

Hotel Gym Workout Phase 4

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 5 workouts on a split-body routine. In the third week, you will decrease your training volume to improve your recovery. In this cycle, we are going to use agonist tri-sets to boost your work capacity and fatigue resistance, help you build lean body mass, and lose excess body fat.



Hotel Gym Workout Phase 4 - Workout 1 - Chest and Back

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	45 Degree Incline DB Bench Press	1	3	12-15	31X0	10	
		2	4	10-12	31X0	10	
		3	1	10-12	31X0	10	
		4	5	8-10	31X0	10	
A2	30 Degree Incline DB Bench Press	1	3	12-15	30X0	10	
		2	4	10-12	30X0	10	
		3	1	10-12	30X0	10	
		4	5	8-10	30X0	10	
A3	Flat DB Bench Press	1	3	12-15	20X0	120	
		2	4	10-12	20X0	120	
		3	1	10-12	20X0	120	
		4	5	8-10	20X0	120	
B1	Prone Incline 2-Arm DB Row to Cheeks	1	3	12-15	3011	10	Keep elbows high and wide
		2	4	10-12	3011	10	
		3	1	10-12	3011	10	
		4	5	8-10	3011	10	
B2	Prone Inc. 2-Arm DB Row to Sternum	1	3	12-15	3010	10	Keep elbows out just below shoulder height
		2	4	10-12	3010	10	
		3	1	10-12	3010	10	
		4	5	8-10	3010	10	
B3	Prone Inc. 2-Arm DB Row to Waist	1	3	12-15	2010	120	Keep elbows in
		2	4	10-12	2010	120	
		3	1	10-12	2010	120	
		4	5	8-10	2010	120	

Hotel Gym Workout Phase 4 - Workout 2 - Quadriceps and Abs

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Alternating DB Lunge	1	3	12-15 ea	20X0	10	
		2	4	10-12 ea	20X0	10	
		3	1	10-12	20X0	10	
		4	5	8-10 ea	20X0	10	
A2	Heels Elevated DB Squat	1	3	12-15	4010	10	
		2	4	10-12	4010	10	
		3	1	10-12	4010	10	
		4	5	8-10	4010	10	
A3	Closed Chain Leg Extension	1	3	Max reps	3020	180	Kneel tall on a pad or mat with your shoulders stacked on top of your hips and directly over your knees. Keeping this alignment, lean your entire body back as far as possible toward your heels. Using your quadriceps, return to an upright position.
		2	4	Max reps	3020	180	
		3	1	Max reps	3020	180	
		4			3020	180	
		5		Max reps			
B1	Plank Shoulder Taps	1	3	10-12 ea	1012	10 / 90	Plank in a push up position. Staying tight and resisting movement of your pelvis, lift one arm up and touch the opposite shoulder. Repeat, alternating arms each rep.
		2	4	10-12 ea	1012	10 / 90	
		3	1	10-12 ea	1012	10 / 90	
		4	5	10-12 ea	1012	10 / 90	
B2	Incline Garhammer Raise	1	3	15-20	3011	10 / 90	Hips flexed at 90 degrees to start. Roll your pelvis up toward your sternum using your abs and return to the 90 degree hips flexed position.
		2	4	15-20	3011	10 / 90	
		3	1	15-20	3011	10 / 90	
		4	5	15-20	3011	10 / 90	
B3	Swiss Ball Stir the Pot	1	3	10-12 ea	2020	60	Plank with your feet on the floor (or a bench for more difficulty) and your elbows on a swiss ball. Make large slow circles in both directions with your elbows, keeping your core braced tight
		2	4	10-12 ea	2020	60	
		3	1	10-12 ea	2020	60	
		4	5	10-12 ea	2020	60	

Hotel Gym Workout Phase 4 - Workout 3 - Arms

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Seated DB Zottman Curl	1	3	12-15	3011	10	
		2	4	10-12	3011	10	
		3	1	10-12	3011	10	
		4	5	8-10	3011	10	
A2	30 Degree Incline DB Curl	1	3	12-15	30X0	10	
		2	4	10-12	30X0	10	
		3	1	10-12	30X0	10	
		4	5	8-10	30X0	10	
A3	Midline DB Hammer Curl	1	3	12-15	20X0	90	Internally rotate your shoulders and bring the dumbbells up the midline of your body
		2	4	10-12	20X0	90	
		3	1	10-12	20X0	90	
		4	5	8-10	20X0	90	
B1	Seated DB French Press	1	3	12-15	31X1	10	Single dumbbell - overhead triceps extension
		2	4	10-12	31X1	10	
		3	1	10-12	31X1	10	
		4	5	8-10	31X1	10	
B2	10 Degree Inc DB Triceps Ext to Ears	1	3	12-15	30X0	10	
		2	4	10-12	30X0	10	
		3	1	10-12	30X0	10	
		4	5	8-10	30X0	10	
B3	Flat DB Triceps Extension to Chin	1	3	12-15	20X0	90	
		2	4	10-12	20X0	90	
		3	1	10-12	20X0	90	
		4	5	8-10	20X0	90	

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

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Contralateral DB Hold 1-Leg DB RDL	1	3	12-15 ea	4010	10	Use free hand for support and balance on the back of an incline bench
		2	4	10-12 ea	4010	10	
		3	1	10-12 ea	4010	10	
		4	5	8-10 ea	4010	10	
A2	Unilateral Swiss Ball Leg Curl	1	3	Max reps ea	3011	10	Keep hips bridged up high
		2	4	Max reps ea	3011	10	
		3	1	Max reps ea	3011	10	
		4	5	Max reps ea	3011	10	
A3	DB Long Stride Walking Lunge	1	3	12-15 ea	20X0	180	
		2	4	10-12 ea	20X0	180	
		3	1	10-12 ea	20X0	180	
		4	5	8-10 ea	20X0	180	
B1	Seated Calf Raise - DB on knees	1	3	12-15	1111	10	
		2	4	10-12	1111	10	
		3	1	10-12	1111	10	
		4	5	8-10	1111	10	
B2	Standing DB Calf Raise	1	3	12-15	1010	10	
		2	4	10-12	1010	10	
		3	1	10-12	1010	10	
		4	5	8-10	1010	10	
B3	Standing 2-Foot Ankle Hop	1	3	20-25	X	90	
		2	4	20-25	X	90	
		3	1	20-25	X	90	
		4	5	20-25	X	90	



Hotel Gym Workout Phase 4 - Workout 5 - Shoulders and Forearms

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Prone 60 Degree Incline DB Front Raise	1	3	12-15	3012	10	
		2	4	10-12	3012	10	
		3	1	10-12	3012	10	
		4	5	8-10	3012	10	
A2	Standing DB Lateral Raise	1	3	12-15	3010	10	
		2	4	10-12	3010	10	
		3	1	10-12	3010	10	
		4	5	8-10	3010	10	
A3	Prone 60 Deg Incline DB Lateral Raise	1	3	12-15	2010	90	
		2	4	10-12	2010	90	
		3	1	10-12	2010	90	
		4	5	8-10	2010	90	
B1	DB Pronated Wrist Extension	1	3	12-15	2011	10	
		2	4	10-12	2011	10	
		3	1	10-12	2011	10	Elbows on knees
		4	5	8-10	2011	10	
B2	DB Supinated Wrist Flexion	1	3	12-15	2011	10	
		2	4	10-12	2011	10	
		3	1	10-12	2011	10	Elbows on knees
		4	5	8-10	2011	10	
B3	Pinch Grip DB Holds Hex head DB version	1	3	Max time	ISO	90	
		2	4	Max time	ISO	90	
		3	1	Max time	ISO	90	Pinch the plate ends of the dumbbells with your thumbs and fingers, holding the DBs perpendicular to the ground
		4	5	Max time	ISO	90	(vertically)