

## **At-Home/Hotel Workouts**

### **Upper Body Emphasis**

1. Foam roll, Ultimate Warm-up and then Upper Body Band Warm-up
2. A.) Pushups (w/ optional band) - 3xMR  
B.) YTW raise w/ 1s hold at top - 3x10-15 each \*squeeze hard at the top!
3. A.) Band Facepulls (tie the band to anything eye level or higher) - 3x15-20  
B.) Pushup Plank - 3x30 sec
4. A.) Band Overhand and Underhand PAP - 3x10 each  
B.) Band Curl - 3x20+ (stand on the band)  
C.) Band Pushdown 2x30 seconds straight  
Tie the band to anything overhead -Pin your shoulders and elbows to your sides!
5. Run/Walk 1 Mile/Bike 3 miles

### **Lower Body Emphasis**

1. Foam roll and Ultimate warm-up
2. A.) BW Squat - 3x10-12  
B.) Split Squats - 3x8-12 each leg  
C.) Feet Elevated Hip Thrust - 3x12-15 each leg  
\*Feet up on a bench/couch, and squeeze your glutes and bring your hips up.
3. A.) BW Lateral Lunge - 3x8 each leg  
B.) Banded Good Morning - 3x12-15
4. A.) Sprinter Situps - 2x16-20  
B.) Front Planks - 3x30 sec
5. Interval Cardio – Run/Bike - 10 seconds on **hard**, 20 seconds rest for 5 minutes.

### **Full Body Circuit**

1. Foam roll and Ultimate Warm-up
2. A.) Jumping Jacks x20  
B.) BW Squat x15  
C.) Mountain Climbers x10  
D.) Burpees (w/ pushup) x5  
E.) Mountain Climbers x10  
F.) BW Squat x15  
G.) Jumping Jacks x20

**\*\*Set a timer, rest as long as the round took to complete, then repeat as many times as desired or until you can't beat the clock.\*\***

