

Hotel Gym Workout Phase 13

In this phase, we are beginning a new 12-week periodized block of training. Coming off of the last low-volume phase where we hit some big rep-PRs, it's time to hit some general physical preparation (GPP) and get you back in better shape to continue to drive your fitness level higher and higher. This cycle of training requires only dumbbells, a swiss ball, an adjustable bench, and basic hotel gym cardio equipment and can be done when you don't have access to a complete gym. The goal here in this phase is to boost your overall work capacity with 3 total body workouts per week. Each workout will start with a 3-exercise tri-set that works your whole body, and will end with some anaerobic conditioning and core work. This phase provides a nice foundation on which future strength, size, and fitness gains can be made.



Hotel Gym Workout Phase 13 - Workout 1 - Total Body A

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Diagonal 45 Degree Alternating DB Lunge	1	4	15-20 ea	30X0	60 sec	Step forward and out to the side about 30-45 degrees
		2	5	12-15 ea	30X0	45 sec	
		3	2	10-12 ea	30X0	30 sec	
		4	6	10-12 ea	30X0	15 sec	
A2	Bent Over 2-Arm DB Row	1	4	15-20	4010	60 sec	
		2	5	12-15	4010	45 sec	
		3	2	10-12	4010	30 sec	
		4	6	10-12	4010	15 sec	
A3	Hand Release to Overhead Push Ups	1	4	12-15	3111	120 sec	Lower yourself down to the ground, rest your chest on the ground and reach your arms all the way overhead before bringing them back under you to start the next push up.
		2	5	12-15	3111	120 sec	
		3	2	15-20	3111	90 sec	
		4	6	15-20	3111	90 sec	
B1	Forwards and Backwards Bear Crawl	1	5	40-60 sec	FAST	10 sec	Go continuously for the prescribed duration, using the space you have available.
		2	6	40-60 sec	FAST	10 sec	
		3	2	40-60 sec	FAST	10 sec	
		4	7	40-60 sec	FAST	10 sec	
B2	DB or Medball Russian Twist	1	5	10-12 ea	FAST	75 sec	
		2	6	10-12 ea	FAST	75 sec	
		3	2	10-12 ea	FAST	75 sec	
		4	7	10-12 ea	FAST	75 sec	

Hotel Gym Workout Phase 13 - Workout 2 - Total Body B

Order	Exercise	Cycle	Sets	Time	Tempo	Rest (s)	Notes
A1	1-Arm DB Hang Snatch	1	4	10-12 ea	X	60 sec	
		2	5	10-12 ea	X	45 sec	
		3	2	10-12 ea	X	30 sec	
		4	6	10-12 ea	X	15 sec	
A2	Supinated Chin Ups + Max eccentric	1	4	Max reps	3010	60 sec	Do as many reps as you can with your bodyweight, then perform a max-time eccentric rep on your last rep
		2	5	Max reps	4010	45 sec	
		3	2	Max reps	4010	30 sec	
		4	6	Max reps	4010	15 sec	
A3	Standing 2-Arm DB Shoulder Press	1	4	12-15	40X0	120 sec	
		2	5	10-12	40X0	120 sec	
		3	2	10-12	40X0	90 sec	
		4	6	8-10	40X0	90 sec	
B1	Heavy Resistance Spin Bike Sprints	1	4	30 sec	X	No rest	
		2	5	30 sec	X	No rest	
		3	2	8-10	X	No rest	
		4	6	30 sec	X	No rest	
B2	Breathing Front Plank	1	4	6-10	121-10	120 sec	Create maximal tension for 10 seconds, then take a 2-second break between reps.
		2	5	6-10	121-10	90 sec	
		3	2	6-10	121-10	75 sec	
		4	6	6-10	121-10	75 sec	



Hotel Gym Workout Phase 13 - Workout 3 - Total Body C

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Heels Elevated DB Squat	1	4	20-25	30X0	60 sec	
		2	5	15-20	30X0	45 sec	
		3	2	15-20	30X0	30 sec	
		4	6	12-15	30X0	15 sec	
A2	30 Degree Incline DB Bench Press	1	4	15-20	4010	60 sec	
		2	5	12-15	4010	45 sec	
		3	2	10-12	4010	30 sec	
		4	6	10-12	4010	15 sec	
A3	Prone Incline 2-Arm "Y" Raise	1	4	15-20	3011	120 sec	
		2	5	12-15	3011	120 sec	
		3	2	10-12	3011	90 sec	
		4	6	10-12	3011	90 sec	
B1	Incline Treadmill Sprint	1	3	2 min	FAST	10 sec	
		2	4	90 sec	FAST	10 sec	Jump rope or high-knee run in place if no treadmill
		3	2	3 min	FAST	10 sec	
		4	5	60 sec	FAST	10 sec	
B2	Abdominal V-Up	1	3	10-15	30X0	60 sec	
		2	4	10-15	30X0	60 sec	
		3	2	15-20	30X0	60 sec	
		4	5	15-20	30X0	60 sec	