

# Hotel Workout

Staying active when you're traveling can be difficult. It's important to fit in activity when you can. Here is a quick workout you can do in any hotel room with an exercise band.

Set your phone timer to 20 minutes. Go through as many rounds of these exercises as you can in that time. Take as many breaks as you need. Less rest will lead to more cardio. Using weights and thicker bands will make this more of a strength session. You can also make this more difficult by adding more time or repetitions for each exercise.

1. [Lying Marching Hip Flexion](#) with mini band x 10 each side
2. [Reaching Squats](#) to a chair x 10
3. [Band Lateral Walks](#) x 10 each side
4. [Push Up Taps](#) x 10 each side (make this easier by putting your knees on the ground)
5. [Split Squat](#) x 10 (make this easier by using a chair for support)
6. [Slider Knee to Chest](#) x 10 each side (can use a paper plate on a carpet or a towel on a wood or tile floor)



**Tip: Hotel workouts are all about helping you maintain your exercise habits while you're away! While this workout might not offer you the variety you get at home, it provides a consistent, safe workout you can do anywhere!**