



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



Store



Workouts



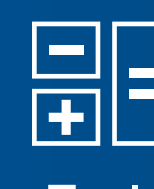
Diet Plans



Expert Guides



Videos



Tools

WORKOUTS FOR THE ROAD: A COMPLETE HOTEL GYM WORKOUT PROGRAM

Travel for your job? Going on vacation? Need a workout you can do in a hotel gym with limited equipment? We got you covered with this hotel gym workout!

Link to Workout: <https://www.muscleandstrength.com/workouts/complete-hotel-gym-workout-program>

Main Goal: Build Muscle
Training Level: Intermediate
Program Duration: 4 Weeks
Days Per Week: 6 Days

Time Per Workout: 60-90 Mins
Equipment: Bodyweight, Dumbbells, Machines
Author: Alex Stewart

Chest

Exercise	Sets	Reps
Dumbbell Flat Press	5	15
Dumbbell Incline Press	5	15
Superset		
Incline Dumbbell Fly	3	12
Push Up	3	Failure
Superset		
Dumbbell Fly	4	15
Dumbbell Pullover	4	15
Close Grip Pushup	2	Failure

Legs

Exercise	Sets	Reps
Goblet Squats	4	25
Dumbbell Stiff Legged Deadlifts	3	15
Dumbbell Split Squats	4	12
Dumbbell Step Ups	4	15
Superset		
Bodyweight Walking Lunge	4	50 Each Leg
Bodyweight Squats	4	Failure
Seated Dumbbell Calf Raise	4	20

Back

Exercise	Sets	Reps
Bent Over Dumbbell Row	4	15
Dumbbell Deadlift	4	20
One Arm Dumbbell Row	4	12
Dumbbell Pullovers	4	25
Incline Dumbbell Row	4	12

Shoulders

Exercise	Sets	Reps
Seated Dumbbell Side Lateral Raise	5	12 - 20
Arnold Press	4	12
Bent Over Reverse Fly	4	15
Seated Dumbbell Shoulder Press	3	8

Arms

Exercise	Sets	Reps
Superset		
Dumbbell Curls	5	12 - 20
Lying Tricep Dumbbell Extensions	5	12 - 20
Superset		
Dumbbell Tricep Kickback	5	12
Incline Dumbbell Curls	5	12
Superset		
Seated Single Arm Overhead Extension	4	15
Concentration Curls	4	15
Superset		
Hammer Curls	4	12
Close Grip Pushup	4	Failure

Core / Abs

Exercise	Sets	Reps
Crunches	4	20
Lying Leg Lift	4	15
Air Bicycle	4	15
Planks	3	Failure