

## HOTEL WORKOUT 1

Set a treadmill to the highest incline, speed starts at a jog for a while then at moderate for 3 minutes, more challenging for the next 3 minutes, very challenging for the next 3 minutes. Hard as hell for 1 minute.

15% incline and level 8.5mph is pretty legit. Total WORK time is 10 minutes.

## HOTEL WORKOUT 3

For as long as possible:

from 0:00 - 3:00

2 rounds of:

10 pushups

10 jumping squats

from 3:00 - 6:00

2 rounds of:

12 pushups

12 jumping squats

from 6:00 - 9:00

2 rounds of:

14 pushups

14 jumping squats

Etc., following the same pattern

## HOTEL WORKOUT 2

TABATA TRIPLET

4 ROUNDS

20 Sec. of Air Squats

10 Sec. of Rest

4 ROUNDS

20 Sec. of DB Push Ups with 45#

Dumbbell

(pull right arm to chest w/dumbbell, push up, pull left arm to chest w/dumbbell)

10 Sec. of Rest

4 ROUNDS

20 Sec. Hollow Rock Hold

10 Sec. of Rest

## HOTEL WORKOUT 4

20 minute AMRAP

Treadmill Cindy

5 Pushups

10 Pushups

15 Squats

200 m (1/8 mi) run