

Hotel Gym Workout Phase 5

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. For this phase, we are going to focus on the Gironda method, a killer cycle if you work extremely hard! After a thorough warm up, start with the heaviest weight you can manage for the rep bracket, and decrease the load accordingly as you fatigue.



Hotel Gym Workout Phase 5 - Workout 1 - Chest and Back

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A	60 Degree Incline DB Bench Press	1	8	8-10	31X0	45	
		2	8	8-10	31X0	40	
		3	3	8-10	31X0	40	
		4	8	8-10	31X0	35	
B	15 Degree Incline Pronated DB Flye	1	8	8-10	3210	45	
		2	8	8-10	3210	40	
		3	3	8-10	3210	40	
		4	8	8-10	3210	35	
C	Bent Over Neutral to Supinated DB Row	1	8	8-10	4011	45	
		2	8	8-10	4011	40	
		3	3	8-10	4011	40	
		4	8	8-10	4011	35	
D	DB Pullover	1	8	8-10	4110	45	
		2	8	8-10	4110	40	
		3	3	8-10	4110	40	
		4	8	8-10	4110	35	

Hotel Gym Workout Phase 5 - Workout 2 - Quadriceps and Abs

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A	Bulgarian DB Split Squat	1	8	8-10 ea	20X0	45	Back foot 4-6" off ground (or on bench if there is no other option)
		2	8	8-10 ea	20X0	40	
		3	3	8-10 ea	20X0	40	
		4	8	8-10 ea	20X0	35	
B	Slow Tempo DB Front Squat	1	8	8-10	5050	45	Hold DBs on shoulders with the elbows forward and the dumbbell handles vertical
		2	8	8-10	5050	40	
		3	3	8-10	5050	40	
		4	8	8-10	5050	35	
C	DB Lateral Step Up	1	8	8-10 ea	20X0	45	
		2	8	8-10 ea	20X0	40	
		3	3	8-10 ea	20X0	40	
		4	8	8-10 ea	20X0	35	
D	Swiss Ball Overhead DB Crunch	1	8	8-10	3011	45	Lie on a swiss ball holding a dumbbell in both arms. Reach the dumbbell overhead to full arm's length and keep it there for each set, taking advantage of the long lever to load your ABS.
		2	8	8-10	3011	40	
		3	3	8-10	3011	40	
		4	8	8-10	3011	35	



Hotel Gym Workout Phase 5 - Workout 3 - Arms

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A	Prone Incline DB Supinating Spider Curl	1	8	8-10	5050	45	
		2	8	8-10	5050	40	
		3	3	8-10	5050	40	
		4	8	8-10	5050	35	
B	45 Degree Incline DB Hammer Curl	1	8	8-10	5050	45	
		2	8	8-10	5050	40	
		3	3	8-10	5050	40	
		4	8	8-10	5050	35	
C	Decline DB Triceps Extension	1	8	8-10	5050	45	
		2	8	8-10	5050	40	
		3	3	8-10	5050	40	
		4	8	8-10	5050	35	
D	Eccentric Flat DB Triceps Ext w/ Press	1	8	8-10	20X0	45	Lower the dumbbells under control in a strict triceps extension for the eccentric. Then drop the elbows and do a concentric DB Bench press to get the weights back to the starting position before the next eccentric rep.
		2	8	8-10	20X0	40	
		3	3	8-10	20X0	40	
		4	8	8-10	20X0	35	



Hotel Gym Workout Phase 5 - Workout 4 - Posterior Chain and Calves

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A	Lying DB Leg Curl	1	8	8-10	3020	45	Hold DB between feet
		2	8	8-10	3020	40	
		3	3	8-10	3020	40	
		4	8	8-10	3020	35	
B	Slow Tempo DB RDL	1	8	8-10	5050	45	
		2	8	8-10	5050	40	
		3	3	8-10	5050	40	
		4	8	8-10	5050	35	
C	Mod. Tempo Swiss Ball Bridged Leg Curl	1	8	8-10	3020	45	Start with 8-10 reps at 5050 tempo. When you can't get 8 anymore, switch to 3020 tempo. When you can't do 8 at that speed, switch to 2010 tempo. Goal is to do all sets at 5050 by the end of the cycle.
		2	8	8-10	3020	40	
		3	3	8-10	3020	40	
		4	8	8-10	3020	35	
D	1-Leg DB Calf Raise	1	8	8-10 ea	1111	45	
		2	8	8-10 ea	1111	40	
		3	3	8-10 ea	1111	40	
		4	8	8-10 ea	1111	35	



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

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A	Eccentric L-Style Extended Lateral Raise	1	8	8-10	5010	45	
		2	8	8-10	5010	40	
		3	3	8-10	5010	40	
		4	8	8-10	5010	35	
B	Prone 20 Degree Incline Lateral Raise	1	8	8-10	2011	45	
		2	8	8-10	2011	40	
		3	3	8-10	2011	40	
		4	8	8-10	2011	35	
C	Seated DB Neutral Grip Shoulder Press	1	8	8-10	30X1	45	
		2	8	8-10	30X1	40	
		3	3	8-10	30X1	40	
		4	8	8-10	30X1	35	
D	Incline DB Wrist Flexion	1	8	8-10	2011	90	
		2	8	8-10	2011	90	
		3	3	8-10	2011	90	
		4	8	8-10	2011	90	Hand above elbow on bench