

Hotel Gym Workout Phase 9

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. Now it's time to zone in and refocus on building your work capacity. In this cycle, we are going to push for a very high density of work, getting as much volume in a short period of time as possible. In each workout, you are going to do as many rounds as possible of 3 exercises within 30 minutes. Tempo on each exercise should be controlled, but fast. When looking to make progress, favor fitting more sets in the same amount of time over adding more weight (although you may add load if you choose to increase the stimulus if it becomes too easy) For unilateral exercises, reps listed are for each side. Your initial weight selected should be around 4 reps shy of technical failure on the first set. Stick with this weight and rest as-needed during the workout to be able to complete appropriate amount of reps.



Hotel Gym Workout Phase 9 - Workout 1 - Total Body

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	1-Arm DB Hang Snatch	1	MAX in 30 min	10 ea	Fast	Min	
		2	MAX in 30 min	10 ea	Fast	Min	
		3	MAX in 30 min	10 ea	Fast	Min	
		4	MAX in 30 min	10 ea	Fast	Min	
A2	30 Degree Incline DB Press	1	MAX in 30 min	10	Fast	Min	
		2	MAX in 30 min	10	Fast	Min	
		3	MAX in 30 min	10	Fast	Min	
		4	MAX in 30 min	10	Fast	Min	
A3	Wide Pronated Pull Up	1	MAX in 30 min	6	Fast	Min	
		2	MAX in 30 min	6	Fast	Min	
		3	MAX in 30 min	6	Fast	Min	
		4	MAX in 30 min	6	Fast	Min	



Hotel Gym Workout Phase 9 - Workout 2 - Total Body

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	DB Cossack Squat	1	MAX in 30 min	10 ea	Fast	Min	Hold a single dumbbell between your legs with a wide stance. Keeping your trail leg straight, squat out to one side on one leg, then push laterally back to the other side.
		2	MAX in 30 min	10 ea	Fast	Min	
		3	MAX in 30 min	10 ea	Fast	Min	
		4	MAX in 30 min	10 ea	Fast	Min	
A2	Bent Over 2-Arm DB Row	1	MAX in 30 min	10	Fast	Min	
		2	MAX in 30 min	10	Fast	Min	
		3	MAX in 30 min	10	Fast	Min	
		4	MAX in 30 min	10	Fast	Min	
A3	Swiss Ball Hip Lift / Leg Curl	1	MAX in 30 min	10	Fast	Min	
		2	MAX in 30 min	10	Fast	Min	
		3	MAX in 30 min	10	Fast	Min	
		4	MAX in 30 min	10	Fast	Min	



Hotel Gym Workout Phase 9 - Workout 3 - Total Body

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	DB Romanian Deadlift	1	MAX in 30 min	20	Fast	Min	
		2	MAX in 30 min	20	Fast	Min	
		3	MAX in 30 min	20	Fast	Min	
		4	MAX in 30 min	20	Fast	Min	
A2	30 Degree Incline DB Press	1	MAX in 30 min	10	Fast	Min	
		2	MAX in 30 min	10	Fast	Min	
		3	MAX in 30 min	10	Fast	Min	
		4	MAX in 30 min	10	Fast	Min	
A3	Swiss Bike Pike Jacknife	1	MAX in 30 min	10	Fast	Min	
		2	MAX in 30 min	10	Fast	Min	
		3	MAX in 30 min	10	Fast	Min	
		4	MAX in 30 min	10	Fast	Min	