

Hotel Gym Workout Phase 7

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. Now we are going to shift to one of Charles's famed programs, the 6-12-25 program. This is an incredible cycle that can serve many purposes. You can build strength, hypertrophy, improve work capacity and elicit fat loss all with this difficult cycle. Each body part workout will consist of agonist (same body part) tri-sets consisting of heavy, moderate, and light loads. Go as heavy as you can for the rep bracket listed. You may need to decrease the load from set to set, but if you have to drop more than 20% from your original work set, stop that series and move on or end the workout. No sense taxing your body with low-quality work if your fatigue levels get too high. For unilateral exercises, reps listed are for each side.



Hotel Gym Workout Phase 7 - Workout 1 - Chest and Back

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	45 Degree Incline DB Bench Press	1	3	4-6	42X0	10	
		2	3	4-6	42X0	10	
		3	1	4-6	42X0	10	
		4	3	4-6	42X0	10	
A2	30 Degree Incline DB Bench Press	1	3	10-12	30X0	10	
		2	3	10-12	30X0	10	
		3	1	10-12	30X0	10	
		4	3	10-12	30X0	10	
A3	15 Degree Incline DB Flye	1	3	20-25	3210	180	
		2	3	20-25	3210	180	
		3	1	20-25	3210	180	
		4	3	20-25	3210	180	
B1	Narrow Supinated Chin Up	1	3	4-6	40X0	10	
		2	3	4-6	40X0	10	
		3	1	4-6	40X0	10	
		4	3	4-6	40X0	10	
B2	1 and 1/4 (Top) Prone Incline DB Row	1	3	10-12	3011	10	
		2	3	10-12	3011	10	
		3	1	10-12	3011	10	Elbows in
		4	3	10-12	3011	10	
B3	DB Pullover	1	3	20-25	3210	180	
		2	3	20-25	3210	180	
		3	1	20-25	3210	180	
		4	3	20-25	3210	180	



Hotel Gym Workout Phase 7 - Workout 2 - Quadriceps and Abs

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	DB Split Squat - Rear foot elevated 4-6"	1	3	4-6	42X0	10	
		2	3	4-6	42X0	10	
		3	1	4-6	42X0	10	
		4	3	4-6	42X0	10	
A2	DB Front Squat	1	3	10-12	30X0	10	Hold DBs on shoulders in front-rack position with the DBs vertical
		2	3	10-12	30X0	10	
		3	1	10-12	30X0	10	
		4	3	10-12	30X0	10	
A3	Prisoner Squat Jump	1	3	20-25	X	180	Interlock your fingers behind your head. Squat down into a full squat and jump as high as possible in the air.
		2	3	20-25	X	180	
		3	1	20-25	X	180	
		4	3	20-25	X	180	
B1	Eccentric Dragon Flag	1	3	4-6	5010	10	
		2	3	4-6	5010	10	
		3	1	4-6	5010	10	
		4	3	4-6	5010	10	
B2	Plank Shoulder Taps	1	3	10-12	1011	10	
		2	3	10-12	1011	10	
		3	1	10-12	1011	10	
		4	3	10-12	1011	10	
B3	Swiss Ball Crunch	1	3	20-25	2011	120	
		2	3	20-25	2011	120	
		3	1	20-25	2011	120	
		4	3	20-25	2011	120	

Hotel Gym Workout Phase 7 - Workout 3 - Arms

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Seated DB Hammer Curl	1	3	4-6	40X0	10	
		2	3	4-6	40X0	10	
		3	1	4-6	40X0	10	
		4	3	4-6	40X0	10	
A2	Prone Incline DB Spider Curl	1	3	10-12	3011	10	
		2	3	10-12	3011	10	
		3	1	10-12	3011	10	
		4	3	10-12	3011	10	
A3	Seated Alternating DB Curl	1	3	20-25	2010	120	
		2	3	20-25	2010	120	
		3	1	20-25	2010	120	
		4	3	20-25	2010	120	
B1	Eccentric DB Triceps Extension Use a weight that is midway between your strict triceps extension weight and DB bench press weight for 4-6 reps.	1	3	4-6	50X0	10	Lower a heavy weight in a strict triceps extension path, then when the DBs meet your shoulders drop your elbows and do a DB press to get them back up.
		2	3	4-6	50X0	10	
		3	1	4-6	50X0	10	
		4	3	4-6	50X0	10	
B2	10 Degree Incline DB Triceps Extension	1	3	10-12	3110	10	
		2	3	10-12	3110	10	
		3	1	10-12	3110	10	
		4	3	10-12	3110	10	
B3	Narrow Grip Push Ups	1	3	20-25	2010	120	
		2	3	20-25	2010	120	
		3	1	20-25	2010	120	
		4	3	20-25	2010	120	

Hotel Gym Workout Phase 7 - Workout 4 - Posterior Chain and Calves

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	DB Walking Lunge	1	3	4-6	20X0	10	
		2	3	4-6	20X0	10	
		3	1	4-6	20X0	10	
		4	3	4-6	20X0	10	
A2	DB RDL	1	3	10-12	5010	10	
		2	3	10-12	5010	10	
		3	1	10-12	5010	10	
		4	3	10-12	5010	10	
A3	Feet Elevated Hip Bridge	1	3	20-25	2011	180	2 legs on bench / shoulders on ground
		2	3	20-25	2011	180	
		3	1	20-25	2011	180	
		4	3	20-25	2011	180	
B1	Paused 1-Leg DB Calf Raise	1	3	4-6	1015	10	
		2	3	4-6	1015	10	
		3	1	4-6	1015	10	
		4	3	4-6	1015	10	
B2	Seated Calf Raise - DBs on knees	1	3	10-12	1111	10	
		2	3	10-12	1111	10	
		3	1	10-12	1111	10	
		4	3	10-12	1111	10	
B3	Two leg Ankle Hops	1	3	20-25	X	120	
		2	3	20-25	X	120	
		3	1	20-25	X	120	
		4	3	20-25	X	120	

Hotel Gym Workout Phase 7 - Workout 5 - Shoulders and Forearms

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	DB Shoulder Press	1	3	4-6	3110	10	
		2	3	4-6	3110	10	
		3	1	4-6	3110	10	
		4	3	4-6	3110	10	
A2	DB Lateral Raise	1	3	10-12	3011	10	
		2	3	10-12	3011	10	
		3	1	10-12	3011	10	
		4	3	10-12	3011	10	
A3	Prone 30 Degree Incline DB Face Pull	1	3	20-25	2011	120	
		2	3	20-25	2011	120	
		3	1	20-25	2011	120	
		4	3	20-25	2011	120	
B1	Hex DB Pinch Holds	1	3	4-6	1016	10	Pinch the end of a DB with your fingers and lift up in the air for 6 seconds.
		2	3	4-6	1016	10	
		3	1	4-6	1016	10	
		4	3	4-6	1016	10	
B2	DB Wrist Extension - forearms on thighs	1	3	10-12	2011	10	Hand above elbow on bench
		2	3	10-12	2011	10	
		3	1	10-12	2011	10	
		4	3	10-12	2011	10	
B3	DB Wrist Flexion - forearms on thighs	1	3	20-25	2011	120	
		2	3	20-25	2011	120	
		3	1	20-25	2011	120	
		4	3	20-25	2011	120	