

This workout will hit total body, and can be performed not only in a hotel gym, but anywhere you have access to dumbbells.

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

Perform 4 full circuits.

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

Equipment: Bodyweight, Dumbbells

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			
4	20			

Renegade Row

Back



- 1 - Start in the top position of a push up with your hands on dumbbells.
- 2 - Raise one dumbbell up to your shoulder, bending at the elbow.
 - Lower this dumbbell and repeat on the other side.
 - Alternate sides with each rep.

Equipment Sub: Kettlebells

#	REPS	WEIGHT	TIME	NOTES
1	20			
2	20			
3	20			
4	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			
4	20			

Bench Press

Chest



- 1 - Lie on a bench holding dumbbells at shoulder level with your elbows bent.
- 2 - Press the dumbbells up over your chest, straightening your arms.
 - Lower the dumbbells back to shoulder level and repeat.

Equipment Sub: Barbell

#	REPS	WEIGHT	TIME	NOTES
1	20			
2	20			
3	20			
4	20			

Bent Over Row

Back



- 1 - Bend forward at your waist with your knees slightly bent and your back flat while holding dumbbells with your arms straight and palms facing in.
- 2 - Lift the dumbbells up to the sides of your chest.
 - Lower the dumbbells back to a straight arm position, keeping your back flat throughout.

Equipment Sub: Barbell, Plates

#	REPS	WEIGHT	TIME	NOTES
1	20			
2	20			
3	20			
4	20			

Stiff Leg Deadlift Legs



- 1 - Stand upright holding the dumbbells at your thighs with your arms straight and your feet hip-width apart.
- 2 - Lower the dumbbells to just below your knees shifting your hips back and keeping your legs straight and back flat.
- 3 - Return to the upright start position.

Equipment Sub: Barbell, Plates

#	REPS	WEIGHT	TIME	NOTES
1	20			
2	20			
3	20			
4	20			

Twisting Curl Biceps



- 1 - Stand upright holding the dumbbells by your sides with your arms straight and your palms facing inward.
 - 2 - Raise the dumbbells up to your shoulders, turning at the wrists, finishing with your palms facing back.
- Keep your elbows close to your sides throughout and do not swing your arms or upper body.

Equipment Sub: Kettlebells

#	REPS	WEIGHT	TIME	NOTES
1	20			
2	20			
3	20			
4	20			

Extension Triceps



- 1 - Sit on a bench holding one dumbbell in both hands overhead with your arms straight.
- 2 - Lower the dumbbell down behind your head, bending at the elbows.
- 3 - Raise the dumbbell back up overhead, extending your arms.

Equipment Sub: Barbell, Plate

#	REPS	WEIGHT	TIME	NOTES
1	20			
2	20			
3	20			
4	20			