

Hotel Gym Workout Phase 11

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 that we have built some work capacity with our timed circuits in phase 10, it is time to move to some hypertrophy work utilizing slightly longer recovery periods between sets. This will allow for heavier loading and a better hypertrophic training effect. You are going to train 5x per week on a split body routine, hitting each muscle group twice per week with a high volume of total efforts. Strive to go as heavy as possible within the targeted rep ranges and decrease the weight as you fatigue from set to set if you need to. If you have to decrease the load more than 20% from the first set, then stop that exercise and move on to the next exercise. We don't want excessive fatigue to compromise the quality of the work we are doing.



Hotel Gym Workout Phase 11 - Workout 1 - Upper Body Pull

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A	Mid Supinated Chin Up	1	3	8-10	30X0	120 sec	
		2	4	8-10	30X0	120 sec	
		3	2	8-10	30X0	120 sec	
		4	5	6-8	30X0	120 sec	
B	One Arm DB Arc Row	1	3	10-12 ea	4010	90 sec	Start with the DB under your shoulder and row it in an arcing motion to your hip.
		2	4	10-12 ea	4010	90 sec	
		3	2	10-12 ea	4010	90 sec	
		4	4	8-10 ea	4010	90 sec	
C	Prone 30 Deg Incline DB Rear Delt Raise	1	3	15-20	2011	75 sec	Keep your thumbs pointed down and raise the dumbbells up and back so that they are in line with your belly button in the contracted position.
		2	3	15-20	2011	75 sec	
		3	1	15-20	2011	75 sec	
		4	4	12-15	2011	75 sec	
D	1-Arm DB Concentraton Curl	1	3	8-10 ea	30X0	75 sec	
		2	4	8-10 ea	30X0	75 sec	
		3	2	8-10 ea	30X0	75 sec	
		4	5	6-8 ea	30X0	75 sec	
E	30 Degree Incline DB Hammer Curl	1	3	10-12	4011	75 sec	
		2	4	10-12	4011	75 sec	
		3	2	10-12	4011	75 sec	
		4	4	8-10	4011	75 sec	



Hotel Gym Workout Phase 11 - Workout 2 - Upper Body Push

Order	Exercise	Cycle	Sets	Time	Tempo	Rest (s)	Notes
A	Half-Kneeling 1-Arm DB Shoulder Press	1	3	8-10 ea	30X1	120 sec	
		2	4	8-10 ea	30X1	120 sec	
		3	2	8-10 ea	30X1	120 sec	
		4	5	6-8 ea	30X1	120 sec	
B	15 Degree Incline DB Chest Press	1	3	10-12	4010	90 sec	
		2	4	10-12	4010	90 sec	
		3	2	10-12	4010	90 sec	
		4	4	8-10	4010	90 sec	
C	Flat DB Pec Flye	1	3	15-20	3110	75 sec	
		2	3	15-20	3110	75 sec	
		3	1	15-20	3110	75 sec	
		4	4	12-15	3110	75 sec	
D	Plank Triceps Push Ups	1	3	Max reps	22X0	75 sec	Start in a plank position on your forearms. Using ONLY your triceps, press yourself into the top of a push up position, then lower slowly back to the ground.
		2	4	Max reps	22X0	75 sec	
		3	2	Max reps	22X0	75 sec	
		4	5	Max reps	22X0	75 sec	
E	45 Degree Incline DB French Press	1	3	10-12	41X1	75 sec	Scoot up on a 45 degree incline bench so that your head is at the top of the bench. Allow the dumbbell to stretch down behind your head.
		2	4	10-12	41X1	75 sec	
		3	2	10-12	41X1	75 sec	
		4	4	8-10	41X1	75 sec	

Hotel Gym Workout Phase 11 - Workout 3 - Legs

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Narrow Stance DB Cyclist Squat	1	3	8-10 ea	30X1	90 sec	Elevate your heels as high as possible and keep your feet as narrow as possible. Squat all the way down and back up keeping your torso straight.
		2	4	8-10 ea	30X1	90 sec	
		3	2	8-10 ea	30X1	90 sec	
		4	5	6-8 ea	30X1	90 sec	
A2	Lying Leg Curl - DB Between Feet	1	3	8-10	4020	90 sec	
		2	4	8-10	4020	90 sec	
		3	2	8-10	4020	90 sec	
		4	5	6-8	4020	90 sec	
B1	DB 1 and 1/4 (bottom) Split Squat	1	3	10-12 ea	3110	90 sec	
		2	4	10-12 ea	3110	90 sec	
		3	2	10-12 ea	3110	90 sec	
		4	4	8-10 ea	3110	90 sec	
B2	Swiss Ball Hip Bridge / Hamstring Curl - 1 and 1/4 (Top)	1	3	6-8	4011	90 sec	
		2	4	8-10	4011	90 sec	
		3	2	10-12	4011	90 sec	
		4	4	12-15	4011	90 sec	
C1	Dead Body Float	1	3	30 sec	ISO	10 sec	Balance on your tailbone with your legs off the ground and your arms out to the side. Hold a light DB and pass it around to different positions (out to one side, overhead, etc) while keeping a rigid core.
		2	3	45 sec	ISO	10 sec	
		3	1	45 sec	ISO	10 sec	
		4	3	60 sec	ISO	10 sec	
C2	Swiss Ball Crunch	1	3	15-20	2011	90 sec	
		2	3	15-20	2011	90 sec	
		3	1	15-20	2011	90 sec	
		4	3	15-20	2011	90 sec	

Hotel Gym Workout Phase 11 - Workout 4 - Upper Body

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Mid Pronated Pull Up	1	3	15, 12, 10	30X0	100 sec	
		2	3	12, 10, 8	30X0	100 sec	
		3	1	10	30X0	100 sec	
		4	4	10, 8, 6, 6	30X0	100 sec	
A2	Flat DB Bench Press	1	3	15, 12, 10	40X0	100 sec	
		2	3	12, 10, 8	40X0	100 sec	
		3	1	10	40X0	100 sec	
		4	4	10, 8, 6, 6	40X0	100 sec	
B1	1-Arm Lean-Away DB Lateral Raise	1	3	12-15 ea	3011	60 sec	
		2	3	12-15 ea	3011	60 sec	
		3	1	10-12 ea	3011	60 sec	
		4	3	10-12 ea	3011	60 sec	
B2	Bent Over 1-Arm DB Trap 3 Raise	1	3	12-15 ea	3010	60 sec	
		2	3	12-15 ea	3010	60 sec	
		3	1	10-12 ea	3010	60 sec	
		4	3	10-12 ea	3010	60 sec	
C1	1 and 1/4 (bottom) DB Triceps Extension	1	3	8-10	3110	60 sec	
		2	3	8-10	3110	60 sec	
		3	1	6-8	3110	60 sec	
		4	3	6-8	3110	60 sec	
C2	1 + 1/4 (bottom) Incline DB Zottman Curl	1	3	8-10	3110	60 sec	
		2	3	8-10	3110	60 sec	
		3	1	6-8	3110	60 sec	
		4	3	6-8	3110	60 sec	



Hotel Gym Workout Phase 11 - Workout 5 - Lower Body

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A	Bent Knee Reverse Hyper on Bench	1	3	10-12	2012	75 sec	With your hips on the edge of a bench, contract your glutes and lift both knees up in the air, pressing your hips forward into the bench.
		2	3	12-15	2012	75 sec	
		3	1	12-15	2012	75 sec	
		4	3	15-20	2012	75 sec	
B	DB Bulgarian Split Squat	1	3	15,12,10 ea	31X0	120 sec	
		2	3	12,10,8 ea	31X0	120 sec	
		3	1	10 ea	31X0	120 sec	
		4	4	10,8,6,6 ea	31X0	120 sec	
C	Wide Stance DB RDL	1	3	15,12,10	4010	75 sec	
		2	3	12,10,8	4010	75 sec	
		3	1	10	4010	75 sec	
		4	4	10,8,6,6	4010	75 sec	
D	1-Leg DB Calf Raise	1	3	15,12,10 ea	1111	60 sec	
		2	3	12,10,8 ea	1111	60 sec	
		3	1	10 ea	1111	60 sec	
		4	4	10,8,6,6 ea	1111	60 sec	