



TwoHomeBell

FREE

3 Hotel-Room Sessions

Stay strong when the week is split.

One bell. Two homes.

Night you land Short floor that still counts Morning before you fly Hotel + Quiet versions
20-30 minutes

Three sessions. One kettlebell or a hotel dumbbell. Each session has a **Hotel** version and a **Quiet (no-swing)** version. Twenty to thirty minutes. No account. No app.

This is not Week 1 of the 8-week plan. Do these when you travel. If they fit, the paid plan adds Home A, Home B, eight weeks, and a Notion tracker.

Training, not treatment. This plan does not diagnose, treat, or promise a body.

How to use this PDF

- Session 1 the **night you land**. Do not wait for Monday.
 - Session 2 on a **short floor that still counts** (tiny room, thin carpet, awkward furniture).
 - Session 3 the **morning before you fly**.
 - If the floor is thin or the hour is late, use Quiet.
 - One implement. If the hotel gym left a dumbbell, use it. Goblet = vertical at the chest. Hinge = two-hand deadlift-to-hip-snap. Carry = suitcase. Press = dumbbell press. TGU = dumbbell TGU.
 - Low ceiling: Russian swing only (chest height). No snatch. No dropping.
 - Warm-up is inside each session. Then the main work. Then stop.
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QUIET means grind only: no swings, snatches, or ballistic cleans.

1. Night you land (~22 min)

You dropped the bag. The room is a box. You are not starting a programme. You are keeping the week.

Why: Trained the night you arrived. The week is not paused.

WARM-UP 10 arm circles, 8 hip hinges, 6 goblets, 4 halos / side.
Quiet warm-up: 8 slow deadlifts instead of extra hinge swings.

HOTEL

1. 6 × 10 two-hand Russian swing / 45 s. If the ceiling is low or the carpet is wrong: 6 × 10 dumbbell or kettlebell hinge-deadlift.
2. 3 × 8 goblet / 60 s.
3. 3 × 20 s suitcase march / 45 s.

No get-up (late, carpet, tired). No snatch. No drops. No overhead.

QUIET (NO-SWING)

1. 6 × 10 kettlebell or dumbbell deadlift / 45 s.
2. 3 × 8 goblet / 60 s.
3. 3 × 20 s suitcase march / 45 s.

One-bell. Working bell for all three.

2. Short floor that still counts (~25 min)

The bed eats the room. You still train. Shorten the swing path before you skip the session.

Why: A small floor is still a session if the work is honest.

WARM-UP Same as session 1. If you cannot swing in the warm-up, do the Quiet warm-up.

HOTEL

1. 5 × 8 two-hand Russian swing / 45 s. If a swing hits the bed or the TV: 5 × 8 hinge-deadlift instead.
2. TGU 2 / side, slow. Clear the floor first. If you cannot lie down, 3 × 5 / side tall-kneeling press instead.
3. 3 × 8 goblet / 60 s.
4. 2 × 20 s suitcase march.

Low ceiling: stop the get-up at half-kneeling. No drops. No snatch.

QUIET (NO-SWING)

1. 5 × 8 deadlift / 45 s.
2. TGU 2 / side, slow — or 3 × 5 / side tall-kneeling press if you cannot lie down.
3. 3 × 8 goblet / 60 s.
4. 2 × 20 s suitcase march.

One-bell. Use a bell you can TGU. If only a heavy bell: unloaded TGU (or the kneeling press), goblets with the bell.

3. Morning before you fly (~20 min)

Checkout, bag, taxi. A clock, not a floor routine. You should still have time to shower.

Why: Done before you leave. Standing work. No lying down.

WARM-UP 10 arm circles, 6 hip hinges, 6 goblets. Skip halos if you are already late.

HOTEL

12 min EMOM:

- Odd minutes: 10 two-hand Russian swings (or 10 hinge-deadlifts if ceiling / floor is wrong).
- Even minutes: 8 goblets.

Then 3 × 20 s suitcase march.

No TGU. No snatch. No drops. If you miss a minute, skip it and keep the clock.

QUIET (NO-SWING)

12 min EMOM:

- Odd minutes: 10 deadlifts.
- Even minutes: 8 goblets.

Then 3 × 20 s suitcase march.

One-bell. Working bell both stations.

After the three

If these fit a week that moves, the **8-Week Interrupted-Week Plan** is the rest: Home A, Home B, Hotel, Quiet, 24 sessions, Notion tracker. €39. 14-day refund.

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