

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. Sumo squats

2. Side plank reach-under (alternate sides)

3. Push-ups to side plank rotation

4. Flutter kicks



HOTEL ATHLETE