



TEAM MISFIT TRAVEL SURVIVAL GUIDE





Team Misfit Travel Survival Guide

We travel. You travel. We all travel. We get it, but don't let it be an excuse to fall off the fitness wagon. Momentum is a powerful thing. Getting in the gym, keeping your sleep routine, and finding good food choices is certainly more difficult on the road, but there are small things you can do to keep that momentum going as much as possible. A little preparation can go a long way, and make getting back into your routine when you get home even easier.

This Travel Guide gives you some basic tips on how to prepare for and not only survive your trip, but make sure that the travel experience itself doesn't add to your already stressful life. We touch on three big areas including hydration, immune system support, and exercise, and also provide a few supplements that can help you get what you need. We're not affiliated with any of the products we recommend, we just like how they've worked for us.

We've also created some travel workouts designed to be done in anywhere from 10-40 minutes with minimal or no equipment. In a time crunch? Use the first round as a warm up or time cap your workout. Don't know how far a mile is? Run for 4 minutes and then turn around. Don't have a box to jump on? Find a curb or a park bench. Be creative, but don't let the lack of a fully stocked gym stop you from getting your workout in. High intensity training can help alleviate jet lag, keep your immune system strong, and help maintain some level of routine within your trip. Just move. Enjoy!



Surviving Travel: The Basics

Hydration

The topic of hydration during travel may seem like a simple place to start, but as we've learned over years of traveling, simplicity and efficacy are not mutually exclusive. The regulation of our body's ability to use water and electrolytes connects directly to our adrenal glands, which are a big part of stress regulation. Stress both causes dehydration and can be caused by dehydration in reverse. Aircraft are especially dry environments - packing electrolyte tablets with a Nalgene bottle is an easy way to stay hydrated. Additionally, we've got two other supplements that can be easily be mixed in with water and can help keep your energy levels up while you travel without resorting to energy drinks or soda.

MCT - MCT oils and powders are unique in the way they bypass digestion and get straight to work as energy. Having something simple like this in a travel pack can provide good clean energy when it's hard to come by.

Greens - We're all about a micronutrient dense diet that creates as little need for supplements as possible, but for those of us that have lived the travel life, we know that's not always doable. In comes the greens supplement, often referred to as an insurance plan for your diet. We're big fans of athletic greens, which can be ordered in individual travel packs.

Immune System

Our second tip comes from the concept that we need an immune system boost or overhaul BEFORE we leave, and not starting during the travel. We see a lot of people at the Hudson News counter in the airport stocking up on Emer-gen-C which suggests a last-ditch effort. Knowing that our stress levels are already elevated and what that does to our immune system, we need to be mindful that this style of supplementation is too little, too late. Bottom line, ensure you're doing things to boost your immune system before embarking on your travels.

Here's our go-to immune system protocol prior to travel:

Bone Broth - Upwards of 70% of our immune system lives in the gut, and one of the best ways to take advantage of that is consuming easily digestible forms of gelatin, collagen, and key gut restorative amino acids. A nice mug of bone broth to end your fast each morning should do the trick, as your body is begging for nutrients.

Fasting - As stated above, our gut is calling the shots here and the most fool proof way to starve out the bad gut bugs is not to feed them at all. Fasting for 12-16 hours each day with the occasional 24+ hour fast thrown in can have big implications on your immune system. It may seem daunting, but a 12 hour fast is as easy as stopping eating after dinner (say, 7pm) until 7am the next morning.



Vitamin C - On of the most well researched antioxidants in the game. Start supplementing long before you hit the road, and make sure you pack enough to keep taking. We're a big fan of ONNIT ViruTech which includes a few more immune boosting all stars.

Magnesium - Another heavy hitter in the immune boosting world with some great anti-anxiety benefits as a bonus. Natural Calm thirty minutes before bed usually does the trick.

Zinc - Many micronutrients like Zinc are needed for enzymatic and biological processes but are not created by the body. A great nighttime stack to bring this all together is the ONNIT ViruTech and Natural Calm.

Exercise

One of the most significant changes our travel tribe has made is making sure that we both find time to exercise in the morning and encourage our counterparts to do so as well. There's something so incredibly relieving about the feeling you get after coming down from a morning travel workout. It's as if you went in one side feeling like you were going to have a rough day and come out the other side ready for anything. Cardiovascular exercise also plays a significant role in helping with jet lag, so if you're traveling across time zones, don't skip this. Even 5 minutes of burpees in your hotel room will make marked changes, or grab one of our Travel WODs from the next few pages.



WODs With No Equipment Required

AMRAP 10 Minutes, Climb the Ladder 3 Burpees 3 Box Jumps 6/6, 9/9, 12/12... etc.	4 Rounds Run 400m 20 Burpees	For Time 20-35-50-35-20 Push Up Run 800m After Each Set, Not Including the Last Set
Accumulate 3 Minutes In a Handstand Hold Accumulate 6 Minutes in the Bottom of a Squat Run 9 Minutes for Distance	4 Rounds 20 V-Ups 1:00 Plank Rest 2:00	For Time 300 Air Squats* *Every Minute, Including 0:00, Perform 5 Burpees
AMRAP 15 Minutes 25' HS Walk 20 Mountain Climbers 15 Jump Squats	For Time 40-30-20-10 Push Up Air Squat Box Jump	10 Rounds :30 Jumping Lunges :30 Rest :30 Burpees :30 Rest
For Time 400m Walking Lunge Or 300 Lunge Steps	EMOM 15 Minutes (both in the same minute) 14 Jumping Lunges 7 Push Ups	In 14 Minutes: Max Distance Burpee Broad Jump
AMRAP 15 Minutes 30 Jump Squats 20 Push Ups 20 Pull Ups, Inverted Rows, or other pulling option	AMRAP 13 Minutes 1 Leg Blaster 20 Sit Ups Leg Blaster: 20 Air Squats, 20 Lunge Steps, 20 Jump Lunges, 10 Jump Squats	Treadmill Workout Select a speed you are comfortable holding for 1 Minute. Start the clock, and continuously run as long as possible increasing the incline on the treadmill by 1% every minute.
AMRAP 20 Minutes 1 Minute HS Hold 1 Minute Wall Sit 1 Minute Plank	For Time Accumulate 2:00 in an L-Sit 100 Burpees or 50 Burpee Box Jumps	AMRAP 10 Minutes 5 HSPU (Strict or Kipping) 10 Tuck Jumps A tuck jump is an explosive jump where you bring your knees up to about parallel in the air. You do not need to squat for this jump.



WODs Requiring Dumbbells

AMRAP 20 Minutes 5 Burpees 10 Alternating DB Snatch 20 Air Squats	10 Rounds :30 Handstand Hold 20 Goblet Lunges Holding a DB	3 Rounds 15 Double DB Thrusters Run 400m
5 Rounds 16 S-Arm DB OHS Run 400m	AMRAP 30 Minutes Run 800m 30 Alternating DB Snatches 20 Burpee Box Jumps	5 Rounds 20 S-Arm DB Hang Clean and Jerks Run 200m
8 Rounds 12 Burpees 9 Double DB Power Cleans 6 Strict Pull Ups* *If a pull up bar isn't available, perform bent over rows w/ DBs	AMRAP 20 1 Mile Run 100 Burpees Max Rep Double DB Thrusters with Remaining Time	For Time 30-20-10 S-Arm OH DB Lunge Steps (1 DB) Box Jump
AMRAP 12 Minutes 8 Right Arm DB Push Press 12 Jump Squats 8 Left Arm DB Push Press 12 Push Ups	For Time 15-12-9 Double DB Squat Clean Thrusters Burpees over the DBs	For Time 30 Burpee DB Squat Clean Thrusters* *Perform Burpees on the DB then perform the squat clean thruster
For Time 40-30-20 Double DB Deadlift Push Up	For Time 9-15-21 Double DB Front Squat Burpee Run 800m After the Set of 9s and the Set of 15s	For Time 18-12-6 Double DB Snatch Push Up Box Jump Push Up Double DB Front Squats
For Time 50 Lunges 40 Push Ups 30 Alternating DB Snatches 2 Minute Handstand Hold 30 S-Arm DB Hang Clean and Jerk 40 Burpees 50 Air Squats	For Time 100-80-60 Lateral Hops over a Dumbbell 50-40-30 DB Goblet Squats (Performed 100/50, 80/40, 60/30)	For Time Run 800m 21-15-9 Double DB Deadlift Double DB Push Presses Run 800m
EMOM 30 Minutes Minute 1: Run :45 seconds Minute 2: :45 second of Jump Squats Minute 3: :45 seconds of Dumbbell Bench Press	AMRAP 30 Minutes 400m Run 12 1-Arm Dumbbell Hang clean and jerk (6 on each arm) 24 Lunges	AMRAP 20 Minutes 200m Run 15 Double DB Deadlifts 12 Double DB Power Cleans 9 Double DB Push Presses

WODs Requiring a Jump Rope and/or Dumbbells



4 Rounds 100 Double/Single Unders 25 Push Ups	50-40-30-20-10 Burpee Lunge Double Unders/Single Unders x 3 (150,120...)	4 Rounds 75 Double/Single Unders 10 Strict HSPU* On rounds 3 and 4, perform kipping HSPU
Every 2 Minutes for 20 Minutes 10 Burpees 20 Air Squats Max Double/Single In Remaining Time	10-20-30-40-50-40-30-20-10 Unbroken Double/Single Unders Push Ups (half the amount 5,10,15...)	15 Minute AMRAP 10 Double DB Push Press 10 Jump Squats 30 Double/Single Unders
6 Rounds 50 Single/Double Unders 10 Double DB Hang Snatch	5 Rounds 12 Double DB Front Rack Lunge Steps 12 Burpees 65 Double/Single Unders	AMRAP 12 Minutes 60 S-Arm DB Hang Clean and Jerk 60 Alternating DB Snatch 120 Double/Single Unders
For Time Run 1 Mile 200 Double/Single Unders Run 800m 50 Goblet Hold Box Step Ups Run 400m	For Time 27 Double DB Squat Cleans 150 Double/Single Unders 21 Double DB Squat Cleans 100 Double/Single Unders 15 Double DB Squat Cleans 50 Double/Single Unders 9 Double DB Squat Cleans	AMRAP 18 Minutes 50 Double/Single Unders 40 Jumping Lunges 30 Burpees 20 Sit Ups
2 Rounds 2:00 Plank Hold 2:00 of Double/Single Unders 2:00 Wall Sit 2:00 Burpees	3 Rounds 1 Leg Blaster 75 Double/Single Unders 20 HSPU or 30 Push Ups Leg Blaster: 20 Air Squats, 20 Lunge Steps, 20 Jump Lunges, 10 Jump Squats	AMRAP 20 Minutes 5 HSPU or Push Ups 10 Sit Ups 15 Air Squats 20 Double Unders