

## Hotel Gym Workout Phase 3

**This cycle of training requires only dumbbells, a swiss ball, 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. In the third week, you will decrease your training volume to improve your recovery. In this cycle, we will use drop sets to create fatigue and promote fat loss and muscle building.**



### Hotel Gym Workout Phase 3 - Workout 1 - Chest and Back

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Flat DB Bench Press	1	2	12+12+12	31X0	10 / 90	
		2	2	10+10+10	31X0	10 / 90	
		3	1	10+10+10	31X0	10 / 90	
		4	3	8+8+8	31X0	10 / 90	
A2	1-Arm DB Row - elbow out	1	2	12+12+12 ea	4010	10 / 90	
		2	2	10+10+10 ea	4010	10 / 90	Keep elbow at 90 degrees to torso -
		3	1	10+10+10 ea	4010	10 / 90	Rest 10 seconds between weight drops
		4	3	8+8+8 ea	4010	10 / 90	
B1	15 Degree Incline DB Pronating Flye	1	2	12+12+12	3111	10 / 90	
		2	2	10+10+10	3111	10 / 90	
		3	1	10+10+10	3111	10 / 90	Rest 10 seconds between weight drops
		4	3	8+8+8	3111	10 / 90	
B2	Prone Inc. 2-Arm DB Row - elbows in	1	2	12+12+12	3012	10 / 90	
		2	2	10+10+10	3012	10 / 90	Keep elbows in - Rest 10 seconds
		3	1	10+10+10	3012	10 / 90	between weight drops
		4	3	8+8+8	3012	10 / 90	

### Hotel Gym Workout Phase 3 - Workout 2 - Quadriceps and Abs

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A	DB Petersen Step Up	1	2	12+12+12 ea	2111	10 / 90	Rest 10 seconds between weight drops
		2	2	10+10+10 ea	2111	10 / 90	
		3	1	10+10+10 ea	2111	10 / 90	
		4	3	8+8+8 ea	2111	10 / 90	
B	Heels Elevated DB Squat	1	2	12+12+12	30X0	10 / 90	Rest 10 seconds between weight drops
		2	2	10+10+10	30X0	10 / 90	
		3	1	10+10+10	30X0	10 / 90	
		4	3	8+8+8	30X0	10 / 90	
C	DB Split Squat - FFE 2"	1	2	12+12+12 ea	30X0	10 / 90	Rest 10 seconds between weight drops
		2	2	10+10+10 ea	30X0	10 / 90	
		3	1	10+10+10 ea	30X0	10 / 90	
		4	3	8+8+8 ea	30X0	10 / 90	
D	Front Plank	1	3	Max time	ISO	60	
		2	3	Max time	ISO	60	
		3	1	Max time	ISO	60	
		4	4	Max time	ISO	60	

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

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Seated DB Triceps French Press	1	2	12+12+12	31X0	10 / 90	Rest 10 seconds between weight drops
		2	2	10+10+10	31X0	10 / 90	

		3	1	10+10+10	31X0	10 / 90	Rest 10 seconds between weight drops
		4	3	8+8+8	31X0	10 / 90	
<b>A2</b>	<b>Incline DB Zottman Curl</b>	1	2	12+12+12	30X0	10 / 90	Rest 10 seconds between weight drops
		2	2	10+10+10	30X0	10 / 90	
		3	2	10+10+10	30X0	10 / 90	
		4	3	8+8+8	30X0	10 / 90	
<b>B1</b>	<b>Decline DB Triceps Extension</b>	1	2	12+12+12	30X0	10 / 90	Rest 10 seconds between weight drops
		2	2	10+10+10	30X0	10 / 90	
		3	1	10+10+10	30X0	10 / 90	
		4	3	8+8+8	30X0	10 / 90	
<b>B2</b>	<b>Prone Incline 2-Arm DB Spider Curl</b>	1	2	12+12+12	30X1	10 / 90	Rest 10 seconds between weight drops
		2	2	10+10+10	30X1	10 / 90	
		3	1	10+10+10	30X1	10 / 90	
		4	3	8+8+8	30X1	10 / 90	
<b>C1</b>	<b>Bent Over DB Rear Delt Raise</b>	1	2	12+12+12	30X1	10 / 60	Rest 10 seconds between weight drops
		2	2	10+10+10	30X1	10 / 60	
		3	1	10+10+10	30X1	10 / 60	
		4	3	8+8+8	30X1	10 / 60	
<b>C2</b>	<b>Seated DB Lateral Raise</b>	1	2	12+12+12	3011	10 / 60	Rest 10 seconds between weight drops
		2	2	10+10+10	3011	10 / 60	
		3	1	10+10+10	3011	10 / 60	
		4	3	8+8+8	3011	10/60	

### Hotel Gym Workout Phase 3 - Workout 4 - Posterior Chain and Calves

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
<b>A</b>	<b>Wide Stance DB RDL</b>	1	2	12+12+12	4010	10 / 90	Rest 10 seconds between weight drops
		2	2	10+10+10	4010	10 / 90	

	DB Between Feet	3	1	10+10+10	4010	10 / 90	rest 10 seconds between weight drops
		4	3	8+8+8	4010	10 / 90	
<b>B</b>	<b>Swiss Ball Leg Curl</b>	1	2	Max reps + RP	3011	10 / 60	Rest-pause method - do as many reps as possible, rest for 10 seconds, and then rep to failure again.
	Do 1-leg swiss ball leg curls if you can do more than 20 reps with 2 legs	2	2	Max reps + RP	3011	10 / 60	
		3	1	Max reps + RP	3011	10 / 60	
		4	3	Max reps + RP	3011	10 / 60	
<b>C</b>	<b>Wide Stance DB Squat</b>	1	2	12+12+12	4110	10 / 90	
		2	2	10+10+10	4110	10 / 90	
	DBs between legs	3	1	10+10+10	4110	10 / 90	
		4	3	8+8+8	4110	10 / 90	
<b>D</b>	<b>Seated Calf Raise - DBs on Knees</b>	1	2	20-25	1111	60	
		2	2	20-25	1111	60	
		3	1	15-20	1111	60	
		4	3	15-20	1111	60	