Never miss twice

The moves

The Phase 0 30-minute travel workout: a timed warm-up, then rounds of six moves. Six days a week, Sunday off, always alternating A and B. All you need is a bed or sturdy chair, a loaded backpack, and floor space.

Weeks	Rounds	Work / rest	Session
1–2	3	40 s / 20 s	about 23 min
3–4	4	40 s / 20 s	about 30 min
5–6	4	45 s / 15 s	about 30 min

60 seconds between rounds. Only the last round goes all-out; leave 2–3 reps in the tank before that.

TRX day? It swaps only the two rows. **No jumping?** It swaps the finisher.

Per-side moves switch halfway. The starting side alternates each round.

When a move feels easy for the whole interval, switch to its harder version next session, one move at a time.

Warm-up

Every session, 3 minutes, in this order

Glute bridge 1 min

Squeeze for two seconds at the top, then lower slowly.

Lie on your back, knees bent, feet flat and hip-width apart, heels about a foot from your butt. Push through your heels and lift your hips until your body is a straight line from knees to shoulders. Squeeze your glutes hard for 2 seconds at the top, then lower slowly.

Plank 30 s

Forearms down, hips level with your shoulders.

Forearms on the floor, elbows under shoulders, legs straight behind you on your toes. Squeeze your glutes and pull your belly button in so your hips are level with your shoulders, not sagging or piked.

Cat-cow 1 min

Round up, then let your belly drop. One breath each.

On hands and knees, hands under shoulders, knees under hips. Round your back up toward the ceiling and tuck your chin (cat), then let your belly drop and lift your chest and tailbone (cow). Move slowly, one breath per position.

Bodyweight squat 30 s

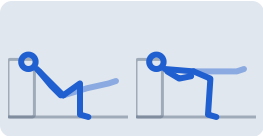
Hips back and down, heels on the floor.

Feet shoulder-width, toes turned out slightly. Sit your hips back and down as if onto a low chair, chest up, knees tracking over your toes. Go as deep as you can with your heels down, then stand.

Missing a day is fine. Never miss twice. On a day you'd skip, do one round: about 10 minutes counts.

Workout A

In order. Work, then rest, six moves a round.



start · finish

1 Single-leg hip thrust

One leg at a time. Switch halfway; the app gives you 3 seconds.

Upper back on the bed edge. Drive through the heel, squeeze at the top.

- **Setup** Sit on the floor with your upper back, just below the shoulder blades, against the long edge of the bed. One foot flat on the floor under your knee, the other leg lifted straight or bent in the air.
- **Move** Drive through the heel of the planted foot and lift your hips until your thigh and torso are level with the bed. Hold for a second, squeezing that glute hard, then lower until your butt nearly touches the floor.
- **Feel it** In the glute of the working leg. If you feel it mostly in the hamstring, move your foot closer to your butt.
- **Easier** Both feet down.
- **Harder** A 3-second lower, or the backpack across your hips.

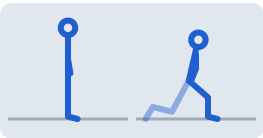


start · finish

2 Push-up

Body straight, elbows at 45 degrees, chest a fist from the floor.

- **Setup** Hands slightly wider than your shoulders, body in a straight line from head to heels, glutes squeezed.
- **Move** Lower until your chest is a fist's height from the floor, elbows angled about 45 degrees from your body rather than flared straight out. Push back up.
- **Feel it** Chest, front of the shoulders, triceps. Your hips should not sag.
- **Easier** Hands on the bed edge.
- **Harder** Feet on the bed.

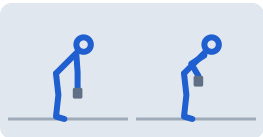


start · finish

3 Alternating reverse lunge

Long step back, slight lean forward, push through the front heel.

- **Setup** Stand tall, feet hip-width apart.
- **Move** Take a long step back with one foot and lower until the back knee nearly touches the floor. Lean your chest slightly forward over the front leg. Push through the front heel to stand, then switch legs.
- **Feel it** In the glute of the front leg. The forward lean and the long step are what make it glutes rather than thighs.
- **Easier** A shorter range.
- **Harder** Hold the backpack at your chest.



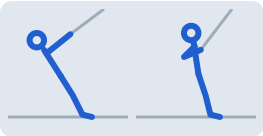
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4 Backpack row

One arm at a time. Switch halfway; the app gives you 3 seconds.

Hinge to 45 degrees, back flat. Pull the bag to your lower ribs.

- **Setup** Hold the loaded backpack by its top handle in one hand. Feet hip-width apart, knees soft, hinge at the hips until your torso is about 45 degrees to the floor, back flat.
- **Move** Pull the bag toward your lower ribs, leading with your elbow and squeezing your shoulder blade in. Lower slowly, taking about three seconds.
- **Feel it** Upper and middle back. This is the posture and shoulder-width move.
- **Easier** Load the bag lighter.
- **Harder** Load it heavier: water bottles, books, shoes.



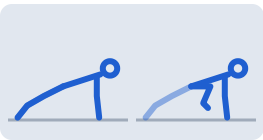
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4 TRX low row

TRX day

Lean back, body straight. Pull your ribs to your hands, elbows close.

- **Setup** Hold the handles with your palms facing each other, arms straight, and walk your feet forward until you're leaning back with your body in a straight line from heels to head.
- **Move** Pull your chest to your hands, elbows tucked close to your ribs, squeezing your shoulder blades together. Lower slowly until your arms are straight again.
- **Feel it** Lats and the middle of your back. Your body stays a straight plank the whole way.
- **Easier** Walk your feet back so you're more upright.
- **Harder** Walk your feet forward so you're closer to flat.



start · finish

5 Slow mountain climbers

One knee a second, hips level, no bouncing.

- **Setup** Top of a push-up, hands under your shoulders.
- **Move** Drive one knee toward your chest, return it, then the other. Keep your hips level with your shoulders. Steady pace, about one knee per second, no bouncing.
- **Feel it** Abs and hip flexors, with a heart-rate climb.
- **Easier** Hands on the bed edge.
- **Harder** Pull the knee toward the opposite elbow.

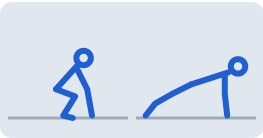


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6 Burpee

Land softly and go straight into the next rep.

- **Setup** Stand with your feet shoulder-width apart.
- **Move** Squat down and place your hands on the floor. Jump both feet back into a plank, jump them back in toward your hands, then jump straight up and reach overhead. Land softly on the balls of your feet, knees bent, and go straight into the next rep.
- **Feel it** Everywhere, and in your lungs. This is the conditioning finisher of each round.
- **Easier** Step back and in instead of jumping, and skip the jump at the top.
- **Harder** Add a push-up at the bottom.



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6 Squat thrust

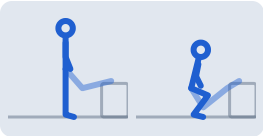
No jumping

Step back to a plank, step in, stand. No jump.

- **Setup** Stand with your feet shoulder-width apart.
- **Move** Squat down and place your hands on the floor. Step one foot back, then the other, into a plank. Step them back in toward your hands and stand up tall. No jump at the top.
- **Feel it** Everywhere, and in your lungs. This is the conditioning finisher of each round.
- **Easier** Rest your hands on the bed edge instead of the floor.
- **Harder** Add a push-up at the bottom.

Workout B

In order. Work, then rest, six moves a round.



start · finish

1 Bulgarian split squat

One leg at a time. Switch halfway; the app gives you 3 seconds.

Back foot on the bed. Lower straight down, push through the front heel.

- **Setup** Stand about two feet in front of the bed or chair, facing away. Reach one foot back and rest the top of it on the edge.
- **Move** Lower straight down until your back knee nearly touches the floor, leaning your chest slightly forward. Push through the front heel to stand.
- **Feel it** Glute and thigh of the front leg. If your front knee shoots far past your toes, hop your front foot farther out.
- **Easier** A fingertip on the wall for balance, or the back foot on the floor instead of the bed.
- **Harder** Hold the backpack at your chest.

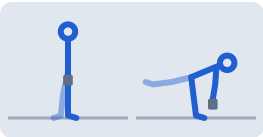


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2 Pike push-up

Hips high. Lower the top of your head between your hands.

- **Setup** Start in a push-up, then walk your feet toward your hands and lift your hips high so your body makes an upside-down V. Hands a little wider than your shoulders.
- **Move** Bend your elbows and lower the top of your head toward the floor, between and slightly ahead of your hands. Press back up.
- **Feel it** Shoulders. This is the move that builds shoulder width.
- **Easier** Less depth, or less pike.
- **Harder** Feet up on the bed.



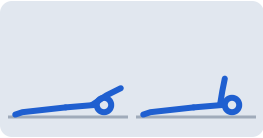
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3 Single-leg RDL

One leg at a time. Switch halfway; the app gives you 3 seconds.

Bag in the opposite hand. Three seconds down, back flat.

- **Setup** Stand on one leg with a slight bend in the knee, the backpack held in the opposite hand.
- **Move** Hinge at the hips, pushing your butt back while the free leg extends straight behind you. Keep your back flat and lower the bag toward the floor until you feel a strong stretch in the back of the standing leg. Take three seconds down, then stand up by squeezing that glute.
- **Feel it** Hamstring and glute of the standing leg.
- **Easier** No bag, and a hand on the wall.
- **Harder** A heavier bag, or a 2-second pause at the bottom.

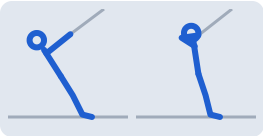


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4 Prone Y-T raise

Face down, thumbs up. Lift a few inches, alternating Y and T.

- **Setup** Lie face down on the floor, forehead resting on a folded towel, arms overhead in a Y shape, thumbs pointing up.
- **Move** Lift your arms a few inches off the floor, squeezing your shoulder blades down and together. Hold for a second, lower. Next rep, arms out to the sides in a T. Alternate Y and T.
- **Feel it** Upper back and the back of the shoulders. A small movement, and it burns fast.
- **Easier** A smaller lift.
- **Harder** Hold a water bottle in each hand.



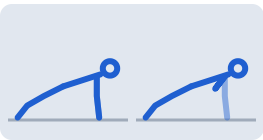
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4 TRX high row

TRX day

Lean back, elbows high and wide. Pull your hands beside your face.

- **Setup** Hold the handles with your palms facing down, arms straight, and walk your feet forward until you're leaning back with your body in a straight line from heels to head.
- **Move** Pull your hands to either side of your face, elbows high and out wide, squeezing your shoulder blades together. Lower slowly until your arms are straight again.
- **Feel it** Upper back and the back of the shoulders. Your body stays a straight plank the whole way.
- **Easier** Walk your feet back so you're more upright.
- **Harder** Walk your feet forward so you're closer to flat.

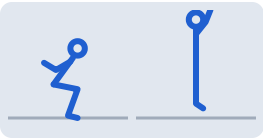


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5 Plank with shoulder taps

Feet wide, hips still. Tap the opposite shoulder.

- **Setup** Top of a push-up, feet a little wider than hip-width.
- **Move** Lift one hand and tap the opposite shoulder, then put it down and switch. Keep your hips as still as possible; don't let them rock side to side.
- **Feel it** Abs and the sides of your core, fighting the rotation.
- **Easier** Feet wider, or on your knees.
- **Harder** Feet together.

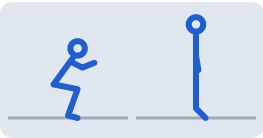


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6 Jump squat

Explode up, land toes first, sink into the next squat.

- **Setup** Feet shoulder-width apart, arms at your sides.
- **Move** Squat to about thigh-parallel, swinging your arms back, then explode up and jump as high as you can, driving your arms up. Land softly, toes first, then heels, knees bending and tracking over your toes. Sink straight into the next squat.
- **Feel it** Legs, glutes, and lungs. This is the conditioning finisher of each round.
- **Easier** Squat to a calf raise with no jump.
- **Harder** A 2-second pause at the bottom before each jump.



start · finish

6 Squat to calf raise

No jumping

Squat, then rise onto your toes. No jump.

- **Setup** Feet shoulder-width apart, arms at your sides.
- **Move** Squat to about thigh-parallel, swinging your arms forward for balance, then stand up fast and keep rising onto the balls of your feet. Lower your heels and sink straight into the next squat.
- **Feel it** Legs, glutes, and calves, with your heart rate climbing.
- **Easier** Squat only, no calf raise.
- **Harder** A 2-second pause at the bottom of each squat.