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Quick Workout Ideas

Occasionally we need to do a quick workout at home or during holidays. Here are some ideas to get you started.

Playing Card Workout

Great fitness game that can be played with all family members.

Using a pack of playing cards, nominate a different activity for each suit.

For example: spades is burpees, clubs is pushups, diamonds is bench dips, hearts is situps.

Take turns to draw a card from the deck, the suit of that card is the pre-determined activity, the number of the card is the number of repetitions to be performed. For example a 10 of spades is 10 burpees.

Picture cards (kings, queens, jacks) are all 10 reps, aces are 11 reps. Jokers can either be removed or left in as a wildcard where any activity and rep number can be nominated by the drawer.

Go through the whole deck of cards in the fastest possible time. Record the time and try to beat it next attempt. To add a cardio aspect to the activity, position the stack of cards at a distance then run to pick a card and run back to the start to perform the activity.

Skipping & bodyweight circuit

Skip for 100 rope revolutions

10 squats

10 pushups

10 burpees (or starjumps)

Repeat 10 times

Hotel room pyramids

5 pushups (on floor or leaning on counter)

5 lunges on each leg

5 situps (feet hooked under bed if necessary)

Jog on the spot for 2 minutes

For the next set 10 pushups / lunges / situps and 2 minutes jog

Next set 15 of each and 2 minutes jog

Keep adding to the pyramid for the desired workout time (say 15-20 minutes)

The 100 challenge

Choose any exercise - squats, pushups, vertical jumps, burpees etc.

Set a goal to complete 100 repetitions and record the time (including rest breaks).

Next time you perform it (later that day or another day) try to beat the previous time.

If skipping is used for the activity, make it 1,000 rope turns.

If the plank is chosen - just time how long you can hold the position.



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Outdoor play gym

Most towns have a walking track with childrens play gyms or exercise stations.

Everyone walks straight past the exercise stations - what a waste!

The exercise stations have descriptions of suitable activities - go hard with these and complete 2-3 circuits at each station.

Use the run (or fast walk) to the next exercise station as the recovery.

Fun run / walk mixed interval training

Outdoors in a park, on the beach or on a walking track - pick a landmark off in the distance. For example a power pole. Make a commitment to run hard to the marker then pick another one that you will jog or walk to.

Mix up the distances and intensity - sprint/jog/sprint/walk etc.

Go with a partner and have a bit of a race - the fastest runner does starjumps at the marker until the second person arrives.