

Hotel Workout 30 – 40 min

order	exercise	reps	sets	tempo	rest	notes
A1	Slow body weight squats	10-12	3 - 4	4111	10	Feet shoulder width apart, hands forward, pause at bottom
A2	Pushup – close hands, pause at bottom	10-12	3 – 4	3111	10	Hands shoulder width at chest level
A3	1 arm bent over luggage row	10-12 (per side)	3 – 4	3110	60	Split stance, support on bench or bed
B1	Squat to bed jump	10-12	3 – 4	3010	10	Squat on ground and jump to bed.
B2	Seated over head luggage press	10-12	3 – 4	3011	10	Sit on bed, press over head
B3	Standing luggage upright row	10-12	3 - 4	3110	60	With both hands lift luggage to chest height