

Full Body



WORKOUT

20
MIN

PLYO BOX / DUMBBELLS

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

Complete each superset fully before moving on to the next. The finisher is a 3 minute AMRAP (as many reps as possible).

SUPERSET #1

- 1. DB Step Up 3 x 8ea**
- 2. Box Jump (opt. add MB or DB) 3 x 5**

SUPERSET #2

- 1. DB Bench Press w/ 3s ISO 3 x 8**
- 2. Incline Pushup on box 3 x 10**
- 3. Decline Pushup on box 3 x 5**

FINISHER 3 Minute AMRAP

- 1. Over Box Burpees x AMRAP**



HOTEL ATHLETE