



# Travel Size Workouts

## Business travel doesn't need to interrupt your fitness routine

Whether you spend a couple days or a few weeks at a time away on business, you can maintain an exercise routine by being flexible and willing to “make do” with what’s available. And when time is tight, travel-size your workouts!

### Learning to Improvise

Although 5-star hotels with state-of-the-art fitness centers make exercising easier, you can still work out even if the fitness center where you’re staying consists of a room with two old cardio machines and a set of mismatched dumbbells.

**Light weights? Slow down** – When the dumbbell you want is not available for your bicep curl, use a lighter weight with a super slow count of 10-seconds curl up; 10-seconds curl down. (More advanced: Lift one foot off the ground while performing your strength training exercises to add a core-stability element to the workout.)

**Old equipment? Push harder** – When using outdated fitness equipment (assuming there are no safety concerns with malfunctions), push your weight limits a bit higher. (More advanced: try the exercise with one limb instead of two.)

**Nice scenery? Go outside** – Sometimes business travel takes you to beautiful places, so take advantage of your surroundings and go for a quick jog or fast walk. (More advanced: stop along the way and do push-ups, tricep dips and leg lifts on park benches.)

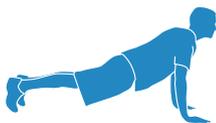
**No time? Stay in** – Depending on how much time you have, you could workout in your hotel room, with the television tuned to the channel of your choice and your laptop close by in case a great idea pops into mind or an important email comes in.

# Hotel Room Workout

Short on time? Here's a sample workout you can do in your hotel room that requires no equipment.

## Upper Body

Next, focus on the "push" motion in your upper body with these exercises. (On a subsequent day, do "pull" motion exercises.)\*



**Push-ups:** Leaning into a wall (beginners), using stable chair arms to lean on (intermediate), or on the floor (advanced), position your feet together and your arms in line with your shoulders; keep your head in a neutral position as you lower and raise your planked body. Do 10 to 50+; perform 3 sets.



**Tricep dips:** Sitting on edge of a chair, palms on the seat, arms straight, slide off the chair seat and bend at the elbows to dip down and back up. Do 10 to 40+; perform 3 sets. Not challenging enough? Place luggage on your lap to add weight.

## Lower Body

Warm up by focusing on the large muscles of your lower body first. Do some basic squats or side-to-side lunges, then move on to these exercises.\*



**Inverted bicycle:** Lying face up in bed or on the floor, "pedal" your legs, bicycle style with wide circles, for 2-4 minutes.



**Single leg squats:** Stand at the side of your bed, facing away from the bed. Lift your left leg and extend it straight back onto the bed, putting most of your weight on your right leg. Slowly lower your whole body on the right leg, maintaining an upright torso and keeping your knee in line with your foot. Bend to your lowest point (not past 90° degrees), then push into your right heel to stand up. Repeat 10-15 times on both legs; perform 3 sets.

## Core Exercises

To condition your core muscles, try these exercises.\*



**Crunches:** Lying on your back with knees bent, hands behind your head, looking at the ceiling, tighten your abdominal muscles as you lift and lower your torso. Do 50 crunches.



**V sit:** Sit on the floor, lean back to balance in a "V" position where your feet are off the floor (knees can remain bent or extend your legs for more advanced). Hold 5-20 seconds; repeat 3 times.

## Stretches

Use a towel with these stretches to give yourself some assistance.\*



**Standing shoulder stretch:** Holding the ends of a towel stretched out like a rope, raise the towel overhead, straight arms with outward tension on the towel. Allow one arm at a time to pull down toward a side. Hold 30 seconds; repeat each arm 3 times. Both arms can also extend back to stretch the front of the shoulders.

**Sitting hamstring stretch:** Sitting on the floor, legs extended and feet flexed, loop the towel over your feet, keeping your back straight. Use your arm strength to lower into a forward fold. Hold 30 seconds; repeat 3 times.



\*Please consult your physician before performing these exercises or any physical activity.