

SWEAT WITH *SLAY*.

FREE GUIDE

THE 20-MINUTE HOTEL-ROOM WORKOUT

ANYWHERE.

No equipment. No excuses. No apology emails to the front desk.

HOTEL

SWIPE →

REAL TALK

20 HONEST MINUTES IS PLENTY

One missed week won't undo you — but keeping the habit alive on the road makes coming back effortless. This is the exact circuit I run to keep my strength intact and my suitcase happy.

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THE CIRCUIT (*3)

Bodyweight squat

20

Incline push-up (on the desk)

12

Reverse lunge

10 ea

Glute bridge

20

Plank

40s

Move through it, rest 45–60s, repeat 3 rounds. All quiet — your downstairs neighbor won't even know.

SWEAT WITH *SLAY*.

THE 10-MINUTE EXPRESS

Squat to reach

40s

Incline push-up

40s

Reverse lunge

40s ea

Plank

40s

40s work / 20s rest, two rounds. For the days you're truly slammed.

KEEP IT QUIET

NO BURPEES REQUIRED

Skip the jumping. Tempo squats, lunges, and push-ups build just as much when you slow them down — and the front desk stays your friend.

PACK THIS

ONE BAND CHANGES EVERYTHING

A mini resistance band weighs nothing and fits any bag. It unlocks rows, presses, and pull-aparts so you never skip upper-body work on the road.

SWEAT WITH **SLAY.**

PACK LIGHT, TRAIN ANYWHERE.

SLAY IT.

Your body is the only equipment you ever truly need. Want a plan that travels with you?
sweatwithslay.com.

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HOTEL

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