

# HOTEL - NO EQUIPMENT WORKOUT

## WORKOUT #1

7 min AMRAP (As many rounds as possible)

Set a timer for 7mins and do as many of the following as possible:

40 sit ups  
30 tricep dips  
20 bulgarian split squats  
10 burpees

7 min AMRAP

Set a timer for 7mins and do as many of the following as possible:

60 mountain climbers  
20 squats  
50 mountain climbers  
20 pushups  
40 mountain climbers  
20 lateral lunges / skiers

## WORKOUT #2

4 sets for time

Do one set of the following, record your time. Rest then repeat the circuit, try to beat your own time. Repeat for a total of 4 rounds.

400m run  
40 walking lunges  
40 russian twists  
20 push ups  
20 tricep dips  
40 squats  
40 crunches

## WORKOUT#3

10 sets of 10 reps

Do 10 reps of each exercise – repeat for 10 rounds total

Jump squats  
Pushups (elevated feet)  
Mountain climbers  
Tricep dips  
Sit-ups  
Hand stand pushups  
Jump lunges  
Side planks with hip dip  
Lying leg lowers  
Bicycle crunches

# HOTEL – BASIC EQUIPMENT WORKOUT

(Assumes basic equipment/dumbbells)

## WORKOUT #1

4 rounds for time

Do one set of the following, record your time. Rest for 1 minute, then repeat the circuit, try to beat your own time. Repeat for a total of 4 rounds.

30 Dumbbell lunges  
20 Lat Pulldown  
10 Pushups  
20 Dumbbell Tricep extensions  
30 Bicep Curls  
1 minute plank hold  
1 minute REST

## WOKROUT #2

3 sets 20 reps (rest as necessary between exercises)

Broad jumps  
Walking Lunges  
Dumbbell Lat Raises  
Dumbbell Overhead Press  
Leg Lowers

## WORKOUT #3

10 sets of 10 reps

Do 10 reps of each exercise – repeat for 10 rounds total

Mountain climbers  
Squats  
Upright row  
Bicep curls  
Tricep dips  
Russian twist

## WOKROUT #4

1 set 10 reps each exercise

2<sup>nd</sup> set 20 reps each exercise

3<sup>rd</sup> set 10 reps each exercise

Burpees  
Single leg squats  
Push ups  
Dumbbell chest press  
Dumbbell bent arm fly  
Bent-over row  
Crunches