

LIFE HACKS

◦◦◦◦ PRESENTED BY ◦◦◦◦

GAYLORD HOTELS®

How to Perform Easy Workouts Anywhere



Steps:

1. Exercise One – Pushups: Perform 3 sets of 10.
2. Exercise Two – Crunches: Try 3 sets of 12.
3. Exercise Three – Squats: Perform 3 sets of 8.
4. Exercise Four – Tricep Dips: Try 3 sets of 8.

Hydrate & Rest Up!