

Hotel Gym Workout Phase 8

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. After the extremely high volume of stimulating work in the last phase, it's time to peel things back and focus on more recovery. Recovery is a long-term process and doesn't just take place on the weekend or days off from training. Sometimes an entire cycle of easier, lower volume training is necessary to maximize recovery for future cycles. For that reason, we are going to switch back to a 3x per week split of total-body training. You should still be training hard and challenging yourself within the targeted repetition bracket for each workout, but the overall stimulus of this cycle isn't going to be as taxing on your systemic recovery as the last cycle. For unilateral exercises, reps listed are for each side.

Hotel Gym Workout Phase 8 - Workout 1 - Total Body

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Flat DB Bench Press	1	2	12-15	42X0	75	
		2	2	10-12	42X0	75	
		3	1	10-12	42X0	75	
		4	3	8-10	42X0	75	
A2	Swiss Ball Leg Curl (2 legs)	1	2	12-15	30X0	75	
		2	2	10-12	30X0	75	
		3	1	10-12	30X0	75	
		4	3	8-10	30X0	75	
B1	1-Arm DB Arc Row	1	2	12-15	3210	75	Start with the DB hanging directly under your shoulder and pull your elbow back in an arc to finish with the DB at your hip.
		2	2	10-12	3210	75	
		3	1	10-12	3210	75	
		4	3	8-10	3210	75	
B2	DB Split Squat	1	2	12-15	40X0	75	
		2	2	10-12	40X0	75	
		3	1	10-12	40X0	75	
		4	3	8-10	40X0	75	
C1	Side Plank	1	2	Max time	ISO	60	Abduct top leg for the duration of the plank
		2	2	Max time	ISO	60	
		3	1	Max time	ISO	60	
		4	3	Max time	ISO	60	
C2	DB Power Bench Press Crunch	1	2	AMRAP	2010	60	Lie on your back on the floor with your knees bent and DBs in your hands like you are about to do a floor press. Keeping your arms straight, sit up as high as you can, keeping the DBs over your eyes.
		2	2	AMRAP	2010	60	
		3	1	AMRAP	2010	60	
		4	3	AMRAP	2010	60	



Hotel Gym Workout Phase 8 - Workout 2 - Total Body

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	DB Goblet Squat	1	2	20-25	2010	75	
		2	2	15-20	2010	75	
		3	1	15-20	2010	75	
		4	3	12-15	2010	75	
A2	Wide Grip Push Ups - Feet Elevated	1	2	AMRAP	3011	75	
		2	2	AMRAP	3011	75	
		3	1	AMRAP	3011	75	
		4	3	AMRAP	3011	75	
B1	Lying DB Leg Curl	1	2	20-25	3010	75	
		2	2	15-20	3010	75	
		3	1	15-20	3010	75	
		4	3	12-15	3010	75	
B2	Neutral Grip Chin Up	1	2	AMRAP	30X0	75	
		2	2	AMRAP	30X0	75	
		3	1	AMRAP	30X0	75	
		4	3	AMRAP	30X0	75	
C1	DB Lateral Raise	1	2	20-25	2010	60	
		2	2	15-20	2010	60	
		3	1	15-20	2010	60	
		4	3	12-15	2010	60	
C2	Bent Over 2-Arm DB Lateral Raise	1	2	20-25	2010	60	
		2	2	15-20	2010	60	
		3	1	15-20	2010	60	
		4	3	12-15	2010	60	



Hotel Gym Workout Phase 8 - Workout 3 - Total Body

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	DB Lateral Step Up	1	2	15-20	20X0	75	
		2	2	12-15	20X0	75	
		3	1	12-15	20X0	75	
		4	3	10-12	20X0	75	
A2	Prone Flat Contracted Position ISO Row	1	2	60-75 sec	ISO	75	We are working the fully shortened position for the upper back so grab light dumbbells and hold in maximal scapular retraction for the duration of the ISO hold.
		2	2	45-60 sec	ISO	75	
		3	1	45-60 sec	ISO	75	
		4	3	30-45 sec	ISO	75	
B1	Standing 1-Arm DB Shoulder Press	1	2	15-20	2011	75	
		2	2	12-15	2011	75	
		3	1	12-15	2011	75	
		4	3	10-12	2011	75	
B2	Kickstand DB RDL	1	2	15-20	3010	75	Stagger your feet with your non-working leg (the "kickstand") on the ball of the foot and a few inches behind the heel of the working leg and keep the majority of your weight on your working leg while hingeing at the hips. The non-working leg is for balance only.
		2	2	12-15	3010	75	
		3	1	12-15	3010	75	
		4	3	10-12	3010	75	
C1	Incline DB Curl	1	2	15-20	3011	60	
		2	2	12-15	3011	60	
		3	1	12-15	3011	60	
		4	3	10-12	3011	60	
C2	60 Degree Incline DB French Press	1	2	15-20	3110	60	Scoot up so that your head is at the top of the bench and allow the dumbbell to drop back behind the head for a big stretch on the triceps long head.
		2	2	12-15	3110	60	
		3	1	12-15	3110	60	
		4	3	10-12	3110	60	