ADULTS

BUSINESS TRIP HOTEL SESSION

A real session beside the bed, for the weeks when work takes you away.

Open it on your phone

ABOUT 25 MINUTES	A CHAIR IS ALL YOU NEED	FITS BESIDE A HOTEL BED

Three nights away does not have to cost you the week. This is a full session with nothing but the floor and a chair — legs, push, core and the hips that a day of sitting and a night in a strange bed leave tight.

WARM UP

One time through.

1. **Leg swings — front to back** — *10 each leg*
   Hold something for balance and swing one leg forward and back.
2. **Walking knee hug into lunge** — *6 each side*
   Hug one knee to your chest and rise onto the other toe. Step that leg out into a long lunge and hold for a beat.
3. **Cat–camel** — *10*
   On hands and knees, slowly round your back up toward the ceiling, then let the belly drop and the chest lift.
4. **Wall slide** — *10*
   Back, head and forearms against the wall, elbows bent to 90°. Slide the arms up as high as you can while keeping contact, then pull the elbows back down to your ribs.

THE WORK

3 rounds. Rest 1 min between rounds.

5. **Bulgarian split squat** — *8 each leg*
   Back foot on a bench, front foot far enough forward that the shin stays near vertical. Lower straight down until the back knee is just above the floor. Back foot on the chair. No weight needed.
6. **Push-up** — *10*
   Hands just outside shoulder width, body in one straight line. Hands on the desk if the floor is too much.
7. **Glute bridge — activation** — *12*
   On your back, feet flat, drive through the heels and squeeze the glutes at the top.
8. **Dead bug** — *10 each side*
   Arms straight up, knees and hips bent to 90°. Press the lower back flat into the floor and keep it there the whole set.
9. **Side plank** — *30 sec each*
   Elbow directly under the shoulder, feet stacked or staggered.

UNDO THE DAY

The part a hotel week really needs.

10. **Couch stretch** — *45 sec each*
    Back knee against a wall or couch, shin up the wall, front foot flat in a lunge.
11. **90/90 hip switch** — *8 each side*
    Sit with both knees bent to 90°: one leg in front of you, the other out to the side. Rotate both knees over to the other side, chest tall. Use your hands for support only if you need them.

Built for healthy adults by RinkReady. General fitness guidance, not medical advice. If a movement hurts — not hard, hurts — stop it and get it looked at.