

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.

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