

## Savage Hotel Room Workout:

Here's one of my favorite workouts for traveling. It's quick and gets your heart rate up and gets you strong. You can do it once through whenever you have a sec or run it through 3 or 4 times for a really kick ass workout. This can be done with or without the weights mentioned.

**Cardio Strength:** Do each of these for a minute. Let the timer run, rest as needed during that minute by try to push through. Give yourself only 10 seconds to get to the next exercise. Rest only when you get to the end of all 10 exercises. Repeat 3 times for a GREAT workout. Twice is also awesome:



- 1. Squat jumps** Abs engaged! Touch the ground if you can. If you need a break, take the jump out and just reach up until you catch your breath, then start back up with the jumps again.



- 2. Speed skaters** Keep the back flat, chest open and abs pulled in! Jump side to side from one foot to the other. Like you're jumping back and forth over a small stream or something.

- 3. Sumo squat punches** Keep the belly pulled in and spine neutral (do not tuck or arch the hips/back). Keep knees over the toes, not collapsing inward.



- 4. Step ups with overhead press** Choose a 5-8 lb weight. keep belly in and chest open. Stay on one side for a minute, then switch to the other side for a minute. Use any old chair or stool. Place it close to a wall just in case you need a balance check!



**5. Plank squats** (jump in and out - when you get tired you can step, but try to remember to alternate legs) - Make sure abs are engaged, back is flat (not too round), and chest is open (not collapsed in)

**6. Curtsey lunge with crunch** (stay on one side and add the side crunch (pic 2) when you stand up). Do each side for one minute.



**7. knee push ups** Stay on the knees so you can do it for a minute and focus on good form. I promise you will get tired and stronger! Shoulders down away from the ears.

**8. plank jacks** Like a jumping jack but in a plank. Jump out and together. Hold the plank when you get tired or stretch into a down dog for a break.

