

TRAVELODGE ROOM WORKOUT

Proven to help you burn fat, tone muscle and achieve results in record time from the comfort of your hotel room.

Exercise 1 – The Bridge

This exercise will work your glutes and hamstrings.

Lay down face up with feet flat on the ground and legs bent. Push down with your feet raising the hips up and down.

10 reps and repeat 3 times.



Exercise 2 – The Lunge

This exercise will work your thighs.

Place one foot in front of the other and lower the body by bending the knees. Push down towards the floor and back to the start position.

10 reps and repeat 3 times.



Exercise 3 – Press Up

Place your hands on the floor at shoulder height and bend legs at a 45 degree angle. Lower your nose to the floor and push back into the starting position.

10 reps and repeat 3 times.



Exercise 4 – Angel Fly

This exercise will work your whole body.

Squat with your back against the wall and feet about 6 inches away from the wall. Keep your arms, back and shoulders in contact the wall at all times. Slide arms up and down the walls so that the hands meet above the head.

10 reps and repeat 3 times.



Exercise 5 – Abdominals

This exercise will work your abdominal muscles

Lay on your back with legs raised. Slowly straighten each leg whilst lowering it to the floor.

10 reps with each leg and repeat 3 times.



STRETCHES

You can do your stretches before bed to relax you or first thing in the morning to energise you for the day ahead.

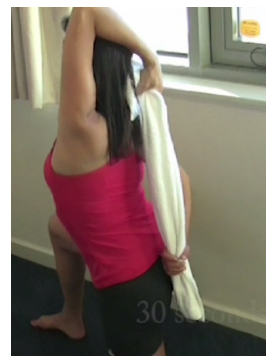
Quad Stretch

Push your leg against the bed or wall and push your hips forward. Hold for 30 seconds and repeat on both sides.

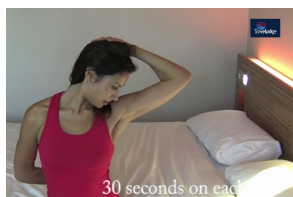


Towel Stretch

Hold a bath towel at both ends vertically behind your desk. Hold for 30 seconds on each side.



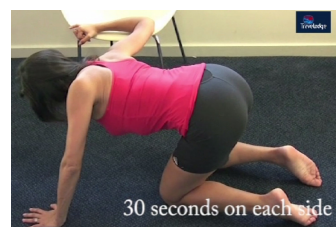
Head Stretch



Sit on a chair or a bed and lean your head to either side, use the nearest arm to pull the head onto your shoulder.

Chest Stretch

Whilst kneeling on the ground place an arm on the chair at a 90 degree angle, then rotate your body away from the chair. Hold for 30 seconds and repeat on both sides.



Back Stretch

Place both hands on a chair or bed in front of you and lean forward. You should feel a nice stretch in your back and shoulders. Hold for 30 seconds.

