

Upper



WORKOUT

10
MIN

BODYWEIGHT

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

- 30s arm circles forward
- 30s arm circles backward
- 30s shoulder shrugs
- 30s push-ups (knees or full)
- 30s torso twists
- 30s inchworms (walk hands out to plank, back)
- 30s band pull-aparts or simulated pull-aparts

WORKOUT

FORMAT:

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

- 1. Standard push-ups**
- 2. Triceps dips (using a chair or bed)**
- 3. Plank shoulder taps**
- 4. Pike push-ups**



HOTEL ATHLETE