



## The Ultimate Guide to Hotel/Home Workouts

Do you always find excuses to not workout when you travel?

Not anymore;)

Stay in shape while you travel with the most efficient "bang for your buck" workouts ever created for small spaces and tight quarters.

With the Road Warriors Guide to Hotel and Home Workouts program you will have over 70 workouts to choose from but their are literally 1,000's of variations and options that you can take from below to create your own from the exercise library that's included.

With this program you are truly limited only by your imagination.

Included in this product you will receive:

- 70 Done for you Hotel/Home workouts
- Warm-up Routines
- Stretching and mobility routines
- Exercise Library to create your own workouts

### A. Lower Body Quad Dominant Protocols

Protocol 1:

- Body weight squats- 30 seconds
- Alternating front lunges-30 seconds
- "Wall" sits -30 seconds

Protocol 2:

- Jump Squats- 30 seconds
- Cossack Squat- 30 seconds
- Rotational lunge- 30 seconds

Protocol 3:

Split jumps- 30 seconds

Plie squats- 30 seconds

Alternating side lunge- 30 seconds

Protocol 4:

Alternating back lunge- 30 seconds

Alternating front lunge- 30 seconds

Static squat hold- 30 seconds

Protocol 5:

1 ½ rep squatS- 30 seconds

Split squats- 30 seconds each leg

\* Choose 2-3 protocols and perform each for 3-4 rounds

\* Mix and match exercises from above and/or pick and choose from the Master Exercise Library to create your own protocol.

## B. Lower Body Glute & Hamstring Dominant Protocols

Protocol 1:

Alternating Single Leg RDL to front lunge combo- 1 minute

Lateral jumps - 30 seconds

Step-out bridge- 30 seconds

Protocol 2:

Step-out Lunge - 30 seconds

Side lying clam - 30 seconds each right and left side

Glute bridges- 30 seconds

Protocol 3:

Glute bridge- 30 seconds

Glute bridge to walk-out - 30 seconds

Frog Pumps- 30 seconds

Protocol 4:

Cossack lunge- 30 seconds

Stationary X band walk- 1 minute

Protocol 5:

Banded squats with abduction- 30 seconds

Banded good mornings- 30 seconds

Banded Curtsy lunge- 30 seconds

\*Choose 2-3 protocols and perform each for 3-4 rounds

\* Mix and match exercises from above and/or pick and choose from the Master Exercise Library to create your own protocol.

C. Upper/Lower

Protocol 1:

Push-up 30s

Body weight Squat 30s

Protocol 2:

Bench Step-ups 30s

Db Bent over Row 30s ea/arm

Protocol 3:

Db Swing 30s

Tricep Plank 30s

Protocol 4:

Lateral Jumps 30s

Db Shoulder Press

Protocol 5:

Alt Back Lunges 30s

Db Renegade Row 30s

\*Choose 2-3 protocols and perform each for 3-4 rounds

\* Mix and match exercises from above and/or pick and choose from the Master Exercise Library to create your own protocol.

D. Upper/Lower/Cardio

Protocol 1:

Push-up 30s

Body weight Squat 30s

Jumping Jacks 30s

Protocol 2:  
Bench Step-ups 30s  
Db Bent over Row 30s ea/arm  
Tread run 30s

Protocol 3:  
Db Swing 30s  
Tricep Plank 30s  
High Knees 30s

Protocol 4:  
Lateral Jumps 30s  
Alt Db Shoulder Press 30s  
Mountain Climbers 30s

Protocol 5:  
Alt Back Lunges 30s  
Db Renegade Row 30s  
Squat Thrusts 30s

\*Choose 2-3 protocols and perform each for 3-4 rounds  
\* Mix and match exercises from above and/or pick and choose from the Master Exercise Library to create your own protocol.

#### E. Full Body- Upper/Lower/Core/Cardio

Protocol 1:  
Push-up 30s  
Body weight Squat 30s  
Alt V-ups 30s  
Jumping Jacks 30s

Protocol 2:  
Bench Step-ups 30s  
Db Bent over Row 30s ea/arm  
Rotational Planks 30s  
Tread run 30s

Protocol 3:  
Db Swing 30s  
Tricep Plank 30s  
Supine Toe Touches 30s  
High Knees 30s

Protocol 4:

Lateral Jumps 30s  
Alt Db Shoulder Press 30s  
Straight Leg Sit up 30s  
Mountain Climbers 30s

Protocol 5:

Alt Back Lunges 30s  
Db Renegade Row 30s  
Side Kick Throughs 30s  
Squat Thrusts 30s

\*Choose 2-3 protocols and perform each for 3-4 rounds

\* Mix and match exercises from above and/or pick and choose from the Master Exercise library to create your own workout.

F. Core Protocols

Protocol 1:

Alternating V-ups- 30 seconds  
Alternating rotational plank- 30 seconds  
Seated Russian Twist- 30 seconds  
Pike from push-up position- 30 seconds

Protocol 2:

Side plank right side- 30 seconds  
Side plank left side - 30 seconds  
Supine knee tucks - 30 seconds  
Static plank- 30 seconds

Protocol 3:

Straight leg sit-up- 30 seconds  
Supine toe touches- 30 seconds  
Dynamic side crunch right side - 30 seconds  
Dynamic side crunch left side - 30 seconds

Protocol 4:

Sprinters sit- up- 30 seconds  
Pike from elbows- 30 seconds  
Hollow body Hold - 30 seconds  
Tricep Plank- 30 seconds

Protocol 5:

Bicycles - 30 seconds

Alt limb lift- 30 seconds

Supine toe touches- 30 seconds

Static Beast - 30 seconds

\*Choose 2-3 protocols and perform each for 3-4 rounds

\* Mix and match exercises from above and/or pick and choose from the Master Exercise Library to create your own protocol.

G. Lower Body & Core Combo

Protocol 1:

Body weight squats- 30 seconds

Knee-tucks - 30 seconds

Alternating curtsy lunge- 30 seconds

Loaded beast knee to elbow - 30 seconds

Protocol 2:

Lateral jumps- 30 seconds

V-ups- 30 seconds

Alternating step back lunges- 30 seconds

Tricep planks - 30 seconds

Protocol 3:

Alternating Side lunge- 30 seconds

Straight leg sit-up- 30 seconds

Rotational alternating lunge- 30 seconds

Bicycles- 30 seconds

Protocol 4:

Loaded front step- 30 seconds

Lower ab/hip lift - 30 seconds

Crab with reach- 30 seconds

Russian twists/legs up- 30 seconds

Protocol 5:

Side-kick through- 30 seconds

Flutter kick- 30 seconds

Glute-bridge walk-outs

Knee-to-elbow from push-up position- 30 seconds

\*Choose 2-3 protocols and perform each for 3-4 rounds

\* Mix and match exercises from above and/or pick and choose from the Master Exercise Library to create your own protocol.

\*Remember to always pick two core (one supine and one prone) in between two lower body movements for this protocol. In sum, you will perform: Lower body, supine core, lower body, prone core.

## H. Cool Down Protocols

### Protocol 1:

Runner's stretch - 30 seconds each leg  
Windshield wiper- 30 seconds  
Alternating Crab reach- 30 seconds total  
Alternating Arm-thread- 30 second total

### Protocol 2:

Bretzel Stretch- 30 seconds each side  
Alternating 90/90 with rotation- 30 seconds total  
Alternating Supine bridge reach- 30 seconds total  
Alternating Prone Scorpion- 30 seconds total

### Protocol 3:

Groiners- 30 seconds  
Alternating Windshield wipers with reach- 30 seconds each  
Spinal rock to alternating hamstring stretch- 30 sec total  
Prone Cobra- 30 seconds

### Protocol 4:

Alternating Strider from Knees- 30 seconds total  
Pigeon Pose- 30 seconds each/side  
Cat/cow- 30 seconds total  
Alternating Arm Screw- 30 seconds

### Protocol 5:

Alternating Strider- 30 seconds total  
Alternating Groiner/single leg- 30 seconds total  
Bear Squat- 30 seconds total  
Alternating Prone Kneeling Lat Stretch- 30 seconds total

choose 2-3 protocols and perform each for 3-4 rounds

\* Mix and match exercises from above and/or pick and choose from the Master Exercise Library to create your own protocol.

## The Ultimate 10 min Home/Hotel Workout

Choose 1-3 protocols and perform for 10 min AMRAP (as many rounds as possible)

### Protocol 1:

BW Squat X10

Push up X10

V-up X10

### Protocol 2:

Sit up to Tripod X10

Loaded Front Step X10

Jumping Jacks X20

### Protocol 3:

Alt Tripod X10

Side Kick Through X10

Tricep Planks X10

### Protocol 4:

Alt Back Lunge X10

Plyo- Push up X10

Squat Thrust X10

### Protocol 5:

Alt Table Top Bridge X10

Alt sit thru's X20

Shadow Boxing 30s

### Protocol 6:

Cossack Squat

For/Backward Beast walk

Sprinters sit up

### Protocol 7:

Stand Kneel Stand X10

Alt under switches X10

Alt V-ups X10

### Protocol 8:

SB Ham Curl X10

Alt under switch to Tripod X10

Mountain Climbers X20



Protocol 9:

Alt Step up X10  
Standing Row with band X20  
Rot Plank X20

Protocol 10:

Squat Jump X10  
Pushup X10  
V ups X10

Protocol 11:

Rot. Lunge X10  
Loaded Beast Knee Elbow X20  
High Knees 30s

Protocol 12:

Curtzy Lunge X20  
Vertical Band Pulls X20  
Supine Knee Tucks X10

Protocol 13:

Stanky Leg Lunge X20  
Band Pull w/Rotation X20  
Alt Strider X10

Protocol 14:

Single leg dead X10  
Vertical Pull from Plank X10  
Lat Jumps X20

Protocol 15:

Bulgarian Split Squat X10  
Horz Pull from Plank Position X10  
Bicycles X20

Protocol 16:

Side Clams X10 ea/side  
Side Kick Through X10  
Supine Toe Touches X 20

Protocol 17:

Step-out lunge X20  
Standing Vert Pull X20  
Front Kick Through X10

Protocol 18:

Lat Jump X20

Alt Lat Beast walk- Side to Side (1,2,3,4 to Right/1,2,3,4 to Left) X10 trips

TOTAL

Alt Vups X20

Protocol 19:

Walking Lunge X20 steps

Lat Ape- Side to side (2 to the Right/2 to the Left) X10 trips Total

Hollow Body Hold

Protocol 20:

Split Squat X10 each leg

Alt Scorpion Reach X10 total

Slide Board See saw X10

Protocol 21:

Pistol Squat X10 each leg

Alt reaching underswitch X10 TOTAL

Seal Jacks X20

Protocol 22:

Chair Bridge X20

S.A. Band Press with Rotation X10 each arm

Alt underswitch taps X10 TOTAL

Protocol 23:

Cork Screw Lunge X20 TOTAL

Alt Crab Reach X10 TOTAL

Squat Thrusts to deep ape X5

Protocol 24:

S.B Back Lunge X10 each leg

Push up negatives X10

V-ups X10

Protocol 25:

S.B. Side Lunge X10 each leg

Band Shoulder Press X10

Toe touches X20

Protocol 26:

1 ½ squats X10

Tricep Planks X20 TOTAL

Alt underswitch to tripod X10 TOTAL

Protocol 27:

Hip Thrusts (from bench or bed) X20

Banded Shoulder Push Presses X20

Alt Striders X10 TOTAL

Protocol 28:

Single leg bridge X10 each leg

Push up knee to alt elbow X10 TOTAL

Jumping jacks X20

Protocol 29:

Alt Front Lunge/Back Lunge Combo X10 TOTAL ea/side

Alt Scorpion Reach X10

Side Crunches X10 each side

Protocol 30:

Squat Pulse X20

Alt Sit thru X10 TOTAL

Hollow body rock X20