Hotel gym workout log

Two full-body sessions for a dumbbell rack and a patch of floor.

Warm up first. Record the weight per hand and unit, then reps for each working set.
For unilateral moves, record each side (e.g. 12/11). Leave roughly 1–3 clean reps in reserve.

Session 1

Date _____ **Gym / location** _____

Exercise		Target	Load + unit	Set 1 reps	Set 2 reps
A1	Split squat	8–15 / side			
A2	Floor or bench press	8–20			
B1	Romanian deadlift	8–15			
B2	One-arm row	10–20 / side			

Variation or next time _____

Session 2

Date _____ **Gym / location** _____

Exercise		Target	Load + unit	Set 1 reps	Set 2 reps
A1	Split squat	8–15 / side			
A2	Floor or bench press	8–20			
B1	Romanian deadlift	8–15			
B2	One-arm row	10–20 / side			

Variation or next time _____

How to use the two sessions

Alternate A1 with A2, then B1 with B2. Rest until your next set can be performed well.
For a 15-minute visit, do one working set of each. Use the same variations on the next visit.
Back home, resume the next planned session. Keep hotel loads in their own log entries.