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#FITWITHEASE

#TravelwithEase Workout Program

Welcome to the #TravelwithEase Workout Program! This program is dedicated to people who crave quick, actionable and challenging workouts when traveling, or when simply crunched for time! All twenty eight workouts are around 20 minutes, and require (at the most) a set of DB's and cardio machine. Some of the workouts are bodyweight, requiring zero equipment, to help you fit in a workout from literally anywhere! Because each workout is only 20 minutes or less, you are encouraged to work as powerfully as possible throughout each exercise, and to rest intentionally when needed.

All workouts are linked to video demos to ensure proper form. There will be a cheat sheet that provides safe yet challenging modifications in the event that an exercise feels too hard. I have provided a mobility flow for days you are super sore but still want light movement, and bonus finishers for the days you have more time and crave that extra push! Some finishers are cardio-machine based, others are resistance-based, that way no matter where you are, you have options!

The mixture of loaded exercises paired with aerobic conditioning will help you develop and maintain lean muscle on the go! As with any type of fitness routine, pairing these workouts with a healthy diet will help you maintain energy, top health and see the greatest aesthetic results. To help you nail this on the road, I have provided my best nutrition guidance for eating healthy on the go!

Thank you for being a part of this #TravelwithEase program! So grateful to have you here!

Sending energy + strength!

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SELF CARE: SOFT TISSUE WORK

[Foam rolling \(video\)](#) your muscles before and after a workout can promote mobility and recovery. Focus on larger muscle groups like upper back, glutes, calves, outer side of thigh (IT-band) and inner thigh (adductor/groin). Aim for about 5 minutes either before or after workouts or both!

DYNAMIC WARM UP

A proper warm up decreases risk of injury by practicing full ranges of motion, stimulating the central nervous system (priming the body and brain for movement), and allowing us to slow down from our busy day and breathe. I strongly encourage you to follow this warmup, which targets each major muscle group and movement pattern before your workout. Make the following your core routine for warm up during this program for best results. ***If you have favorite stretches or warm up drills, feel free to add them in!***

Warmup (> 10 mins)

[Quadruped Breathing](#)

[Rocking/Head Nods/Turns](#)

Down Dog Stretch

[Single Leg Glute Bridges](#)

[Wall Press Deadbugs](#)

[Adductor Rockbacks](#)

Jumping Jacks

Suggested reps

6 long exhales

6 of each

As long as you need

10-15 each leg

6 long exhales

30x



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Things you need to know:

How do I decipher the workouts?

Most exercises will have numbers next to them to denote how to flow through each workout.

For example:

3 Rounds of:

1. 10 Romanian Deadlifts
2. 10 Push Press
3. 10 DB Squats
4. 10 Bent Over Row
5. 1 Min Cardio of choice 9/10 *RPE

This means to perform 10 Romanian Deadlifts, then go directly to 10 Push Presses, and so on until you hit 1 minute of cardio. Perform that entire circuit 3 times total.

How do I know if I'm working hard enough?

Because each workout is only 20 minutes or less, you are encouraged to work as powerfully as possible throughout each exercise, and to rest intentionally when needed.

Sometimes, you will see Rate of Perceived Exertion (RPE) next to an exercise to provide more specific guidance on how hard to push. What does RPE mean? On a scale of 1-10, 1 is super easy, 10 is max effort. So a 3 / 4 would be a pretty easy, conversational pace. 7/8 means that conversation would be challenging and you are pushing at a sustainably challenging level. A 9/10 means you're going nearly as fast/hard as you can, aka what a "sprint" would feel like.

How do I know what weights to choose?

Everyone's strength levels vary not only person to person, exercise to exercise, but day to day! Therefore, you will not see weight recommendations for these workouts. Not only is it nearly impossible for me to predict, it could limit you from pushing harder, or push you too hard in some cases. Plus, finding weights that challenge you is empowering!



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When learning a new exercise for the first time, I recommend being conservative until you're confident with the movement. Then, it's time to get down to business! Choose weights that challenge you *and* still allow you to perform each exercise with great form. A good rule of thumb: you should feel like you could eek out one more good rep, if your life depended on it, at the end of nearly every set.

How long should I rest?

Again, this is something for you to decide, based on your level of fitness and how hard you're pushing yourself. Rest as long as you need in order to feel strong and ready to go into the next exercise with control and good form. In general I would say aim to move as quickly as you can from exercise to exercise, and rest no longer than 1:00 - 2:00 between sets of exercises.

What if it takes me longer than 20 minutes to finish a workout?

These workouts are highly flexible for a reason! If you are pushing yourself and resting intentionally throughout all 20 minutes, then you are doing it right! Some of the exercises are timed, some are rep-based. In either case, you should aim to do as much as you can in 20 minutes! Maybe that means 3 rounds of something, maybe that means 5! There are no rules, as long as you are challenging your body, honoring great form and having fun! Plus! Measuring how many rounds you get with become a metric of progress as you get stronger.

What if I feel pain?

I want you to enjoy these workouts and push yourself, and I especially want you to do so without pain. If you ever feel lightheaded, nauseous or a sharp "bad" type pain, please stop all movement and rest to re-evaluate. There is no benefit to "pushing through pain". If there are any exercises that cause you pain or discomfort, please use the list of alternate exercises provided below to pick something else that feels better to your body!

What if I need to modify something?

Make smart decisions when it comes to these workouts. By that I mean, if you suffer plantar fasciitis, please don't force yourself to run; if you have knee pain, please modify jumping. A cheat sheet of popular



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modifications will be provided for you, so that you can still push yourself without pain or injury. I want you to get a kickass workout in on the go, but not at the expense of your safety!

What if I have questions?

Feel free to [join my closed Facebook group](#), exclusively for all of my #FitwithEase “Groupies”!

Not only will this connect you with other people following the program, but it’s a great place to share ideas, ask questions and have access to additional nutrition and coaching tips from me!



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ALTERNATE EXERCISE CHEAT SHEET

If you come across an exercise and it feels too difficult or causes discomfort, no need to push through or to give up! Try subbing an exercise in the left column with it's alternative on the right!

Exercise

Alternate Exercise

Pushups

[Pushups on bench](#)

Mountain Climbers

[Mountain Climbers on bench](#)

Jump Squats

[Speed Squats](#)

Jump Lunges

[Alternating Reverse Lunges](#)

Burpees

[Reverse Burpees](#) or [Burpees from a bench](#)

Plank Row

[Single Arm Supported Row](#)

Renegade Row

[Plank with Taps](#)

Overhead Press or Push Press

[Downdog Pushups](#)

Cardio Options:

CARDIO MACHINE OPTIONS

If a workout calls for cardio, hop on the treadmill, stationary bike, elliptical, row machine or stair machine!

NON-CARDIO MACHINE OPTIONS

If you don't have access to a cardio machine, no sweat! Sub any of the following for mostly any timed cardio interval:

Jump rope

Jumping jacks

[Alternating step ups](#)

[Side Shuffles](#)



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WORKOUT 1

2 DB Complex Plus Max Minute

3 Rounds of:

1. [10 Romanian Deadlifts](#)
2. [10 Push Press](#)
3. [10 DB Squats](#)
4. [10 Bent Over Row](#)
5. 1 Min Cardio of choice 9/10 *RPE

Suggested rest: 1:00 - 2:00

Rest when needed between exercises.

Extra challenge: try not to set the bells down during the complex!

*As a reminder, RPE is Rate of Perceived Exertion. On a scale of 1-10, 1 is super easy, 10 is max effort. 9/10 means you're going almost as fast as you can for 1 minute.



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WORKOUT 2

Unilateral Love: Descending Ladder

Rep scheme: Perform 10-8-6-4-2 on each side, increasing the weight each set!

1. [Single Leg Deadlift](#)
2. [Single Arm Overhead Press, Half Kneeling](#)
3. [Split Squat](#)
4. [Single Arm Plank Row](#)

Suggested rest: 1:00 - 2:00

Please note: you do not need to use the same DB for every exercise. Please choose what feels challenging for each exercise for you today!



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WORKOUT 3

Bodyweight Blast

Perform each exercise for 30 seconds. Rest as needed between exercises.

The goal is to hit as many rounds as possible in 20 minutes (somewhere between 3-5 rounds!)

Exercise

[Jump Squats](#)

[Pushups](#)

[Deadbugs](#)

[Alt. Reverse Lunge](#)

[Bear Crawl](#)

[Skater Jump](#)

[Hollow Hold](#)

[Burpees](#)

Turn it up!

Hold a light DB at your chest

Elevate feet on bench

Hold a bell above your chest

Jump Lunges

Plank walk with knee tucks

Hold a light DB with both hands

Hold light weight above head

Jump higher, move faster

Turn it down

Take out the jump out

Elevate hands on bench

Lower knees to ground

Tap back toe to ground

Bring one knee to chest

Reverse burpees

Suggested rest: 1:00 - 2:00



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WORKOUT 4

Bodyweight Tabata

Perform each exercise for 0:20, aiming to perform as many reps as possible as quickly as possible; rest for 0:10 before proceeding to the next exercise. Repeat as many rounds as possible in 20 minutes. No equipment is required, but this will no doubt challenge your entire body!

1. [Speed Squats](#)
2. [Pushups](#)
3. [Mountain Climbers](#) / [Mountain Climbers from Bench](#)
4. [Low Box Side Shuffle](#)
5. [Burpees/Reverse burpees](#)
6. [Knee Tuck Crunches](#)
7. [Jump Lunges](#) / [Alt. Reverse Lunge](#)
8. [Plank Walkups](#)

*Reminder: When doing something like a tabata workout, you want the RPE to be high, like 8/9 out of 10. Each :20 sec you're getting after it as hard as you can with the best form possible.



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WORKOUT 5

Mile/100 Combo

Complete this workouts as quickly as possible, one time through. You'll end up running a mile and doing 100 reps in no time!

1. $\frac{1}{4}$ mile run
2. [25 Squats](#)
3. $\frac{1}{4}$ mile run
4. [25 push ups](#)
5. $\frac{1}{4}$ mile run
6. [25 Alternating Rows](#)
7. $\frac{1}{4}$ mile run
8. [25 reverse burpees \(no push up\)](#) / [Regular burpees](#)
1x through!



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WORKOUT 6

4 x 5:00 AMRAP

Do As Many Rounds As Possible (AMRAP) of 10 pushups and 10 squats in 5:00. Rest whenever needed and modify as needed. Repeat same approach for remaining circuits. This should equal 20 total working minutes of awesome exercise!

Circuit 1 (5:00)

[10 Pushups](#)

[10 Squats](#)

Circuit 2 (5:00)

[10 Romanian Deadlifts](#)

[10 OH Presses](#)

Circuit 3 (5:00)

[10 Bent Over Row](#)

[10 Lateral Lunge with Cleans, Each Leg](#)

Circuit 4 (5:00)

[10 Jump Squats](#)

[10 Plank with Pull Through](#)



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WORKOUT 7

OH MY QUAD

Perform each exercise for 20 seconds before moving onto the next exercise. If the exercise has an asterisk next to it, that means it has a right and left side. In this case, please perform the exercise for 20 seconds on EACH SIDE.

Rest as much as you need between exercises, and aim to rest no more than 0:30-1:00. Cycle through all 6 exercises for 20 seconds to complete one round. Repeat this circuit as many times as you can in 20 minutes! A great goal to aim for would be 4 or more rounds!

1. [Stag Stance DB Squats](#)*
2. [Jump Squats](#)
3. [Reverse Crunch](#) (no foam roller? Use a rolled up towel!)
4. [SA DB Thruster](#)*
5. [Lateral Lunge with Row](#)*
6. [Plank with Taps](#) / or [Plank Hold](#)

Again, if any of the above variations feels too challenging, refer back to the Alternate Exercise Cheat Sheet for other options!



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WORKOUT 8

Ring the aIARMS

This upper body workout will not only hit your arms, but challenge your entire body to the core!

Your goal is to hit this descending ladder (12-10-8-6) 4x through, or until you hit 20 minutes!

Round 1, aim to perform each exercise for 12 total reps, followed by 1:00 of cardio of choice. Round 2, aim for 10 total reps; round 3, aim for 8. You are done once you hit 20 total minutes on the clock, or when you finish your 4th round of 6 reps each!

If you have more time and crave a challenge, go back up the ladder 6-8-10-12 with 1:00 cardio in between each round (Not for the faint of heart!)

1. [Pushups](#)
2. [Bent Over Rows](#)
3. [Plank Walkups](#)
4. [Triceps Dips](#)
5. [Reverse Burpees](#)
6. [DB Uppercuts](#)
7. 1:00 Cardio* (7 or 8 RPE)

*If running outside or a cardio machine isn't an option, try [alternating step ups](#) as a killer modification! (This is what I opted for when testing the workout since I am currently battling a foot injury that prohibits impact!)



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WORKOUT 9

Bodyweight Plyometric Intervals

In this interval sesh, you are going as FULLOUT as you can do each movement for 10 seconds. If you're not going as hard as you possibly can for 10 seconds, the 20 second rest will feel like too much.

Cycle through 6 times - :10 sec on / :20 sec off

1. [Fast Burpee \(no Push Up\)](#)
2. [Jump Lunges](#)
3. [Plyo Push Ups](#)
4. [Jumps Squats](#)
5. [Fast Mountain Climbers](#)



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WORKOUT 10

Descending Bodyweight Ladder

Cycle through 10 reps of each exercise, followed by 9, then 8, etc., until you get down to 1 rep of each. Move through as quickly as possible with the best form possible, resting when needed.

1. [Max Height Jump Hinge](#)
2. [Push Up](#)
3. [Body Weight Squat](#)
4. [Dips](#)
5. [Mountain Climbers \(each side\)](#)

This workout is great when you want to do something quickly in your hotel room. If you have some extra time - ADD A FINISHER!



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WORKOUT 11

CORE-dio

Cardio Machine of Choice (Bike, Treadmill, Elliptical); 2 Heavy Bells

1. 1:00 on cardio machine @ RPE 3/4 without incline/resistance
2. 1:00 on cardio machine @ RPE 9/10 with max resistance/incline (ex: on a treadmill, aim for anything that feels challenging, around 8-12%)
3. 1:00 [Heavy Carries](#)
4. 1:00 [Short Lever Plank](#)

Rest whenever needed. Repeat as many rounds as you can in 20 minutes time.
Performing ~ 3-4 rounds is a great place to land!



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WORKOUT 12

Going The Distance

For this workout, you'll run a half mile (If no treadmill, shoot for 4:00 min on cardio machine of choice), then complete 3 rounds of the exercise cycle, followed by another half mile run. If time is tight, you can swap out the half mile for a quarter mile run.

1. ½ Mile Run

Then

2. 3 Round of:

[8 Lateral Lunge to DB Clean \(R hand\)](#)

[8 Reverse Lunge to DB Press \(R hand\)](#)

[8 Single Arm Plank Row \(R hand\) *](#)

[8 Lateral Lunge to DB Clean \(L hand\)](#)

[8 Reverse Lunge to DB Press \(L hand\)](#)

[8 Single Arm Plank Row \(L hand\)](#)

Then

3. ½ Mile Run

*If the plank row is too challenging, try a [Single Arm Supported Row!](#)



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WORKOUT 13

Tabata Arm Farm

Perform each exercise for 0:20, aiming to perform as many reps as possible as quickly as possible; rest for 0:10 before proceeding to the next exercise. Repeat 6 times for a total of 15:00 min.

1. [Push Press](#)
2. [Bent Over Row](#)
3. [Push Up](#)
4. [Bicep Curl](#)
5. [Bear Crawl](#)



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WORKOUT 14

Ascending Ladder of Greatness

For this ascending ladder, start with 1 rep of each exercise, followed by 2 reps, etc., and work your way up to 10 reps of each. Make sure to row on each side, right and left, as 1 rep. Make sure to pace this out, as it may seem simple at first, but the reps really start to add up in the end. Move as quickly as possible, taking breaks as needed.

1. [Renegade Rows](#) (each side)
2. [Thrusters](#)
3. [Reverse Burpees](#)



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WORKOUT 15

2 x 4

Start with 2 minutes of cardio of choice, then cycle through the 4:00 AMRAP (as many rounds as possible) of Cycle 1, followed by 2 min of cardio, then 4:00 of cycle 2, etc.

1. 2 min Cardio of Choice
2. 4:00 AMRAP CYCLE 1
 - [10 DB Squat](#)
 - [10 Row](#)
 - [10 Mountain Climber](#)
3. 2 min Cardio of Choice
4. 4:00 AMRAP CYCLE 2
 - [10 DB romanian deadlift](#)
 - [10 Push Up](#)
 - [10 Deadbug March](#)
5. 2 min Cardio of Choice
6. 4:00 AMRAP CYCLE 3
 - [10 Alternating Reverse Lunge](#)
 - [10 Push Press](#)
 - [10 Bear Crawl](#) (steps each side)
7. 2 min Cardio of Choice



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WORKOUT 16

2 Fifteen Minutes of Ferocity

Start this workout by going the maximum distance you can in 5 minutes on your choice of cardio. Then, set the clock for 10 minutes and do as many rounds as possible of the listed exercises.

1. Max distance in 5 minutes
2. 10 min AMRAP
 - 5 [knee tuck crunches](#)
 - 10 [push ups](#)
 - 15 [bodyweight squats](#)



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WORKOUT 17

Lunging To Glory

If you want a workout that will burn your legs as much as your lungs, give this a whirl. Start with 20 alternating reverse lunges (if you want to really turn it up, do 20 on each side), and run down the list as quickly as possible with the best form possible, resting as needed.

1. 20 [alternating reverse lunges](#)
2. 20 [push ups](#)
3. 20 [alternating reverse lunges](#)
4. 20 [Dips](#)
5. 20 [alternating reverse lunges](#)
6. 20 [mountain climbers](#)
7. 20 [alternating reverse lunges](#)
8. 20 [burpees](#)
9. 20 [alternating reverse lunges](#)



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WORKOUT 18

The Final Countdown

For this workout, start with 50 dumbbell squats and work your way down the list to 10 burpees. End with a 1 minute sprint on a cardio of choice. Move as quickly as possible, resting when needed.

1. 50 [Dumbbell Squats](#)
2. 40 [Push Ups](#)
3. 30 [Thrusters](#)
4. 20 [Rows](#)
5. 10 [Burpees](#)
6. 1 Min Sprint on cardio of choice



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WORKOUT 19

Thrive for 75

Cycle through three rounds of 25 reps of each of the exercises listed, totaling 75 reps. Then, see how long you can bear crawl without putting your knees down. *If bear crawl isn't an option, shoot for max time plank.

3 Rounds of:

1. 25 [Rows](#)
2. 25 [push ups](#)
3. 25 [Double Leg Raises](#)
4. 25 [Jump Squats](#)

Then:

Max Time [Bear Crawl](#)



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WORKOUT 20

EMOM Madness

EMOM (every minute on the minute) for 10 minutes, alternate between 7 burpees and 7 thrusters. When the clock starts, do 7 burpees, then rest for the remainder of the minute. When the next minute hits, do 7 thrusters, then rest for the remainder of the minute. Finish off with a half mile run for time (or cardio of choice for distance for 4:00).

EMOM:

1. 7 [Burpees](#)
2. 7 [Thrusters](#)

Then:

½ Mile Run



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WORKOUT 21

Legs and Legs and Legs

Complete 3-5 rounds of the cycle. It starts with a loaded variation of an exercise, followed by an explosive variation of the exercise. Rest as needed, keeping the best form possible.

3-5 rounds of:

1. 20 [Dumbbell Alternating Reverse Lunges](#)
2. 10 [Jump Lunges](#)
3. 20 [DB Squat](#)
4. 10 [Jump Squat](#)
5. 20 [DB Romanian Deadlift](#)
6. 10 [Skater Jump](#)



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WORKOUT 22

Feel the (lung) Burn

For this cardio workout, complete 8 rounds of 15 seconds of max effort work (sprint) on your choice of equipment, followed by 45 seconds of rest. Then rest for a few minutes before trying for your maximum distance on cardio of choice for 10 minutes.

8 round of:

1. :15 sec max effort cardio
2. :45 sec rest

Then:

Max distance in 10 minutes



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WORKOUT 23

Total Body Takeover

Perform each exercise for 0:30, resting when needed. Repeat the circuit as many times as possible in 20 minutes.

1. Sprint (RPE 10) on Cardio Machine of Choice
2. [Split Squat R with Lateral Raises](#)
3. [Split Squat L with Shoulder Presses](#)
4. [Split Squat R with Hammer Curls](#)
5. [Split Squat L with Farmer Hold](#)



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WORKOUT 24

Alternating Athlete

Move as quickly as possible through the cycle, completing 10 reps of each exercise on each side. Set a timer, and record your first round. Rest as needed before your second round, then try to match or beat your time from the first round. Repeat for rounds 3 and 4, trying to beat your time from the first set.

4 rounds of:

1. [10 \(each\) Alternating Lateral Lunge](#)
2. [10 \(each\) Alternating Reverse Lunge](#)
3. [10 \(each\) Alternating Bent Over Rows](#)
4. [10 \(each\) Alternating DB Overhead Press](#)



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WORKOUT 25

Carry and Core

This workout will challenge your core in every way possible. Choose an appropriate weight, that is challenging but doable, for the carries. Cycle through each exercise for :30 seconds, 3-4 rounds. Rest as needed.

1. [Left hand suitcase carry](#)
2. [Left side plank](#)
3. [Right hand suitcase carry](#)
4. [Right side plank](#)
5. [Farmers Carry](#)
6. [Bear Crawl](#)
7. [Right Side Single Arm Offset Squat](#)
8. [Deadbug March](#)
9. [Left Side Single Arm Offset Squat](#)
10. [Mountain Climber](#)



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WORKOUT 26

The unBEARable Circuit

Perform each exercise continuously for 0:30, resting only 0:10 between each exercise. You should be able to hit 5 total rounds in 20 minutes if no additional rest is taken, making this workout nearly unbearable! As with all workouts, please rest longer between exercises if you need it. Priority is always strong form!

1. [Bear Crawl Press Up R](#)
2. [Leg Raises \(from floor\)](#)
3. Bear Crawl Press Up L
4. [Side Shuffle \(Low Box Drill\)](#)
5. [Alt. Rev Lunge with Row](#)

Rest 1:00.



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WORKOUT 27

Dance, too much booty in the pants

Cycle through 30 seconds of each exercise with no rest in between on the right leg. Then, rest 30 seconds before moving on and completing the cycle on the left leg. Repeat the full cycle on both legs 2 times for a total of 14:00. If you are feeling feisty and have time, you can add in a 3rd round for a total of 21:00.

RIGHT LEG - :30 SEC OF EACH:

1. [Single Leg Deadlift](#)
2. [Curtsy Lunge](#)
3. [Skater Squat](#)
4. [Side Lying Glute Bridge](#)
5. [Single Leg Glute Bridge](#) (elevate foot for added challenge)
6. Single Leg Glute Bridge Iso Hold (simply hold at the top of the glute bridge, squeezing the glute as hard as possible!)

Rest :30, then:

LEFT LEG - :30 SEC OF EACH:

7. Single Leg Deadlift
8. Curtsy Lunge
9. Skater Squat
10. Side Lying Glute Bridge
11. Single Leg Glute Bridge
12. Single Leg Glute Bridge Iso Hold



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WORKOUT 28

Day of the Week Challenge! BONUS 6 WORKOUTS!

What day of the week is it? Spell it out, and that's your workout for the day! That means this section provides you with SEVEN UNIQUE FULL BODY WORKOUTS! Woo hoo! Aim to hit 3-4 rounds, or until you reach 20 minutes time! Rest/modify when needed.

Ex: Monday (1 Round: M = 10 RDL's, O = 10 pushups, N = 16 Alt. Rev. Lunges, D = 12 Alt. BO Rows, A = 0:25 Hollow Hold, Y = 10 Burpees. Rest when needed. Repeat as many rounds as possible!)

A 0:25 [Hollow Hold](#)

D 12 [Alternating Bent Over Rows](#)

E 10 [Jump Squats](#) or 15 [KB Swings](#)

F 10 [Pushups](#)

H 0:30 [Bear Crawls](#)

I 12 [Goblet Squats](#)

M 10 [Romanian Deadlifts](#)

N 16 [Alternating Reverse Lunges](#)

O 10 [Pushups](#)

R 12 [Leg Raises](#)

S 0:30 [Plank Hold from Elbows](#)

T 10 [Split Squats on each leg](#)

U 6 [Push Presses](#)

W 20 [Mountain Climbers](#)

Y 10 [Burpees](#)



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MOBILITY FLOW

Use this mobility flow (real time [video demo here with coaching!](#)) as a light workout/active recovery on your off days between lifting, or as an extended warmup.

Make sure all of your breathing is *in through the nose*, filling your back with air, and *out through the mouth*. This will not only calm the body down, but ensure your abs are contracting and rib cage is closing when exhaling - very important for proper postural alignment and alleviating back pain. Reps here are suggested, but feel free to spend more time in areas where you feel you need it!

1. Rocking (5 reps)
2. Head Nods (5 reps)
3. Cat/Cows (5 reps)
4. Quadruped Breaths (5 reps)
5. Child's Pose T-Twist (1-2x each side)
6. Hip Flexor Stretch/Runner's Lunge/Hip Opener (3-5 Exhales each position, each side)
7. Adductor Rockbacks (5 each side and or/hold for 10-20 secs)
8. Downdog Stretch
9. Beast Wave (3 reps)
10. Pigeon Pose with Foam Roller (3 roll outs each side, and/or hold for up to a minute each side)
11. Lying Floor Slides (5 reps)
12. Upper Body Twist Stretch with Foam Roller (as long as needed)
13. Bretzel 2.0 (as long as needed)
14. Lateral Lunge with Reach (6 each side)



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OPTIONAL BONUS FINISHERS!

Here are eight awesome finishers for when you have extra time and are craving an extra challenge! I have provided both cardio-machine based and resistance-based finishers so that no matter where you are, you can extend your workout!

Cardio Finishers: Pick a cardio machine or the open road, and get after it!

The Ultimate 5 Minute Finisher

0:50 easy pace / 0:10 (9/10 RPE)

0:40 easy pace / 0:20 (9/10 RPE)

0:30 easy pace / 0:30 (9/10 RPE)

0:20 easy pace / 0:40 (9/10 RPE)

0:10 easy pace / 0:50 (9/10 RPE)

Take Ten

1:00 warmup at easy pace (2/3 RPE)

1:00 (9/10 RPE) / 1:00 (2/3 RPE) / 4x through

1:00 warmdown at easy pace (2/3 RPE)

Lean in 15

5:00 Warmup easy pace

0:20 AHAP / 0:10 easy / 10x through

5:00 Warmdown easy Pace

Go the distance

Bike, row, elliptical, or run for 10:00 and see how much distance you cover!



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Ain't no mountain high enough

Hop on treadmill. Pick a pace that feels like an RPE of 6/7. Keep speed the same throughout.

You could replicate this on an elliptical or a bike (to simulate hills, increase resistance each time!)

1:00 @ 0% incline

0:30 @ 1%

1:00 @ 0%

0:30 @ 3%

1:00 @ 0%

0:30 @ 5%

1:00 @ 0%

0:30 @ 7%

1:00 @ 0%

0:30 @ 9%

1:00 @ 0%

0:30 @ 0%, at an all out sprint!

Walk to recover.



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DB/Bodyweight Finishers

Just Add Two!

Literally that simple...just add 2 extra rounds of exercises to the respective workout to increase length and intensity!

30/30 and thriving

Pick 1 exercise from the list below.

Perform 0:30 on, 0:30 off, 5x through!

5 Minute Tabata

Pick 1-2 exercises from the list below.

Perform 0:20 on / 0:10 off / 10x through, resting only during the 0:10.

Exercise list:

- [Kettlebell swings](#)
- [DB thrusters](#)
- [Pushups](#)
- [Burpees](#)
- Pullups
- [Bear crawls](#)
- [Renegade rows](#)
- [Jump squats](#)
- [Jump lunges](#)
- [Mountain climbers](#)
- Sprints (RPE 9/10) on a piece of cardio machinery!



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6 TIPS FOR NAILING NUTRITION ON THE GO

It's safe to say that when we eat our best, we feel our best! Fueling ourselves properly not only empowers our time in the gym, but helps us recover more efficiently post-workout, reduces inflammation (and thereby our risk for disease or illness), and promotes more energy and mental clarity throughout day and restful sleep at night.

We don't have to sacrifice our nutrition goals when on the go. While eating well can be more challenging at first, it is totally doable with a little planning. Here is a solid survival plan for sticking to healthy eating!

1. **80% full:** When dining on the go, aim to eat to 80% fullness. It takes time for the message saying we are full to be translated between digestive system and brain. That is why we tend to overeat when we eat too fast -- our body doesn't yet know it's actually full! Since we don't always have time to slow down and savor each bite when traveling, aiming to eat to about 80% fullness is a great habit to adopt!
2. **Hydration:** Staying hydrated in our day to day is very important for overall health, and can help stave off feelings of hunger as well. Sometimes the body sends false signals of hunger when in reality it is thirsty. Always travel with a reusable water bottle. It's a win-win because you're helping the environment as well! Pro tip: Traveling by plane can be extra dehydrating because of the dry cabin air. Our skin can take a hit from air travel, leaving us looking less vibrant. So drink up!
3. **Portion Control:** It's not exactly convenient or sexy to travel with your food scale. But if you still want to stay on track with portion sizes, this ["handy" infographic from Precision Nutrition](#) is incredibly helpful you measure portion sizes on the go!
4. **50% Green:** If you have the opportunity to cook while away from home, aim to organize your plate with 50% raw or steamed veggies. Fill the other half with a healthy dose of lean protein, nutrient dense carbs and a bit of healthy fats. Veggies are relatively low in cal and high in nutrients and fiber. You can't go wrong with this one!
5. **How to order when out:** Keep it simple!



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Find the leanest piece of protein, grilled, seared or baked, on the menu, and ask for it to be prepared in minimal to no sauces, oils or breading. For a side, choose the fresh, steamed or grilled veggie option. Most restaurants are more than willing to accommodate these modifications, especially if you ask nicely (hehe). You can also always mention you're following a dietary plan or even say you avoid/have an allergy to dairy. I'm serious! Avoiding dairy (heavy cheeses, butters and creamy sauces) eliminates a lot of extra calories in one fell swoop. Also be wary of appetizers and desserts, as these tend to calorically be very dense and they are hard to monitor portion-wise.

- 6. Alcohol best practices:** If you feel the desire to imbibe, choose clear liquor with soda (~110 cal), champagne (~95 cal), light beer (~99 cal) or dry red wine (~125 cal) for the lower calorie options. All calories are based on standard pours.
- 7. Travel snacks:** Packing plenty of non-perishable snacks while on the go is maybe one of the most important tactics for survival. It can help you avoid knee-jerk reactions when passing by Auntie Anne's pretzels in the airport. You know that mouth-watering cinnamon smell. If you already have a snack packed, it makes deviating much less tempting.

Here is a [Shopping List](#) that includes my favorite bars and protein powders that also pack super easily. Pro tip: before traveling, scoop individual portions of protein powder into ziploc bags. Be sure to travel with a plastic shaker bottle with metal mixer. This way, there's less mess, no clumpy shakes and no guesswork.

Other things that travel well: apples, oranges, bananas, raw mixed nuts, rice cakes, jerky and individual pouches of nut butter.



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THANK YOU SO MUCH!

I am so thrilled that you joined the #TravelwithEase program, and the #FitwithEase family! And I would love to continue getting to know you and work with you, if you'll have me!

Are you craving more specific nutrition advice, custom macros and accountability coaching?

Maybe you've tried keto, paleo, or gone vegan. Maybe you've seen some results along the way, but have had trouble sticking to a plan. What if you had a real live coach that felt like a best friend checking in with you week to week via text and email, helping you adjust your food habits and intake to create sustainable, lifelong change? That's exactly what I do! If you are in need of a little nutrition motivation to achieve your goals, I offer one on one nutrition coaching!

Whether you want more hands-on accountability coaching or research-based nutrition advice specific to you; whether you are chasing aesthetic goals like fat loss or muscle gain, or would like to feel confident and energized in your own skin, I would love to help guide you toward those goals, as I have done with dozens of clients over the last few years.

I have a limited number of spots each month to keep the client roster small and coaching experience high quality. Together, we will work on establishing healthy eating habits and efficiently tracking food in a sustainable, livable way. My goal is to educate you so that you eventually don't need me, or any other program, again! [Feel free to read more about real client results and all of my offerings via my website.](#) To secure a spot on my wait list, receive a list of packages and rates, please follow the prompts on my website via the link above.



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#FITWITHEASE

Ready to elevate your gym practice with custom workouts?

Have you ever wandered into a gym feeling lost? Not knowing what exercises are best for your body, for your goals? Of course you have! We all have been there. Myself included. Until I became a coach, going to the gym was a total guessing game and I never knew if I was doing the right exercises at the right amount for my goals. And because of that, I failed to ever see the change I desired. That is, *until* I educated myself as a trainer. Then, the game changed and I saw changes not only in my body but more importantly, in my abilities. Practicing strength in ways that benefitted my body has now become as natural as breathing. But it didn't always feel that way!

If you can relate to feeling unsure, I would love love love to help you! I frequently design custom programs for people of all fitness levels and needs, from leads on Broadway who need to prepare for the role of a lifetime, to brand new moms wanting to get back into a routine at home to prepare for the role of a lifetime. :)

If you are interested in knowing more, [please visit my website](#), read through the options, and follow the prompts!

Again, thank you so so much for your dedication! I truly hope you've had as much fun as I have!

Xo

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