



# TRX Hotel Room Workout

Full-Body | Travel-Friendly | No Gym Required

Designed for men & women 30+ who travel and want to stay strong on the road

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## ◆ How to Use This Workout

- Perform **2–3 rounds**
- Rest **30–60 seconds** between exercises
- Total time: **20–30 minutes**
- Works in **hotel rooms, doors, balconies, or outdoor railings**

✓ Warm up for 3–5 minutes (marching, arm circles, bodyweight squats)

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## TRX Full-Body Hotel Workout

☐ **TRX Squat**

Reps: **10–15**

☐ **TRX Chest Press**

Reps: **8–12**

☐ **TRX Row**

Reps: **10–15**

☐ **TRX Reverse Lunge**

Reps: **8–10 per leg**

☐ **TRX Overhead Triceps Extension**

Reps: **8–12**

☐ **TRX Biceps Curl**

Reps: **10–12**

☐ **TRX Plank (or Body Saw)**

Time: **20–40 seconds**



## Optional Finisher (Choose One)

- ☐ March in place – 60 sec
  - ☐ Mountain climbers – 30 sec
  - ☐ Fast bodyweight squats – 30 sec
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## Coaching Tips

- Walk your feet **closer** to the anchor to make it harder
  - Keep core tight on all movements
  - Move slow and controlled for joint safety
  - Stop **1–2 reps before failure**
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## Weekly TRX Travel Workout Tracker

Name: \_\_\_\_\_

Week of: \_\_\_\_\_

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### ✓ Workout Log

Day	Workout Completed	Rounds	Notes
<input type="checkbox"/> Mon	<input type="checkbox"/> Yes	<input type="checkbox"/> 2 <input type="checkbox"/> 3	_____ —
<input type="checkbox"/> Tue	<input type="checkbox"/> Yes	<input type="checkbox"/> 2 <input type="checkbox"/> 3	_____ —
<input type="checkbox"/> Wed	<input type="checkbox"/> Yes	<input type="checkbox"/> 2 <input type="checkbox"/> 3	_____ —
<input type="checkbox"/> Thu	<input type="checkbox"/> Yes	<input type="checkbox"/> 2 <input type="checkbox"/> 3	_____ —

<input type="checkbox"/> Fri	<input type="checkbox"/> Yes	<input type="checkbox"/> 2 <input type="checkbox"/>	_____
		3	—
<input type="checkbox"/> Sat	<input type="checkbox"/> Yes	<input type="checkbox"/> 2 <input type="checkbox"/>	_____
		3	—
<input type="checkbox"/> Sun	<input type="checkbox"/> Yes	<input type="checkbox"/> 2 <input type="checkbox"/>	_____
		3	—

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## Weekly Check-In

- ☐ I stayed consistent
- ☐ Energy improved
- ☐ Strength improved
- ☐ Joints felt good

**Wins this week:**

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**What to improve next week:**

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## Want More?

👉 Visit **FitWithGreg.com** for:

- Beginner TRX programs
  - Hotel workouts & travel nutrition
  - Printable fitness guides
  - Joint-friendly strength plans for 30+, 40+, 50+, and beyond
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