

LOWER

WORKOUT

15
MIN

BODYWEIGHT

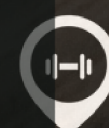
After the warm up, perform each WORKOUT moves for 40 seconds, resting 20 seconds between moves. These moves will be performed consecutively for a 15 minute workout. If time allows, repeat the WORKOUT for a 30 minute burn!

WARMUP

Up Dog to Child's Pose - 30 seconds
Cat Cow - 30 seconds
Trunk Rotations - 30 seconds
Side Bends - 30 seconds
Knee to chest - 30 seconds
Standing Pigeon Pull - 30 seconds

WORKOUT

- Bulgarian Split Squat
- Pistol Squat (ground or elevated)
- Reverse Lunge w/ Forward Kick
- Wall Sit
- Donkey Leg Raise (Alt Sides)
- Fire Hydrant (Alt Sides)
- Squat Jump
- Hip Thrust
- Sissy Squat
- Plie Squat
- Lunge Hold & Pulse (switch at 20s)
- Skaters
- Step Ups
- Hip Abduction
- Frog Jump



HOTEL ATHLETE