

10 min. FULL BODY HOTEL WORKOUT

COMPLETE 4 ROUNDS OF THE FOLLOWING CIRCUIT.

EXERCISE	WEIGHT	REPS
ALTERNATING LUNGES	N/A	20 reps (10 ea. side)
WALL SIT	N/A	30 second hold
JUMP SQUATS	N/A	15 reps
TRICEP DIPS	N/A	20 reps
PUSH UPS (ELEVATED)	N/A	10 reps