



No gym...No problems : Hotel Room Workout

Travel for work? Don't have time to get out to a city gym? Nope and nope. It is often easy to think that because we don't have the exact environment we are used to training in, that it is ok to skip our daily training practices. [CODSWALLOP!](#) Training towards your goals should not cease simply because you're in a different time zone. Pack some shorts and a resistance band and clear out 30 minutes to improve your strength, cardiovascular capacity, posture, brain function and more. You don't need access to GloboGym, you need a plan and 30 minutes. Here's the plan. Now let's execute.

Click on the exercise names for a video tutorial.

Hotel Room Workout	Exercise	Sets	Reps	Weights	Notes
Warm up	Mini band march	5	10 yards left/right	Mini band	Complete these 3 exercises as a circuit.
	Band pull-apart	5	20	Resistance band	
	Band pull thru OR Band gud-mornin	5	20	Resistance band	
Strength 1	Turkish get-up	5	1 left + 1 right	Bodyweight	Complete these 2 exercises as a circuit.
	Hardstyle plank	5	3-60 seconds	Bodyweight	
Strength 2	Reverse lunge	5	10 right + 10 left	Bodyweight	Complete these 2 exercises as a circuit.
	Band row variation	5	20	Resistance band	
Conditioning 1	10 mins AMRAP Jump squats + Push-ups	AMRAP	5 jump squats + 5 push-ups	Bodyweight	Complete these 2 exercises as a circuit.

Notes:

- You'll need a mini band and a moderate density resistance band for this training plan. [*Click here to buy](#) resistance bands. [Click here to buy mini-band.](#)
- AMRAP = as many rounds as possible
- Use couch or go to knees for push-ups when needed