



Premier Gym

Bespoke Premier Inn in-room hotel workout

Here is a hotel room workout that's suitable for all fitness levels. Exercises are low impact with the majority using only bodyweight.



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I’m constantly on the move, so I understand how challenging it can be maintaining a workout routine while traveling. Exercise is a brilliant stress buster – and with this 10-minute hotel workout guide, you really can break a sweat and feel like you’re doing something healthy, no matter where you are.”

– ***Corrine Best, Fitness Coach***

Before you get started:

Remember to **listen to your body** and modify the movements as needed (modifications are also outlined within this workout).



Perform each exercise for 45 seconds with a 15 second rest in between.

There is also a brief **warm-up** (dynamic stretches) and **cool-down** (static stretches) for a complete 10–15-minute workout.

For the full video guide to the Premier Gym workout, visit:
www.premierinn.com/workout

I have also incorporated **breathwork** for the last minute of the cool down which involves techniques to regulate and manipulate breathing, offering various mental, emotional, and physical benefits.

At the end of a workout, breathwork **promotes relaxation, reduces stress, and aids recovery by activating the body's relaxation response.** For mental health, it helps manage stress, enhances mood, and fosters a mind-body connection.

Breathwork can set you up for the day by increasing energy levels, enhancing focus, and promoting mindfulness, leading to a more productive and balanced lifestyle overall.

Warm up (2-3 minutes)



1 Seated knee raises

Sit with your back straight and feet flat on the floor and place your hands on the sides of the chair or on your thighs for support. Lift one knee up towards your chest or on your thighs for support, and lower the foot gently back down to the floor, repeat with the other knee.



2 Arm circles

Stand with your feet shoulder-width apart and extend your arms out to the sides, make small circles with your arms, gradually increasing the size of the circles.



3 Windmills

Stand with your feet wider than shoulder-width apart. Then hinging at the hips and rotating the torso reach down towards the opposite foot with one hand, while the other arm points towards the ceiling.

Workout

This is 10 minute workout. Each of the exercises should be done twice for 45 seconds with a 15 second recovery.

1

Chair squats

- Stand in front of a sturdy chair with your feet hip-width apart.
- Lower your body down as if you were going to sit in the chair.
- Then stand back up. Use the chair for support if needed.



2

Push-up knees lowered

- Start in plank position with your knees on the floor and hands slightly wider than shoulder-width apart.
- Keep your body in a straight line from knees to shoulders. Lower your chest towards the floor by bending your elbows, keeping them close to your body.
- Lower until your chest nearly touches the floor, or you reach a comfortable depth.
- Push back up to the starting position by straightening your arms. Focus on controlled movement and engaging your chest, shoulders, and triceps.

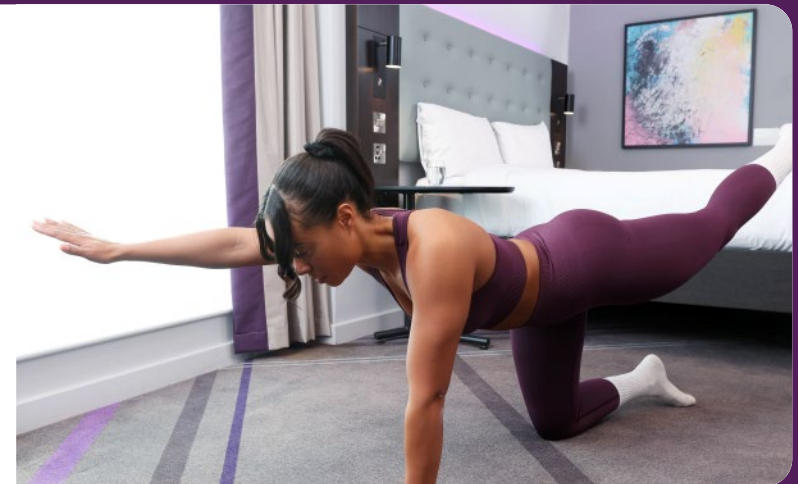


Workout

3

Bird dogs

- Start on your hands and knees, extend one arm forward and the opposite leg backward, keeping your back flat, then return to starting position and switch sides.



4

Plank

- Get into a push up position but with your elbows bent and forearms resting on the ground.
- Keep your body position, engaging your core muscles for as long as you can, maintaining a straight line from your knees to your shoulders.

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Lower intensity version

- If needed, drop your knees to the floor to make it easier.



Workout



5

Luggage wall sits

Find a clear wall space and slide your back down until your knees are bent at a 90-degree angle, as if you were sitting in an invisible chair. Hold this position, engaging your core and thigh muscles.



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Modification: higher intensity version

You can place your luggage bag on top of your lap to make this exercise a little more intense.

Cool down & breathwork (5 minutes)

1 Bed supported hamstring stretch

- Sit on the edge of the bed and extend one leg straight out in front of you.
- Lean forward from your hips until you feel a gentle stretch in the back of your thigh. Hold for 15-30 seconds, then switch legs.



2 Chest opener

- Stand with your feet hip-width apart and clasp your hands behind your back.
- Straighten your arms and lift them slightly, opening your chest. Hold for 15-30 seconds.



Cool down & breathwork



3

Shoulder rolls

Stand with your feet shoulder-width apart and relax your arms by your sides. Roll your shoulders up, back and down in a smooth circular motion. Repeat for 15-30 seconds.



4

Breathwork

After exercise, sit comfortably and close your eyes. Take slow, deep breaths in through your nose, filling your lungs, then exhale fully through your mouth.

Count the length of your inhales for 4 seconds and exhales for 4 seconds, focusing only on your breath for one minute.

Relax, letting go of tension with each breath. This brief breathwork **promotes relaxation and aids recovery after exercise.**

And, breathe.

Thanks so much for joining us.

This is a full body workout that you can do while away from home, and we hope you enjoyed it. To watch the full video of our in hotel workout go to www.premierinn.com/workout.

Premier Inn 
Rest easy

