

■ ■ Hotel Banded Workout – 3 Day Full Body Split

Workout A (Strength Focus)

- Band Squat → Press
- Band Rows • Banded RDLs
- Standing Band Chest Press
- Band Curls
- Band Overhead Triceps Extensions
- Core: Banded Pallof Press

(Increase Band Tension if It's Easy!)

WHAT YOU'LL NEED

1) Resistance Bands Found

Here \$16

[LINK](#)

2) **YOUTUBE** (for Demonstrations)

Weekly Flow (4 Weeks)

- Week 1: A / B / A - 2 or 3 sets of Each
- Week 2: B / C / B - 2 or 3 sets of Each
- Week 3: A / D / A - 2 or 3 sets of Each
- Week 4: C / D / C - 2 or 3 sets of Each
- (Cycle A B C D if traveling, 3 sessions per week.)

Workout B (Hypertrophy Focus)

- Front Squat with Band
- Banded Pull-Aparts
- Banded Good Mornings
- Incline-Style Band Press
- Zottman Band Curls
- Band Kickbacks
- Core: Band Deadbug Holds

Workout C (Variation of A – Isometrics & Slow Tempo)

- Same as Workout A, but:
- - Add 3–5 sec slow negatives (eccentric focus).
- - Hold peak contraction 10–20 sec.
- - Rep range: 8–12 reps (slower tempo).

Workout D (Variation of B – Volume & Burnout)

- Same as Workout B, but:
- - Rep range: 15–20 reps.
- - Use '21s' for curls & squats.
- - Add pulse/half-reps for presses.