



Hotel Room Bodyweight Workout

Superset 1

[Prisoner Squat](#) - 12 reps

[Push up](#) - 10 reps (start with modified version then move to full push up position when strength increases)

[Lying Bicycles](#) - 20 reps

Rest 30 seconds then repeat the superset 2 more times with 30 seconds rest between each superset

Superset 2

[One Arm Forward and Reverse Shoulder Circles](#) – 6 reps forward, 6 reps backward each arm (start with on the knees modified push up position to start)

[Reverse Lunges](#) – 12 reps

[In and Out Crunches](#) – 20 reps

Rest 30 seconds then repeat the superset 2 more times with 30 seconds rest between each superset

Superset 3

[Sea Turtle](#) – 12 reps

[One Leg Bridge](#) – 12 reps each leg

[Reverse Crunches](#) – 20 reps

Rest 30 seconds then repeat the superset 2 more times with 30 seconds rest between each superset

At the end of your workout, stretch the following muscle groups holding each stretch for 15 – 30 seconds:

[Shoulders](#)

[Quadriiceps](#)

[Abdominals](#)

[Chest](#)

[Hamstrings](#)

[Lower Back](#)

[Back](#) (grab on to something sturdy)