

# FitWithGreg – Hotel Room Resistance Band Workout (10–15 Minutes)

**Equipment:** 1 Resistance Band

**Space Needed:** Small hotel room

**Format:** Circuit training – 2–3 rounds

## Warm■Up (2 Minutes)

- Arm Circles – 30 sec
- Hip Openers – 30 sec
- March in Place + Overhead Reach – 60 sec

## Main Workout Circuit

Exercise	Reps / Time
Banded Squat to Press	45 sec
Standing Row	12–15 reps
Glute Bridge (Band Above Knees)	15 reps
Band Pull■Apart	30 sec
Reverse Lunge with Band	10 reps / leg
Biceps Curl	12–15 reps
Plank Band Pull■Through	30–45 sec

## Cool■Down (1–2 Minutes)

- Chest stretch
- Hamstring stretch
- Hip flexor stretch

*Tip: Choose your resistance band tension based on your strength level. You should feel challenged by the last few reps while maintaining good form.*

**FitWithGreg**

FEEL BETTER. LIVE LONGER.

<https://fitwithgreg.com>