

*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*

## Mountain Climber

Cardio



- 1 - Support your body on your toes and hands with one knee bent and drawn up into your chest and the other leg straight out behind.
- 2 - Alternate jumping your feet in and out, bringing your knees into your chest each time and keeping your hands on the floor.

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

## V-Up

Abs



- 1 - Lie on your back with your legs straight and your arms stretched out overhead holding dumbbells.
  - 2 - Raise your legs straight up while also lifting your upper body off the floor and reach the dumbbells toward your feet, keeping both your arms and legs straight.
- Slowly lower your upper body and legs back to the floor and repeat, keeping the reps smooth.

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

## Front Box Squat

Legs



- 1 - Stand upright in front of a bench or box holding dumbbells at your shoulders with your palms in and your feet shoulder-width apart.
- 2 - Squat down to sit on the box, sending your hips back and down and keeping your feet flat.
- 3 - Push through your heels to return to the start position, keeping your back flat and dumbbells at shoulder height throughout.

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

## Incline Bench Press

Chest



- 1 - Lie on an incline bench holding the dumbbells at shoulder level with your elbows bent.
  - 2 - Press the dumbbells up until your arms are straight up over your chest.
- 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 holding a dumbbell with your arm straight and palm facing in and your back flat.
  - 2 - Lift the dumbbell up to the side of your chest.
- 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.

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

## Uni Stiff Leg Deadlift

Legs



- 1 - Stand upright holding dumbbells by your sides with your arms straight.
  - 2 - Raise one leg straight up behind as you lower your torso down and reach the dumbbells toward the floor, keeping both legs.
  - 3 - Return to the upright position.
- Complete all reps on one side before switching to the other side.
- Equipment Sub: Barbell, Plate

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

## Close Grip Floor Press

Chest



- 1 - Lie on the floor holding dumbbells at shoulder level with your elbows bent and your palms facing in.
  - 2 - Press the dumbbells straight up over your chest, keeping your palms facing in.
- Lower the dumbbells back to shoulder level and repeat.
- Equipment Sub: Kettlebells

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

## Reciprocal Curl

Biceps



- 1 - Stand upright holding dumbbells with your arms straight by your sides, palms facing forward.
  - 2 - Raise one dumbbell up to your shoulder, bending at the elbow while lowering the other down to your side.
- Both dumbbells should be moving at the same time, but in opposite directions.
- Equipment Sub: Kettlebells

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