



'Hotel Room' Circuit

This is an example circuit used by a lower limb rehabilitation group with minimal equipment which can be adapted for use on holiday or working away or when access to gym equipment is limited..

Warm Up.

Slow jog outside or jumping jacks.

Plank.

With your hands underneath your shoulders and your body supported by your hands and toes, try to keep your body as straight as you can. Hold the position for as long as you can. Repeat x 3.



Single leg deadlift.

Holding your luggage in one or both hands, keep your standing leg straight and gently tip forwards from your hips until you are in an arabesque position. Try to keep your back leg straight too! Repeat x 10-15.



Contralateral limb raise.

Lie on your stomach on the floor with your arms stretched out in front of you. Slowly lift one arm and the opposite leg off the floor while keeping the rest of your body still. Hold for 10 seconds, lower, and switch limbs. Do 10 reps on each side.



Superman.

On your hands and knees- extend out your opposite leg and arm- Hold for 10 seconds. Repeat the movement with the opposite arm and leg. Repeat x 10 on each side.



Flutter kicks.

Lie on your back with arms at your sides. Extend your legs and lift them only a few inches. Now while engaging your core, see if you can do an entire minute while making little flutter kicks with your feet. If you need to split the minute up with short rests, take 10 second rests when you need, aiming to reduce the rests as possible.



Step ups.

Using a bed or chair, place one foot on the bed/ chair and slowly step up on top of the surface, lifting your opposite leg up and through to finish in front of you. Slowly lower yourself down again.



Mountain Climber



1. Start in a plank position with your hands underneath your shoulders and your feet behind you. Your body should be straight.
2. While keeping your hands in place, bring one knee up towards the elbow and then bring it back to the starting position.
3. Then bring the other knee up to its elbow and back down (in a running type motion).
4. Repeat in quick succession so that one knee is always moving forward.

Reps: 8 sets of 20 seconds on, 10 seconds off

Triceps Dip



These can be done on the edge of a chair, the bathtub or bed.

Place your hands at the edge of the chair, palms facing down and fingers toward your hips.

1. Drop your hips off the chair, keeping your legs straight.
2. Slowly dip down by bending your elbows, then straighten your elbows to lift your hips back up.

Reps: 3 sets of 6-8 reps

Incline Push-Up



This is an easier version of the standard push-up.

1. Place your hands on the bed or a chair with your feet on the floor behind you in a push-up position.
2. Slowly lower yourself down to the chair while keeping your body straight.
3. Push back up to the starting position and repeat.

Reps: 3 sets of 10 to 15 reps

Or... Decline Push-Up



This is the more advanced version of the standard push-up.

1. Start with your feet on the bed and your hands on the ground. Your core should be tight, and your body should be in a straight line.
2. Slowly lower your chest down to the ground while keeping your elbows in close to your body.
3. Push back up to the starting position and repeat.

Reps: 5 sets of 10

Luggage Row

Grab your bag or suitcase, load it up and start rowing!

1. Kneel on a chair or bed with one leg and one leg on the floor and hold your suitcase in one hand like a weight.
2. Keep your trunk tight and row the luggage up to your chest and slowly lower it back down.

Reps: 3 sets of 15 on each side



Single-Leg Prisoner Squat

1. Sit on the bed or chair with your arms behind your head.
2. Raise one leg in front of you and plant one leg on the ground.
3. Stand up, pushing from the leg that's planted on the ground.
4. Slowly lower back down and repeat.

Reps: 3 sets of 8 on each leg



Plank Saw

1. Start in a forearm plank. Your core should be tight and engaged.
2. Rock forward and backward with both feet on the ground.
3. Then, lift one leg off of the ground and rock forward and backward.
4. Repeat and switch legs.



Burpee

1. Stand with your feet underneath your hips.
2. Place your hands on the ground in front of your feet.

3. Step or jump your feet backward to a plank position.
4. Lower your chest so that it touches the ground (or gets as close as you can).
5. Press up into an upward dog position.
6. Then pop your feet up to your hands and stand up, jumping as high as you can.

Reps: 8 rounds of 20 seconds on, 10 seconds off

Optional: To make this more difficult, at the top of the burpee, as you jump into the air, bring your knees to your chest (tuck jump).



Plank to Push-Up

1. Start in a forearm plank.
2. While keeping your hips as stable as possible, push one arm up at a time to the push-up position.
3. Perform a push-up, then lower back down to the forearm plank position while keeping your hips steady and your abs engaged.

Reps: 3 sets of 10



Wall Squat

With your back to the wall, slide down so that your legs are bent to 90-degrees as if sitting on a chair. Hold this as long as possible. You can also try on one leg if you feel able to!

Reps: 3 sets of 30 to 60 seconds



Running Stairs - Find a set of stairs in your hotel/ outside and run up 1-2 flights, walk/ jog back down- repeat x 10-15.