLEEP. AS athletes, it's our goal to get eight hours during the week and try to get the same on the weekends, if not more. Vacation should be no different. If you have sleep rituals at home make it a point to recreate that while you are gone. Keep the room at the same temperature, find a way to black out the room, bring a fan for white noise, pack your favorite pillow, etc. Whatever it takes to maximize your comfort level while you are away.



**SET UP PT W/
YOUR COACH**



Hyperformance Athletics

There is no better time to meet with your coach than after vacation. It's a great opportunity to get back in the swing of things and revisit your goals. Make sure you make an appointment to meet with your primary coach before you leave. You won't be sorry.

PHONE

912.335.3615

EMAIL

drew@crossfithp.com
caleigh@crossfithp.com
jen@crossfithp.com
tracy@crossfithp.com
freddy@crossfithp.com
jared@crossfithp.com