



Perform 15 reps each exercise in a circuit, resting 60 seconds between circuits, unless otherwise indicated. Perform 3 full circuits.

Get a great workout in the comfort of your own home. Using just your own bodyweight and items you can find at home, get toned and trim if you can't make it to the gym.

Equipment: Bodyweight,

## Circuit

Perform each exercise in the workout, one after another, and then rest. This is one circuit.

### Step Up

Hotel



- 1 - Stand upright with one foot on a chair or bench and your arms at your sides.
  - 2 - Step up onto the chair or bench by pushing down on your front foot.
- Step down onto the back foot and then repeat.
  - Complete all reps on one side before switching to the other side.

#	REPS	WEIGHT	TIME	NOTES
1	15			
2	15			
3	15			



## Push Up Hotel



- 1 - Support your body on your toes and hands with your elbows bent and your chest nearly touching the floor.
  - 2 - Push up to a straight arm position.
- Lower your body back to the start position and repeat.
  - Keep your back flat and your hips in line with your shoulders throughout.

#	REPS	WEIGHT	TIME	NOTES
1	15			
2	15			
3	15			

## Bent Over Row Hotel



- 1 - Holding the weight in one hand with your arm straight and the opposite hand on a chair or bench with your feet split and your back flat, bent over at the waist.
  - 2 - Lift the weight up to the side of your chest, bending at your elbow.
- Lower the weight back to a straight arm position, keeping your back flat throughout.
  - Complete all reps on one side before switching to the other side.
- Equipment Sub: Water Bottle

#	REPS	WEIGHT	TIME	NOTES
1	15			
2	15			
3	15			

## Lateral Raise Hotel



- 1 - Stand upright holding weights at your sides with your arms straight.
  - 2 - Raise the weights up and outward to the sides to shoulder height, keeping your arms straight or with a slight bend at the elbows.
- Equipment Sub: Books

#	REPS	WEIGHT	TIME	NOTES
1	15			
2	15			
3	15			



## Extension Hotel



- 1 - Sit holding weights in both hands overhead with your arms straight.
- 2 - Lower the weights down behind your head, bending at the elbows.
- 3 - Raise the weights back up overhead, extending your arms.

Equipment Sub: Books

#	REPS	WEIGHT	TIME	NOTES
1	15			
2	15			
3	15			

## Flat Fly Hotel



- 1 - Lie on a bed or bench with the weights straight up over your chest.
  - 2 - Lower the weights out and away from your body and down to shoulder level.
- Raise the weights back up over your chest, keeping your arms straight throughout.

Equipment Sub: Books

#	REPS	WEIGHT	TIME	NOTES
1	15			
2	15			
3	15			

## Superman Hotel



- 1 - Lie face down on the floor with your legs straight and your arms stretched out overhead.
  - 2 - Raise your upper body and legs together about 18 inches off the floor as if you were flying like Superman.
- Hold this position briefly then lower yourself back to the floor and repeat.

#	REPS	WEIGHT	TIME	NOTES
1	15			
2	15			
3	15			



## Feet Up Crunch Hotel



1 - Lie on your back with your knees bent and feet raised, placing your hands at the sides of your head.

2 - Lift your head and shoulders off the floor, keeping your knees bent and your legs steady.

- Do not pull your head up with your hands.
- Lower your head and shoulders and repeat.

#	REPS	WEIGHT	TIME	NOTES
1	15			
2	15			
3	15			