

Hotel Gym Workout Phase 12

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 will begin this phase with 2 weeks of high volume work, and then it will be time to bring the volume down and set some rep PRs. In the final two weeks of this cycle, there will only be ONE all-out work set. Get a good gradual warm up and then take your one work set to failure. There are repetition brackets prescribed that would be ideal to hit failure in, but don't allow yourself to be limited by the repetition bracket. Take the final set of each exercise all the way until technical failure, even if it means doing higher reps than the set calls for. Don't be tempted to do more work, the low volume of these two weeks will allow for recovery and supercompensation and really allow you to hit some big numbers in the final 2 weeks of this phase. You are going to train 5x per week on a split body routine, hitting each muscle group twice per week.



Hotel Gym Workout Phase 12 - Workout 1 - Upper Body Pull

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A	Mid Neutral Grip Pull Up	1	5	8,8,6,6,4	30X0	150 sec	
		2	6	6,6,6,4,4,4	30X0	150 sec	
		3	1	6-8	30X0	150 sec	
		4	1	4-6	30X0	150 sec	
B	1-Arm DB Row - Elbow Out	1	5	10-12 ea	4010	90 sec	
		2	6	8-10 ea	4010	90 sec	
		3	1	8-10 ea	4010	90 sec	
		4	1	6-8 ea	4010	90 sec	
C	10 Degree Incline DB Powell Raise	1	4	10-12 ea	40X0	75 sec	
		2	5	8-10 ea	40X0	75 sec	
		3	1	8-10 ea	40X0	75 sec	
		4	1	6-8 ea	40X0	75 sec	
D	30 Degree Incline DB Zottman Curl	1	4	10-12	40X0	75 sec	
		2	5	8-10	40X0	75 sec	
		3	1	8-10	40X0	75 sec	
		4	1	6-8	40X0	75 sec	
E	Prone 10 Degree Incline DB Spider Curl	1	4	10-12	3011	75 sec	
		2	5	8-10	3011	75 sec	
		3	1	8-10	3011	75 sec	
		4	1	6-8	3011	75 sec	



Hotel Gym Workout Phase 12 - Workout 2 - Upper Body Push

Order	Exercise	Cycle	Sets	Time	Tempo	Rest (s)	Notes
A	45 Degree Incline DB Bench Press	1	5	8,8,6,6,4	30X0	150 sec	Shift the rep bracket in each week up 4-6 reps if you don't have access to heavy weights
		2	6	6,6,6,4,4,4	30X0	150 sec	
		3	1	6-8	30X0	150 sec	
		4	1	4-6	30X0	150 sec	
B	Seated DB Arnold Press	1	5	10-12	4010	75 sec	Supinated to pronated grip
		2	6	8-10	4010	75 sec	
		3	1	8-10	4010	75 sec	
		4	1	6-8	4010	75 sec	
C	30 Degree Incline DB Pec Flye	1	4	12-15	40X0	60 sec	
		2	5	10-12	40X0	60 sec	
		3	1	10-12	40X0	60 sec	
		4	1	8-10	40X0	60 sec	
D	10 Degree Decline DB Triceps Extension	1	4	10-12	31X0	60 sec	
		2	5	8-10	31X0	60 sec	
		3	1	8-10	31X0	60 sec	
		4	1	6-8	31X0	60 sec	
E	DB Pullover / Triceps Ext Behind Head	1	4	10-12	4010	60 sec	Use a single DB and bend the elbows while bringing the DB back behind the head. Extend the shoulders and elbows at the same time on the concentric.
		2	5	8-10	4010	60 sec	
		3	1	8-10	4010	60 sec	
		4	1	6-8	4010	60 sec	

Hotel Gym Workout Phase 12 - Workout 3 - Legs

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Bodyweight Sissy Squat	1	5	10-12	4010	75 sec	Hold DB across chest if extra load is needed.
		2	6	8-10	4010	75 sec	
		3	1	8-10	4010	75 sec	
		4	1	6-8	4010	75 sec	
A2	1-Leg RDL	1	5	10-12 ea	4010	75 sec	Keep hips square to the ground. Use off hand for balance to ensure you can get good output from the prime movers.
		2	6	8-10 ea	4010	75 sec	
		3	1	8-10 ea	4010	75 sec	
		4	1	6-8 ea	4010	75 sec	
B1	DB Goblet Cossack Squat	1	4	12-15 ea	40X0	75 sec	
		2	5	10-12 ea	40X0	75 sec	
		3	1	10-12 ea	40X0	75 sec	
		4	1	8-10 ea	40X0	75 sec	
B2	Swiss Ball Unilateral Hip Bridge / Hamstring Curl	1	4	Max reps ea	3011	75 sec	
		2	5	Max reps ea	3011	75 sec	
		3	1	Max reps ea	3011	75 sec	
		4	1	Max reps ea	3011	75 sec	
C1	Plank DB Drag-Throughs	1	3	10-12 ea	ISO	10 sec	
		2	4	10-12 ea	ISO	10 sec	
		3	1	10-12 ea	ISO	10 sec	
		4	1	10-12 ea	ISO	10 sec	
C2	Weighted Sit Ups	1	3	10-12	2011	60 sec	
		2	4	10-12	2011	60 sec	
		3	1	8-10	2011	60 sec	
		4	1	8-10	2011	60 sec	

Hotel Gym Workout Phase 12 - Workout 4 - Upper Body

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Wide Pronated Pull Up	1	5	6-8	30X0	100 sec	
		2	6	6-8	30X0	100 sec	
		3	1	5-7	30X0	100 sec	
		4	1	4-6	30X0	100 sec	
A2	Standing DB Shoulder Press	1	5	6-8	40X0	100 sec	
		2	6	6-8	40X0	100 sec	
		3	1	5-7	40X0	100 sec	Neutral grip
		4	1	4-6	40X0	100 sec	
B1	Feet Elevated Push Up	1	4	Max reps	3011	60 sec	
		2	5	Max reps	3011	60 sec	
		3	1	Max reps	3011	60 sec	
		4	1	Max reps	3011	60 sec	
B2	Prone Incline 2-Arm Trap 3 Raise	1	4	10-12	3011	60 sec	
		2	5	8-10	3011	60 sec	
		3	1	8-10	3011	60 sec	
		4	1	6-8	3011	60 sec	
C1	10 Degree Incline DB Triceps Extension	1	3	10-12	30X0	60 sec	
		2	4	8-10	30X0	60 sec	
		3	1	8-10	30X0	60 sec	
		4	1	6-8	30X0	60 sec	
C2	Seated Supinating DB Curl	1	3	10-12	30X0	60 sec	
		2	4	8-10	30X0	60 sec	
		3	1	8-10	30X0	60 sec	
		4	1	6-8	30X0	60 sec	



Hotel Gym Workout Phase 12 - Workout 5 - Lower Body

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A	Paused Alternating DB Lunge	1	5	10-12 ea	22X0	120 sec	
		2	6	8-10 ea	22X0	120 sec	
		3	1	8-10 ea	22X0	120 sec	
		4	1	6-8 ea	22X0	120 sec	
B1	DB Wide Stance Goblet Squat	1	5	20-25	2010	75 sec	
		2	6	15-20	2010	75 sec	
		3	1	25-30	2010	75 sec	
		4	1	20-25	2010	75 sec	
B2	DB RDL - toes elevated	1	5	20-25	2010	75 sec	
		2	6	15-20	2010	75 sec	
		3	1	25-30	2010	75 sec	
		4	1	20-25	2010	75 sec	
C1	Seated Calf - DB on knee	1	3	15,12,10	4010	10 sec	
		2	4	12,10,8	4010	10 sec	
		3	1	10	4010	10 sec	
		4	1	10,8,6,6	4010	10 sec	
C2	30 Degree Inc Bench Garhammer Raise	1	3	15,12,10 ea	1111	60 sec	
		2	4	12,10,8 ea	1111	60 sec	
		3	1	10 ea	1111	60 sec	
		4	1	10,8,6,6 ea	1111	60 sec	