



# Home Strength: Workout 1

FitnessBuilder

3 circuits

15 reps  
per exercise

60 secs  
rest between circuits

35min

73cal



Denise Carter



Perform 15 reps each exercise in a circuit, resting 60 seconds between circuits, unless otherwise indicated. Perform 3 full circuits.

Get a great workout in the comfort of your own home. Using just your own bodyweight and items you can find at home, get toned and trim if you can't make it to the gym.

Equipment: Bodyweight,

## Intensity

Reps: 15

Circuits: 3

Load: Bodyweight or Challenging weight for indicated exercises

Rest: 60 secs between circuits

Perform 15 reps each exercise in a circuit, resting 60 seconds between circuits.

Perform 3 full circuits.

## Circuit

Perform each exercise in the workout, one after another, and then rest. This is one circuit.

### Side Lunge

Hotel



- 1 - Stand upright with your arms by your sides.
- 2 - Take a step to one side, lowering your body down and leaning your torso slightly forward with your weight on the outside leg.
  - Keep your trailing leg straight.
- 3 - Push off your outside foot to return to the start position.
  - Complete all reps on one side before switching to the other side.

#	REPS	WEIGHT	TIME	NOTES
1	15			
2	15			
3	15			

### Chair Dip

Hotel



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

#	REPS	WEIGHT	TIME	NOTES
1	15			
2	15			
3	15			

### Extension

Hotel



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

Equipment Sub: Books

#	REPS	WEIGHT	TIME	NOTES
1	15			
2	15			
3	15			



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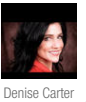
FitnessBuilder

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## Power Push Up

Hotel



- 1 - Support your body on your toes and hands with your elbows bent and your hands up on a chair.
- 2 - Rapidly push up off the chair with your hands.
- 3 - Land with your hands back on the chair, lowering your chest back down and immediately push up again.

#	REPS	WEIGHT	TIME	NOTES
1	15			
2	15			
3	15			

## Step Up

Hotel



- 1 - Stand upright with one foot on a chair or bench and your arms at your sides.
- 2 - Step up onto the chair or bench by pushing down on your front foot.
  - Step down onto the back foot and then repeat.
  - Complete all reps on one side before switching to the other side.

#	REPS	WEIGHT	TIME	NOTES
1	15			
2	15			
3	15			

## 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	15			
2	15			
3	15			

## Alternating Superman

Hotel



- 1 - Lie face down on floor with your legs straight and your arms outstretched overhead.
- 2 - Raise one arm and the opposite leg straight up about 18 inches off the floor.
  - Slowly lower both and repeat with the other arm and leg.
  - Be sure to keep your arms and legs straight throughout and your head steady.

#	REPS	WEIGHT	TIME	NOTES
1	15			
2	15			
3	15			

## Twisting Curl

Hotel



- 1 - Stand upright holding the weight by your sides with your arms straight and your palms facing inward.
  - 2 - Raise the weight 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: Books, Luggage

#	REPS	WEIGHT	TIME	NOTES
1	15			
2	15			
3	15			