

DON'T BE FOOD FITNESS

HOTEL GYM WORKOUT

This full-body workout is designed for the typical hotel gym and it can be performed daily if using light to medium weights. Give yourself a day break if lifting heavy or sore from the day before.

PROGRAM BENEFITS

- *Provides relief from jet lag*
- *Improves sleep & mood*
- *Helps work off the buffet and take-out food!*

WORKOUT PLAN DETAILS

- Have 2-3 RIR (*reps in reserve or reps left in the tank*) after each Set
- 90 second REST after each Set
- REP TEMPO: 1/2/3 (*1 Sec. Concentric, 2 sec Hold, 3 sec Eccentric*)
- Remember to Drink Water & Stay Hydrated
- Work Through the FULL RANGE OF MOTION

EQUIPMENT NEEDED

Limited to what you find in the hotel, but hoping for Dumbbells (DB), Barbell and Bench & Pull Up Bar

COMPLIMENTARY HOTEL GYM WORKOUT

HOTEL GYM WORKOUT

EXERCISE	SETS	REPS	WEIGHT
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WARM UP (*Light Weight*)

Half Kneeling Low to High Dumbbell Rotations	2	8	<input type="text"/>
Push Ups	2	10	BW
Squat Press / Thrust Ups	2	8	<input type="text"/>

WORKOUT

Skull Crusher Triceps Extensions	3	10	<input type="text"/>
Flat Bench Chest Press	3	8	<input type="text"/>
REST		90 secs	
Seated Bicep Curls	3	10	<input type="text"/>
Bent Over Lat Row or Gorilla Pulls	3	8	<input type="text"/>
REST		90 secs	
Lateral (<i>side</i>) Shoulder Raises / T's	3	8	<input type="text"/>
Goblet Squat (<i>target Quads</i>)	3	10	<input type="text"/>
REST		90 secs	
Lat Pull Downs or Pull Ups	3	8	<input type="text"/>
Overhead Shoulder Press	3	8	<input type="text"/>
REST		90 Secs	
Dumbbell Deadlift (<i>target Glutes</i>)	3	10	<input type="text"/>
Plank	3	30 secs	
Crunches	3	15	<input type="text"/>

CARDIO isn't required, but running on the treadmill, rowing, elliptical or cycling can be added either at the beginning or end of this workout.



THANK YOU for downloading this workout. I hope you enjoy the program and the feeling it evokes inspires and motivates you to take the next step in your fitness journey.

If you would like more information about me as a Coach and the Personalized Training I can provide, please visit:

[DONTBEFOOD.COM](https://dontbefood.com)

I'm here to guide you to your fitness goals and give you the knowledge and skills you need to build confidence, strength, power, mobility, and most importantly, the YOU you hope to be!

~ Patrick Doyle