

Lower



WORKOUT

15
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:

Each block = 4 minutes AMRAP (as many rounds as possible).

Rest 1 minute between blocks.

Pick a challenging but repeatable pace

AMRAP 1 (4 Minutes)

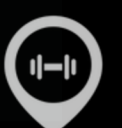
1. Squats x 10
2. Reverse lunges (alternate legs) x 8
3. Calf Raises x 10
4. Glute Bridge x 8

AMRAP 2 (4 Minutes)

1. SL RDL x 6 EA
2. Lateral Lunges x 5 EA
3. Reverse Lunge to Knee Drive x 8 EA

AMRAP 3 (4 Minutes)

1. Jump Squats x 8
2. Alt. Lunges x 5 EA
3. Skater Hops x 8 EA
4. Wall Sit x 20 sec



HOTEL ATHLETE