

*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.*

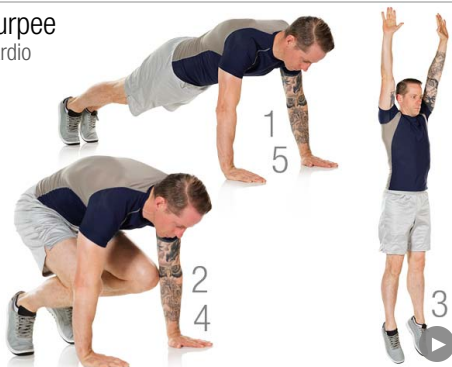
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*If this workout becomes too easy, increase the number of repetitions of each set by 5-10.*

*Equipment: Bodyweight, Dumbbells*

## Burpee

Cardio



- 1 - Start in the top of a push up position.
- 2 - Jump your feet in, bringing your knees to your chest while keeping your hands on the floor.
- 3 - Come to an upright position and jump into the air, raising your arms overhead.
- 4,5 - Return to the mid position and then jump your feet back out to a straight position.

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

## Lo-Hi Chop

Abs



- 1 - Stand upright facing to one side holding a dumbbell in both hands at one knee with your arms straight.
  - 2 - Raise the dumbbell up and across your body from your knee to your opposite shoulder.
- Concentrate on moving your hips and shoulders, not your arms.
  - Complete all reps on one side before switching to the other side.
- Equipment Sub: Plate, Med Ball

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

## Uni Close Bench Press

Chest



- 1 - Lie on a bench holding one dumbbell at shoulder level with your palm facing in and your elbow bent.
  - 2 - Press the dumbbell up until your arm is straight up over your chest with your palm still facing in.
- Lower the dumbbell back to shoulder level and repeat.
  - Complete all reps on one side before switching to the other side.
- Equipment Sub: Kettlebell

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

## Split Squat

Legs



- 1 - Stand upright with your feet split front to back holding dumbbells at your sides.
  - 2 - Lower your body toward the floor, bending at the hips and knees and leaning your torso slightly forward with your weight on the front leg.
  - 3 - Push off the front foot to return to start position, keeping your back flat and your head up throughout the movement.
- Complete all reps on one side before switching to the other side.
- Equipment Sub: Plates, Kettlebells

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

## Bent Over Row

Back



- 1 - Holding a dumbbell in one hand with your arm straight, place the opposite knee and hand on a bench, keeping your back flat.
  - 2 - Lift the dumbbell up to the side of your chest, bending at your elbow.
- Lower the dumbbell back to a straight arm position, keeping your back flat throughout.
  - Complete all reps on one side before switching to the other side.
- Equipment Sub: Kettlebell, Plate

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

## Bench Glute Bridge

Legs



1 - Lie on your back with your knees bent and feet up on a bench, placing your hands at your sides.

2 - Raise your back and hips off the floor, trying to make a straight line from your knees to your shoulders.

- Lower yourself back to the floor and repeat.

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

## Hammer Curl

Biceps



1 - Stand upright holding dumbbells with your arms straight by your sides, palms facing inward.

2 - Raise the dumbbells up to shoulder height, bending at the elbows.

- Do not turn at the wrists.

Equipment Sub: Kettlebells

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

## French Press

Triceps



1 - Lie on a bench holding dumbbells with your arms straight up over your chest.

2 - Bend at the elbows, lowering the dumbbells down to the sides of your head.

3 - Straighten your arms, raising the dumbbells back up straight over your chest.

Equipment Sub: Barbell

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