



HOTEL ROOM WORKOUT



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Disclaimer: I'm not a doctor, personal trainer, or medical professional. This post is for informational and entertainment purposes only, based on my personal experience. Always consult a qualified healthcare provider before starting any new fitness routine, especially if you have injuries, medical conditions, or other concerns. You are responsible for listening to your body and doing what's right for you.



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Lazy Girl Hotel Room Workout (Full Routine)

Time: 10–15 minutes

No equipment, no jumping, no sweat required

Optional Warm-Up (2 minutes)

- Neck rolls – 15 sec each direction
- Shoulder circles – 30 sec forward + 30 sec backward
- Standing cat-cow (rounded then arched spine) – 30 sec

Main Workout (8–12 minutes)

1. Standing Side Leg Lifts

▶ 15 reps per leg

Targets glutes and outer thighs

2. Wall or Tabletop Push-Ups

▶ 10–15 reps

Tones arms, chest, and shoulders

3. Glute Bridges (on bed or floor)

▶ 15 reps + 10 pulses

Lifts butt, activates core

4. Standing Knee Lifts

▶ 30 total reps

Core + hip flexors

5. Bedside Tricep Dips

▶ 10–12 reps

Sculpts the backs of arms



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6. Standing Calf Raises

► 20 reps

Circulation + calf tone

7. Seated Ab Twists (on bed or floor)

► 30 seconds

Gentle core work

Cooldown (1–2 minutes)

Gentle spinal twist – 30 sec

Forward fold – 30 sec

Side stretch – 15 sec each side

Want To Keep That Lazy Girl Glow Going?

- Do barefoot in PJs, robe, or travel outfit. No need to change.
- Add a slow playlist or a calming podcast to stay in the Lazy Girl vibe.
- Pair this with a quick dry brushing session or coconut oil massage after showering for extra glow.
- If you're in bed and don't want to get up? Do glute bridges, knee lifts, and ab twists right from the mattress.
- When you're done, walk to a local café and relax while you sip your favorite coffee.



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Workout Notes

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____