

Hotel Gym Workout Phase 2

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 4 workouts on a split-body routine using agonist super sets to create fatigue in the targeted muscles. In the third week, you will decrease your training volume to improve your recovery.



Hotel Gym Workout Phase 2 - Workout 1 - Chest and Back

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	60 Degree Incline DB Bench Press	1	3	8-10	4010	10	
		2	3	8-10	4010	10	
		3	1	8-10	4010	10	
		4	4	8-10	4010	10	
A2	15 Degree Incline DB Bench Press	1	3	12-15	3010	75	
		2	3	12-15	3010	75	
		3	1	12-15	3010	75	
		4	4	12-15	3010	75	
B1	Prone Incline 2-Arm DB Row to Waist	1	3	8-10	4011	10	Keep elbows in
		2	3	8-10	4011	10	
		3	1	8-10	4011	10	
		4	4	8-10	4011	10	
B2	DB Pullover	1	3	12-15	5020	10	
		2	3	12-15	5020	10	
		3	1	12-15	5020	10	
		4	4	12-15	5020	10	
B3	Prone Incline DB Row to Face	1	3	12-15	4010	75	Keep elbows high and wide
		2	3	12-15	4010	75	
		3	1	12-15	4010	75	
		4	4	12-15	4010	75	

Hotel Gym Workout Phase 2 - Workout 2 - Quadriceps and Abs

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Alternating DB Lunge	1	3	8-10 ea	20X0	10	Keep an upright torso and begin by breaking at the knees
		2	3	8-10 ea	20X0	10	
		3	1	8-10 ea	20X0	10	
		4	4	8-10 ea	20X0	10	
A2	DB Squat	1	3	20-25	3010	90	
		2	3	20-25	3010	90	
		3	1	20-25	3010	90	
		4	4	20-25	3010	90	
B1	DB Poliquin Step Up	1	3	12-15 ea	2011	10	
		2	3	12-15 ea	2011	10	
		3	1	12-15 ea	2011	10	
		4	4	12-15 ea	2011	10	
B2	Bodyweight Sissy Squat	1	3	Max reps	3020	90	Put one hand on an incline bench for balance
		2	3	Max reps	3020	90	
		3	1	Max reps	3020	90	
		4	4	Max reps	3020	90	
C	Incline Garhammer Raise	1	3	Max reps	3021	120	
		2	3	Max reps	3021	120	
		3	1	Max reps	3021	120	
		4	4	Max reps	3021	120	

Hotel Gym Workout Phase 2 - Workout 3 - Arms and Shoulders

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	20 Degree Incline DB Triceps Extension	1	3	8-10	31X0	10	
		2	3	8-10	31X0	10	
		3	1	8-10	31X0	10	
		4	4	8-10	31X0	10	
A2	Flat DB Triceps Extension	1	3	12-15	30X0	75	
		2	3	12-15	30X0	75	
		3	1	12-15	30X0	75	
		4	4	12-15	30X0	75	
B1	Incline DB Curl - Supinating	1	3	8-10	3010	10	
		2	3	8-10	3010	10	
		3	1	8-10	3010	10	
		4	4	8-10	3010	10	
B2	Seated DB Hammer Curl	1	3	12-15	3011	75	
		2	3	12-15	3011	75	
		3	1	12-15	3011	75	
		4	4	12-15	3011	75	
C1	Prone Incline 2-Arm DB Lateral Raise	1	3	8-10	3011	10	
		2	3	8-10	3011	10	
		3	1	8-10	3011	10	
		4	4	8-10	3011	10	
C2	Seated Neutral Grip DB Shoulder Press	1	3	12-15	31X1	75	
		2	3	12-15	31X1	75	
		3	1	12-15	31X1	75	
		4	4	12-15	31X1	75	

Hotel Gym Workout Phase 2 - Workout 4 - Posterior Chain and Calves

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Kneeling Incline DB Leg Curl DB Between Feet	1	3	8-10	5012	10	Kneel face down on an incline bench and hold a dumbbell between you feet. This isolates the shortened position of the range of motion
		2	3	8-10	5012	10	
		3	1	8-10	5012	10	
		4	4	8-10	5012	10	
A2	DB RDL	1	3	12-15	3210	90	
		2	3	12-15	3210	90	
		3	1	12-15	3210	90	
		4	4	12-15	3210	90	
B1	Prone Flat DB Leg Curl	1	3	8-10	5012	10	Lie prone on a flat bench and hold a DB between your feet. This isolates the lengthened position of the knee flexion range of motion.
		2	3	8-10	5012	10	
		3	1	8-10	5012	10	
		4	4	8-10	5012	10	
B2	Walking DB Lunge	1	3	12-15 ea	20X0	90	
		2	3	12-15 ea	20X0	90	
		3	1	12-15 ea	20X0	90	
		4	4	12-15 ea	20X0	90	
C	1-Leg Standing DB Calf Raise	1	3	8-10 ea	1212	45	
		2	3	8-10 ea	1212	45	
		3	1	8-10 ea	1212	45	
		4	4	8-10 ea	1212	45	