

Hotel Gym Workout Phase 1

This cycle of training requires only dumbbells and an adjustable bench, and can be done when you don't have access to a complete gym. It consists of 3 total body workouts with undulating rep ranges to stimulate a variety of muscle fibers throughout the week. In the third week, you will decrease your training volume to improve your recovery.



Hotel Gym Workout Phase 1 - Total Body Workout 1

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	DB Front Step Up on Bench	1	3	12-15 ea	20X0	60	
		2	3	10-12 ea	20X0	60	
		3	1	8-10 ea	20X0	60	
		4	4	12-15 ea	20X0	60	
A2	Flat Dumbbell Bench Press	1	3	12-15	4110	60	
		2	3	10-12	4110	60	
		3	1	8-10	4110	60	Neutral grip
		4	4	12-15	4110	60	
A3	1-Arm DB Row	1	3	12-15 ea	4011	60	
		2	3	10-12 ea	4011	60	
		3	1	8-10 ea	4011	60	Elbow in
		4	4	12-15 ea	4011	60	
B1	Dumbbell RDL	1	3	12-15	5020	60	
		2	3	10-12	5020	60	
		3	1	8-10	5020	60	
		4	4	12-15	5020	60	
B2	Bent Over 1-Arm DB Trap 3 Raise	1	3	12-15 ea	4010	60	
		2	3	10-12 ea	4010	60	
		3	1	8-10 ea	4010	60	
		4	4	12-15 ea	4010	60	

Hotel Gym Workout Phase 1 - Total Body Workout 2

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	DB Squat Elevate heels if possible	1	3	20-25	30X0	10	Keep an upright torso and begin by breaking at the knees
		2	4	20-25	30X0	10	
		3	1	20-25	30X0	10	
		4	4	20-25	30X0	10	
A2	Standing DB Shoulder Press	1	3	20-25	2011	10	
		2	4	20-25	2011	10	
		3	1	20-25	2011	10	
		4	4	20-25	2011	10	
A3	Incline Garhammer Raise	1	3	20-25	3020	10	If you can do 20 or more reps on a steep incline, then put a dumbbell between your feet
		2	4	20-25	3020	10	
		3	1	20-25	3020	10	
		4	4	20-25	3020	10	
A4	Swiss Ball Leg Curls Bridge hips up high as you curl the ball in -- Equipment substitution - prone lying leg curl with DB between feet	1	3	20-25	3020	10	If you can do 20 or more reps with 2 legs, do these 1-leg at a time
		2	4	20-25	3020	10	
		3	1	20-25	3020	10	
		4	4	20-25	3020	10	
A5	Bent Over 2-Arm DB Row	1	3	20-25	2011	120	
		2	4	20-25	2011	120	
		3	1	20-25	2011	120	
		4	4	20-25	2011	120	

Hotel Gym Workout Phase 1 - Total Body Workout 3

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	DB Split Squat - both feet on floor	1	3	15-20 ea	4110	60	
		2	3	12-15 ea	4110	60	
		3	1	10-12 ea	4110	60	
		4	4	15-20 ea	4110	60	
A2	Chest Supported 2-Arm Incline DB Row	1	3	15-20 ea	4011	60	
		2	3	12-15 ea	4011	60	
		3	1	10-12 ea	4011	60	
		4	4	15-20 ea	4011	60	
B1	30 Degree Incline DB Bench Press	1	3	15-20	3020	60	
		2	3	12-15	3010	60	
		3	1	10-12	3010	60	
		4	4	15-20	3010	60	
B2	30 Degree Incline DB Curl	1	3	15-20	3020	60	
		2	3	12-15	3010	60	
		3	1	10-12	3010	60	
		4	4	15-20	3010	60	
C	DB Lateral Raise	1	5	20	2011	45	
		2	6	15	2011	45	Decrease weight as you fatigue with the short rest intervals
		3	2	12	2011	45	
		4	7	15	2011	45	