

This workout will hit total body, and can be performed at home, in an office, or a hotel room.

Perform 20 reps of each set before continuing on to the next exercise until you complete the entire circuit.

Perform 3 full circuits.

www.UndergroundFitnessTraining.com

If this workout becomes to easy, increase the number of repetitions of each set by 5-10.

Equipment: Bodyweight

Bench Hop Over

Cardio



- 1 - Stand to the side of a bench with your hand on the middle of the bench.
- 2 - Hop up and over to the other side, keeping your hands on the bench.
- 3 - Hop back over to the starting side and continue hopping over and back.

#	REPS	WEIGHT	TIME	NOTES
1	20			
2	20			
3	20			

Bicycle Crunch

Hotel



- Lie on your back with your legs straight and your hands to the sides of your head.
- 1 - Raise your head and shoulders, bring one knee towards your chest and the opposite elbow to this knee, twisting your torso.
 - 2 - Lower your upper body and leg to the floor and repeat to the opposite side using your other leg.

#	REPS	WEIGHT	TIME	NOTES
1	20			
2	20			
3	20			

Foot Up Split Squat

Legs



- 1 - Stand upright with one foot on a bench behind with your arms by your sides.
 - 2 - Drop your body down towards the floor, bending at your hips and knees and leaning your torso slightly forward.
 - 3 - Push off your front foot to return to the start position.
- Complete all reps on one side before switching to the other side.

#	REPS	WEIGHT	TIME	NOTES
1	20			
2	20			
3	20			

Incline Push Up

Chest



- 1 - Support your body on your toes and hands with your elbows bent and your hands up on a step or bar.
 - 2 - Push up to a straight arm position.
- Lower your chest back down to the step and repeat.

#	REPS	WEIGHT	TIME	NOTES
1	20			
2	20			
3	20			

Glute Bridge March

Legs



- 1 - Lie on your back with your knees bent and feet flat, placing your hands at your sides.
 - 2 - Raise your hips off the floor, trying to make a straight line from your hips to your shoulders.
 - 3 - Raise one leg up, bending at the hip with your knee at a 90 degree angle.
- Lower the leg and your body back to the floor and repeat raising the other leg.
 - Perform one rep on one side, then switch to the other side. Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1	20			
2	20			
3	20			

Squat Jump

Legs



- Stand upright with your arms straight by your sides.
- 1 - Bend at the hips and knees into a semi-squat position, leaning your torso slightly forward.
- 2 - Push off your feet jump straight up.
- 3 - Land in semi-squat to absorb and repeat the jump.

#	REPS	WEIGHT	TIME	NOTES
1	20			
2	20			
3	20			

Jack Knife

Abs



- 1 - Lie on your back with your knees bent, feet flat and hands to the sides of your head.
 - 2 - Lift your head and shoulders off the floor while also bringing your knees in to your chest.
- Try to get your elbows to meet your knees in the middle.
 - Lower your upper body and legs, then repeat.

#	REPS	WEIGHT	TIME	NOTES
1	20			
2	20			
3	20			

Bench Dip

Triceps



- 1 - Place your palms on a bench behind you and your heels on the floor with your legs and arms straight.
- 2 - Lower your body toward the floor, bending at the elbows.
- 3 - Push up through your palms to return to the start position.

#	REPS	WEIGHT	TIME	NOTES
1	20			
2	20			
3	20			