

THE IMAGO VENUES 15 MINUTE HOTEL ROOM WORKOUT

MINUTE ONE

MOUNTAIN CLIMBERS

Equipment: floor space



Begin the workout with one minute of mountain climbers using the floor space. To perform the exercise, start in the plank position with the arms and legs straight. Whilst engaging the core, bring the right knee forward under the chest with the right foot just off the ground. Return to the start position and then switch legs, bringing the left knee forward. Keep switching and up the tempo until it feels like running whilst in the plank position.

This exercise will act as a warm up / cardio and specifically works the shoulders, biceps and triceps, chest, abdominal muscles, quadriceps and hamstrings.

MINUTE TWO

PRESS UPS

Equipment: floor space / bed



Exercise 2 will focus on the push-up. To perform this, start on the floor chest down with the palms on the floor shoulder-width apart and the balls of the feet just beneath the toes on the ground. Push up, keeping the back straight and the elbows pointed towards the hips. The weight should now be supported by the arms. Lower the body back into the starting position and repeat. If push-ups are difficult, the knees can be placed on the floor to support the weight or the hands can be placed on the edge of the bed to support the weight.

Press ups work the upper body, specifically targeting the chest, shoulders and triceps.

MINUTE THREE

SQUATS

Equipment: floor space / bed / chair



Start with the feet slightly wider than the hips and toes turned slightly outward. Tense the abdominal muscles to engage the core. Inhale, push the hips back and sit into the mid-foot. The knees should be bent until the thighs are parallel with the floor. Once this has been achieved, exhale and press into the mid-foot to straighten back into the start position. The legs, hips and torso should rise at the same time. Beginners should squat onto a chair / edge of the bed to begin with. To make the exercise more difficult, single leg squats can be performed.

Squats help strengthen the quadriceps, hamstrings, buttocks and abdominals.

MINUTE FOUR

CRUNCHES

Equipment: floor space / towel



Place a towel on the floor to provide cushioning. Lie on your back with the knees bent and feet flat on the floor, hip-width apart. Place the hands behind the head so the thumbs are behind the ears and elbows are out to the side. Tilt the chin so that the gap between the chin and chest is only a few inches. Gently tense the abdominals and curl up so that the head, neck and shoulder blades lift off the floor. Hold for 5 seconds and then return to the starting position. Avoid pulling on the neck with the hands.

Crunches help strengthen the core region of the body.

MINUTE FIVE

LUNGES

Equipment: floor space



Stand tall with the feet hip-width apart. Engage the core taking a big step forward with the right leg and start to move the weight forward. Lower the body until the right thigh is parallel to the floor and the right shin is vertical. The right knee should not go past the toes of the right foot. Press into the right heel to drive back up to the starting position and then repeat on the other side. Throughout the exercise, make sure the upper body is upright and does not drop.

Lunges work the hamstrings, quadriceps, calves and buttocks. The abdominal and back muscles act as stabilisers.

REPEAT THE CIRCUIT UNTIL EXERCISES HAVE BEEN COMPLETED 3 TIMES