

Lower



WORKOUT

10
MIN

BODYWEIGHT

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

30s jumping jacks
30s high knees
30s butt kicks
30s bodyweight squats
30s hip circles (15s each direction)
30s lunges in place
30s glute bridges

WORKOUT

FORMAT:

45s work / 15s rest, 1 min rest between sets repeat circuit twice (~10 minutes)

- 1. Walking lunges (forward/back)**
- 2. Side lunges (alternate sides)**
- 3. Sumo squats**
- 4. Calf raises**



HOTEL ATHLETE