



At-Home Workout: "The Ottoman"

This workout can be done at home in your hotel when traveling.

All you need is a sturdy chair, bench, ottoman, or couch.

Being elevated adds a balance component to your workout that can increase your calorie burn and activates the core!

The Workout:

- 5 exercises
- Complete in a circuit format
- Complete 3-5 sets
- Take 30-60 second rest between circuit sets

Exercise #1

Jump Squats x 20

Exercise #2

Push-ups x 15

Exercise #3

Reverse Crunches x 30

Exercise #4

Bulgarian Split Squat x 15 per leg

Exercise #5

Dips x 15

[Competitor Training & Diet Program](#)
[Competitor Diet Program](#)

Workout prepared by Kimberly Doehnert, IFBB Pro