

45 Minute Five Circuit Hotel Workout

No Equipment Needed (option to repeat circuits)

Go through each circuit as fast as possible only resting 60 seconds in between circuits

Warm Up: Jog in place or football run for 30 seconds, Stretch Major Muscles & hold 15 seconds each: quads, hamstrings, core, shoulders, chest, hip flexors, arms

Circuit 1: Go through each exercise (advanced - repeat)

- 10 Jump Squats
- 30 Plie Squats
- 5 Staggered Pushups each side – 10 total
- 10 Lunges each side - 20 total
- 30 Floor Triceps Dips
- 20 Reverse Crunches
- 10 sets Fast Football Run - 10 seconds into 3 Pushups
- 60 Seconds rest - get water

Circuit 2: Go through each exercise (advanced - repeat)

- 30 sets Walking Front Kicks
- 10 Curtsey Lunges each side - 20 total
- 10 Push Up Plank Exchanges (alternate arm directions 2nd time through)
- 30 Extended Leg Crunches (on back, hold feet straight up in air over hips)
- 60 Seconds rest - get water

Circuit 3: Go through each exercise (advanced - repeat)

- 30 Sets Rocking Horse (right leg in front, left leg fwd 2nd time through)
- 30 Sets Side Kicks; alternating legs
- 10 Right Side Plank Thread the Needle (alternate sides second time through)
- 30 Speed Jacks
- 60 Seconds rest - get water

Circuit 4: Go through each exercise (*advanced - repeat*)

- 10 Burpees, (squat thrust with push up and hop at end)
- 30 One Leg Mountain Climbers (right leg stationary, left leg 2nd time)
- 30 Traditional Sit Ups
- 15 Alternate Jump Lunges
- 60 Seconds rest - get water

Circuit 5: Go through each exercise (*advanced - repeat*)

- 60 Arm Speed Bag Jog
- 30 Kick Backwards each leg
- 10 Walking Push Ups (5 one way, 5 the other)

Cool Down

- 5 Deep Breathing Exercises - any
- Stretch Major Muscles, hold each for 15-30 seconds

Proper Technique

Please visit fullarmorfitness.com for more helpful tips on proper technique with videos and photos on these exercises. This is a great workout to be accomplished every other day or one to two times per week for variety. Keep it fresh and thank God for your health each and every day!