

Hotel Gym Workout Phase 6

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 use a light weight for your lone work set and you will not rep to failure or use any high-effort techniques. After the high volume work from last phase, we are going to decrease the volume and work on high-effort training with just ONE all-out work set per exercise, but it is to be done a very specific way. After a low volume of warm up sets to get to your target load, you will take your lone work set to positive muscular failure within the targeted rep bracket, where you try to lift the weight for 1 more rep, but cannot. Then you will take 15 seconds rest before repping to failure again (rest-pause method - denoted "RP" in the workout). Then to finish out the set, you will hold the weight motionless in the stretched position for 30 seconds (denoted "ISO" in the workout - for "isometric"), contracting hard to resist movement before moving on to the next exercise. Where indicated in the workout "AMRAP" means "as many reps as possible." For unilateral exercises, reps listed are for each side.



Hotel Gym Workout Phase 6 - Workout 1 - Chest and Back

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A	Flat DB Bench Press	1	1	15-20 + RP + ISO	40X0	15	
		2	1	12-15 + RP + ISO	40X0	15	
		3	1	12-15 (light)	40X0	15	
		4	1	10-12 + RP + ISO	40X0	15	
B	Push Up	1	1	AMRAP + RP + ISO	3110	15	Put hands on aerobic steps or DBs for deep stretch if possible.
		2	1	AMRAP + RP + ISO	3110	15	
		3	1	12-15 (light)	3110	15	
		4	1	AMRAP + RP + ISO	3110	15	
C	15 Degree DB Incline Flye	1	1	15-20 + RP + ISO	3210	15	
		2	1	12-15 + RP + ISO	3210	15	
		3	1	12-15 (light)	3210	15	
		4	1	10-12 + RP + ISO	3210	15	
D	Mid Pronated Pull Up	1	1	AMRAP + RP + ISO	3011	15	
		2	1	AMRAP + RP + ISO	3011	15	
		3	1	4-6 reps left in tank	3011	15	
		4	1	AMRAP + RP + ISO	3011	15	
E	DB Pullover	1	1	15-20 + RP + ISO	3110	15	
		2	1	12-15 + RP + ISO	3110	15	
		3	1	12-15 (light)	3110	15	
		4	1	10-12 + RP + ISO	3110	15	
F	Flat Powell Raise	1	1	15-20 + RP + ISO	4010	15	
		2	1	12-15 + RP + ISO	4010	15	
		3	1	12-15 (light)	4010	15	
		4	1	10-12 + RP + ISO	4010	15	

Hotel Gym Workout Phase 6 - Workout 2 - Quadriceps and Abs

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A	DB Split Squat - Front foot elevated	1	1	15-20 + RP + ISO	31X0	15	
		2	1	12-15 + RP + ISO	31X0	15	
		3	1	12-15 (light)	31X0	15	
		4	1	10-12 + RP + ISO	31X0	15	
B	Bodyweight Sissy Squat	1	1	AMRAP + RP + ISO	4120	15	If your quadriceps are VERY strong, you can hold a dumbbell across your chest. Use off-hand on bench or door frame for support.
		2	1	AMRAP + RP + ISO	4120	15	
		3	1	4-6 reps left in tank	4120	15	
		4	1	AMRAP + RP + ISO	4120	15	
C	Heels Elevated DB Squat	1	1	15-20 + RP + ISO	3210	15	
		2	1	12-15 + RP + ISO	3210	15	
		3	1	12-15 (light)	3210	15	
		4	1	10-12 + RP + ISO	3210	15	
D	Incline Garhammer Raise Medicine ball between knees if possible	1	1	AMRAP + RP + ISO	3011	15	Keep low back pressed into the bench when doing the stretched position ISO
		2	1	AMRAP + RP + ISO	3011	15	
		3	1	4-6 reps left in tank	3011	15	
		4	1	AMRAP + RP + ISO	3011	15	
E	Swiss Ball Pike Jacknife	1	1	15-20 + RP + ISO	2011	15	Do not hyperextend on ISO, just hold the planked position with your feet on the ball
		2	1	12-15 + RP + ISO	2011	15	
		3	1	4-6 reps left in tank	2011	15	
		4	1	10-12 + RP + ISO	2011	15	

Hotel Gym Workout Phase 6 - Workout 3 - Arms

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A	30 Degree Incline DB Zottman Curl	1	1	15-20 + RP + ISO	3111	15	
		2	1	12-15 + RP + ISO	3111	15	
		3	1	12-15 (light)	3111	15	
		4	1	10-12 + RP + ISO	3111	15	
B	Hands Elevated Bodyweight Triceps Ext.	1	1	AMRAP + RP + ISO	31X0	15	Put your hands on a bench or the wall and lower your body by bending the elbows until your chin or upper chest is tracking towards your hands.
		2	1	AMRAP + RP + ISO	31X0	15	
		3	1	4-6 reps left in tank	31X0	15	
		4	1	AMRAP + RP + ISO	31X0	15	
C	60 Degree Incline Supinating DB Curl	1	1	15-20 + RP + ISO	32X0	15	
		2	1	12-15 + RP + ISO	32X0	15	
		3	1	12-15 (light)	32X0	15	
		4	1	10-12 + RP + ISO	32X0	15	
D	Bench Dips	1	1	AMRAP + RP + ISO	3011	15	
		2	1	AMRAP + RP + ISO	3011	15	
		3	1	4-6 reps left in tank	3011	15	
		4	1	AMRAP + RP + ISO	3011	15	
E	Midline DB Hammer Curl	1	1	15-20 + RP + ISO	3110	15	
		2	1	12-15 + RP + ISO	3110	15	
		3	1	12-15 (light)	3110	15	
		4	1	10-12 + RP + ISO	3110	15	
F	Seated Overhead DB French Press	1	1	15-20 + RP + ISO	4010	15	
		2	1	12-15 + RP + ISO	4010	15	
		3	1	12-15 (light)	4010	15	
		4	1	10-12 + RP + ISO	4010	15	

Hotel Gym Workout Phase 6 - Workout 4 - Posterior Chain and Calves

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A	1-Leg Straight Leg Hip Bridge on Bench	1	1	AMRAP + RP + ISO	4120	15	Non-working leg should be straight up in the air.
		2	1	AMRAP + RP + ISO	4120	15	
		3	1	4-6 reps left in tank	4120	15	
		4	1	AMRAP + RP + ISO	4120	15	
B	Swiss Ball or Slider Leg Curl	1	1	AMRAP + RP + ISO	3210	15	
		2	1	AMRAP + RP + ISO	3210	15	
		3	1	4-6 reps left in tank	3210	15	
		4	1	AMRAP + RP + ISO	3210	15	
C	Contralateral 1-leg RDL	1	1	15-20 + RP + ISO	3210	15	Use off-hand on bench or wall for support. Keep pelvis level (ASIS on both sides should point to the ground in the stretched position)
		2	1	12-15 + RP + ISO	3210	15	
		3	1	12-15 (light)	3210	15	
		4	1	10-12 + RP + ISO	3210	15	
D	1-Leg DB Calf Raise	1	1	15-20 + RP + ISO	1010	15	
		2	1	12-15 + RP + ISO	1010	15	
		3	1	12-15 (light)	1010	15	
		4	1	10-12 + RP + ISO	1010	15	
E	Bodyweight 2-Leg Calf Raise	1	1	AMRAP + RP + ISO	1313	15	
		2	1	AMRAP + RP + ISO	1313	15	
		3	1	4-6 reps left in tank	1313	15	
		4	1	AMRAP + RP + ISO	1313	15	



Hotel Gym Workout Phase 6 - Workout 5 - Shoulders and Forearms

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A	Side Lying Incline 1-Arm Lateral Raise 15 Degree Incline	1	1	15-20 + RP + ISO	3111	15	Allow arm to travel behind back for stretched isometric
		2	1	12-15 + RP + ISO	3111	15	
		3	1	12-15 (light)	3111	15	
		4	1	10-12 + RP + ISO	3111	15	
B	Supine 30 Degree Incline DB Front Raise	1	1	15-20 + RP + ISO	3011	15	
		2	1	12-15 + RP + ISO	3011	15	
		3	1	12-15 (light)	3011	15	
		4	1	10-12 + RP + ISO	3011	15	
C	Prone 45 Degree Incline Lateral Raise	1	1	15-20 + RP + RP	3011	15	Double RP and no ISO since there is very little tension in the stretched position
		2	1	12-15 + RP + RP	3011	15	
		3	1	12-15 (light)	3011	15	
		4	1	10-12 + RP + RP	3011	15	
D	Closed Chain Push Up - choose option Easiest to hardest - 1. Feet on bench push up 2. Piked handstand push up-feet on bench 3. Handstand push up feet on wall 4. Handstand push up	1	1	AMRAP + RP + ISO	3011	15	
		2	1	AMRAP + RP + ISO	3011	15	
		3	1	4-6 reps left in tank	3011	15	
		4	1	AMRAP + RP + ISO	3011	15	
E	Incline DB Wrist Extension	1	1	15-20 + RP + ISO	2011	15	Hand above elbow on bench
		2	1	12-15 + RP + ISO	2011	15	
		3	1	12-15 (light)	2011	15	
		4	1	10-12 + RP + ISO	2011	15	
F	Behind Back DB or BB Wrist Flexion	1	1	15-20 + RP + ISO	2011	15	
		2	1	12-15 + RP + ISO	2011	15	
		3	1	12-15 (light)	2011	15	
		4	1	10-12 + RP + ISO	2011	15	