

## Hotel Gym Workout Phase 10

**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. We are going to continue with the theme of increasing work capacity in this block utilized timed sets in alternate body part fashion. You will train 4x per week utilizing a "split total body split" approach. Posterior chain and upper body pushing 2x per week, and anterior chain and upper body pulling 2x per week, so you will be working both upper and lower body in all 4 sessions, but prioritizing different muscle groups in each session. For the timed sets, you will aim to get as many reps as possible with around a 20RM load in the time listed. Your tempo should be fast but you should always remain in control of the weights. If you reach fatigue before the end of the timed set, simply hold the load in the advantageous position with tension still on the targeted muscles. We will do 40 seconds of work with 20 seconds of rest (transitioning to your other exercise), and we will increase the total number of work sets each week as you get in better and better shape. This is NOT for the faint of heart, so be prepared to go HARD!**



## Hotel Gym Workout Phase 10 - Workout 1 - Anterior Chain and Upper Body Pull

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Alternating DB Lunge	1	5	40 sec	Fast	20 sec	
		2	6	40 sec	Fast	20 sec	
		3	7	40 sec	Fast	20 sec	
		4	8	40 sec	Fast	20 sec	
A2	Bent Over 2-Arm DB Row - elbows in	1	5	40 sec	Fast	20 sec	
		2	6	40 sec	Fast	20 sec	
		3	7	40 sec	Fast	20 sec	
		4	8	40 sec	Fast	20 sec	
B1	Incline Garhammer Raise	1	5	40 sec	Fast	20 sec	
		2	6	40 sec	Fast	20 sec	
		3	7	40 sec	Fast	20 sec	
		4	8	40 sec	Fast	20 sec	
B2	DB Pullover	1	5	40 sec	Fast	20 sec	
		2	6	40 sec	Fast	20 sec	
		3	7	40 sec	Fast	20 sec	
		4	8	40 sec	Fast	20 sec	



## Hotel Gym Workout Phase 10 - Workout 2 - Posterior Chain and Upper Body Push

Order	Exercise	Cycle	Sets	Time	Tempo	Rest (s)	Notes
A1	Swiss Ball Hip Bridge / Leg Curl	1	5	40 sec	Fast	20 sec	
		2	6	40 sec	Fast	20 sec	
		3	7	40 sec	Fast	20 sec	
		4	8	40 sec	Fast	20 sec	
A2	Standing 2-Arm DB Shoulder Press	1	5	40 sec	Fast	20 sec	
		2	6	40 sec	Fast	20 sec	
		3	7	40 sec	Fast	20 sec	
		4	8	40 sec	Fast	20 sec	
B1	Wide Stance DB Romanian Deadlift	1	5	40 sec	Fast	20 sec	Start with hips flexed to 90 degrees. Roll your pelvis up and bring your knees up toward your chest. Return back down and stop at 90 degrees.
		2	6	40 sec	Fast	20 sec	
		3	7	40 sec	Fast	20 sec	
		4	8	40 sec	Fast	20 sec	
B2	45 Degree Incline DB Press	1	5	40 sec	Fast	20 sec	
		2	6	40 sec	Fast	20 sec	
		3	7	40 sec	Fast	20 sec	
		4	8	40 sec	Fast	20 sec	

## Hotel Gym Workout Phase 10 - Workout 3 - Anterior Chain and Upper Body Pull

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	DB Goblet Squat	1	5	40 sec	Fast	20 sec	
		2	6	40 sec	Fast	20 sec	
		3	7	40 sec	Fast	20 sec	
		4	8	40 sec	Fast	20 sec	
A2	Prone 10 Deg Incline Row - elbows out	1	5	40 sec	Fast	20 sec	
		2	6	40 sec	Fast	20 sec	
		3	7	40 sec	Fast	20 sec	
		4	8	40 sec	Fast	20 sec	
B1	Kneeling Closed-Chain Leg Extension (DB on chest)	1	5	40 sec	Fast	20 sec	Kneel down on the floor or a yoga mat on both knees, holding a DB at your chest. Kneel tall, squeeze your glutes, extend your hips, and then drive your shins into the ground as you lower yourself backwards using only knee bend. Reverse direction and come back up using you quadriceps.
		2	6	40 sec	Fast	20 sec	
		3	7	40 sec	Fast	20 sec	
		4	8	40 sec	Fast	20 sec	
B2	Renegade DB Row	1	5	40 sec	Fast	20 sec	Start in a planked position with your hands on DB handles. Keeping your core braced and WITHOUT rotating, row one dumbbell up to your side. Alternate until all reps are completed.
		2	6	40 sec	Fast	20 sec	
		3	7	40 sec	Fast	20 sec	
		4	8	40 sec	Fast	20 sec	



## Hotel Gym Workout Phase 10 - Workout 4 - Posterior Chain and Upper Body Push

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes	
A1	DB lateral Step Up	1	5	40 sec	Fast	20 sec		
		2	6	40 sec	Fast	20 sec		
		3	7	40 sec	Fast	20 sec		
		4	8	40 sec	Fast	20 sec		
A2	Push Ups	1	5	40 sec	Fast	20 sec		
		2	6	40 sec	Fast	20 sec		
		3	7	40 sec	Fast	20 sec		
		4	8	40 sec	Fast	20 sec		
B1	DB Lying Leg Curl	1	5	40 sec	Fast	20 sec		
		2	6	40 sec	Fast	20 sec		
		3	7	40 sec	Fast	20 sec	Hold DB between feet	
		4	8	40 sec	Fast	20 sec		
B2	Bench Dips	1	5	40 sec	Fast	20 sec		
		2	6	40 sec	Fast	20 sec		
		3	7	40 sec	Fast	20 sec		
		4	8	40 sec	Fast	20 sec		