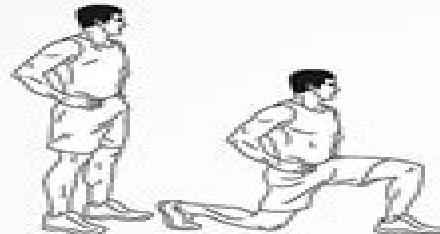


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2 minutes rest between exercises

12 lunges
x 3 sets in total
20 seconds rest
between sets



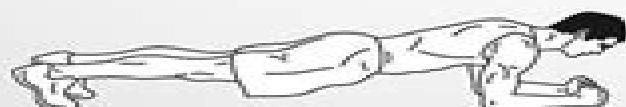
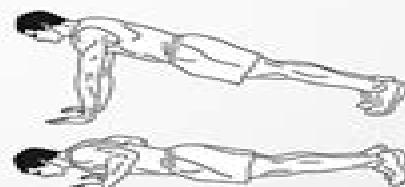
12 calf raises
x 3 sets in total
20 seconds rest
between sets



24 side leg raises
x 3 sets in total
20 seconds rest
between sets



12 push-ups
x 3 sets in total
20 seconds rest
between sets



60sec elbow plank hold

The Hotel Workout

Tamilee Webb

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