



JAKARTA INDONESIA

PULLMANFIT

IN ROOM EXERCISE INFORMATION

PANDUAN AKTIVITAS OLAHRAGA DALAM RUANGAN

We offer you the opportunity to work out in the privacy and comfort of your room by providing:

Kami memberikan kesempatan kepada Anda untuk berolahraga di dalam ruangan dengan kenyamanan dan juga privasi:

2 Free Weights

2 Alat Angkat Beban

A Yoga Mat

Matras Yoga

Walking Pad

Alas jalan





01

1



2



3

ABDOMINALS IN THE MAT

- 1 Single leg lifts | 1 min
- 2 Double leg lifts | 1 min
- 3 Boat pose hole | 1 min

Repeat 3 times

ABDOMINALS IN THE MAT

- 1 Single leg lifts | 1 min
- 2 Double leg lifts | 1 min
- 3 Boat pose hole | 1 min

Repeat 3 times



1



2

02

PLANK YOGA

- 1 Forearm plank | 2 min
- 2 Move to dolphin | 2 min

Repeat 2 times

PLANK YOGA

- 1 Forearm plank | 2 min
- 2 Move to dolphin | 2 min

Repeat 2 times



03

1



2



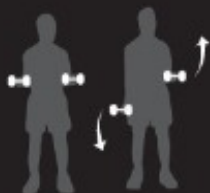
3

STANDING YOGA

- 1 Runners lunge right | 1 min
Runners lunge left | 1 min
- 2 Lunge right | 30 reps
Lunge left | 30 reps
- 3 Warrior right | 1 min
Warrior left | 1 min

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Runners lunge left | 1 min
- 2 Lunge right | 30 reps
Lunge left | 30 reps
- 3 Warrior right | 1 min
Warrior left | 1 min



01

STANDING BICEP CURL

15 reps x 3 sets for each arm

STANDING BICEP CURL

15 reps x 3 sets for each arm



04

STANDING TRICEP EXTENSION

15 reps x 3 sets for each arm

STANDING TRICEP EXTENSION

15 reps x 3 sets for each arm



02

PLIE SQUAT Hold proper posture raising and lowering body. Go from bent to straight like a squat | 15 reps x 3 sets

PLIE SQUAT Hold proper posture raising and lowering body. Go from bent to straight like a squat | 15 reps x 3 sets



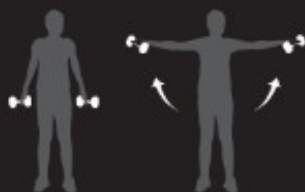
05

STATIONARY LUNGE SQUATS WITH ARM RAISE

15 reps x 3 sets each side

STATIONARY LUNGE SQUATS

WITH ARM RAISE | 15 reps x 3 sets each side



03

SHOULDER RAISE

15 reps x 3 sets

SHOULDER RAISE

15 reps x 3 sets



06

PLANK HOLD WITH SINGLE ARM RAISE

1 min x 3 sets each side

PLANK HOLD WITH SINGLE ARM

RAISE | 1 min x 3 sets each side



JAKARTA - INDONESIA

For further information scan the QR or contact :

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