

Full Body



WORKOUT

10
MIN

BODYWEIGHT

WARM-UP (3–4 MINUTES, NOT INCLUDED IN WORKOUT TIME)

30s Jumping jacks
30s Arm circles
30s High knees
30s Bodyweight squats
30s Hip circles
30s Inchworms
30s Lunges in place

WORKOUT

FORMAT:

40s work / 20s rest, 1 min rest between sets repeat circuit twice (~10 minutes)

1. Squats

2. Push-ups

3. Glute bridges

4. Plank with shoulder taps



HOTEL ATHLETE