

*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.*

[www.UndergroundFitnessTraining.com](http://www.UndergroundFitnessTraining.com)

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

*Equipment: Bodyweight, Dumbbells*

## Side Burpee

Cardio



- 1 - Stand upright with your arms by your sides.
- 2 - Lower your hands to the floor to the sides of your feet, bending at the hips and knees.
- 3 - Jump your feet out to the opposite side, straightening your legs and your hands on the floor.
- 4 - Jump your feet back in, bringing your knees to your chest while keeping your hands on the floor.
- 5 - Come to an upright position and jump into the air, raising your arms

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

## Russian Twist

Abs



- 1 - Start in a sit up position with your feet up off the floor, knees bent, holding a dumbbell at chest level in both hands with your arms extended out in front.
- 2 - Twist your torso to one side, lowering the dumbbell towards the floor.
- 3 - Twist your torso back to the other side, keep your feet up and arms straight throughout.

Equipment Sub: Plate, Med Ball

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

## Goblet Squat

Legs



- 1 - Stand upright holding one dumbbell in both hands at chest height with your feet flat, shoulder-width apart.
- 2 - Lower your body toward the floor, sending your hips back and down and bending your knees.
- 3 - Push through your heels to return to the start position, keeping your back flat and head up throughout the movement.

Equipment Sub: Plate, Kettlebell

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

## Decline Push Up

Chest



- 1 - Support your body on your toes and hands with your feet on a step behind, elbows bent and your chest nearly touching the floor.
- 2 - Push up to a straight arm position.

• Lower your body back to the start position and repeat, keeping your back flat and hips in line with shoulders throughout.

#	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 forward.
- 2 - Lift the dumbbells up to the sides of your chest, bending at the elbows.

• Lower the dumbbells back to a straight arm position, keeping your back flat throughout.

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

## Deadlift Legs



- 1 - Start in a squat position with your feet hip-width apart, your head up and your hips low holding a dumbbell on the floor between your feet.
- 2 - Stand up with the dumbbell, keeping your arms straight and your back flat.
- 3 - Lower the dumbbell back to the floor, sending your hips back and down and bending your knees.

Equipment Sub: Barbell, Plate

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

## Zottman Curl Biceps



- 1 - Stand upright holding dumbbells with your arms straight and your palms facing out.
- 2 - Raise the dumbbells up to shoulder height, bending at the elbows with your wrists facing back.
- 3 - In the top position, twist your wrist 180 degrees so your palms face out.
- 4 - Lower the dumbbells back to the start position with your wrists facing back.

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

## Pullover Triceps



- 1 - Lie on your back holding one dumbbell in both hands with your arms extended up over your chest.
- 2 - Lower the dumbbell back behind your head, bending your elbows.
- 3 - Raise the dumbbell back up over your chest, returning to the start position.

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