

Full Body



WORKOUT

15
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:

*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. **Pushups x 6**
- 3. **Glute Bridge x 10**
- 4. **Mountain Climbers x 20**

AMRAP 2 (4 Minutes)

- 1. **Burpees x 6**
- 2. **Alternating Lunges x 10**
- 3. **Pushup to Side Plank x 3 EA**

AMRAP 3 (4 Minutes)

- 1. **Sumo Squats x 10**
- 2. **Plank Shoulder Taps x 8 EA**
- 3. **Flutter Kicks x 20**
- 4. **Walk Out To Pushups x 6**



HOTEL ATHLETE