

# No Equipment Travel Workout

<http://exercise.about.com/library/bltravelworkout.htm>



This workout targets the entire body and is great for travelers or those who don't have a lot of equipment. All you need is a thick phone book (or any other thick, heavy book) and a stool or chair. Some exercises are very advanced, so use caution and modify the workout to fit your fitness level.

1. Begin with a warm up of light cardio
2. Beginners perform 1 set of 12-16 reps of each exercise, modifying each move to fit your fitness level
3. Intermediate/Advanced: Performs 2-3 sets of 10-16 reps with short rests in between
4. Add intensity by adding weights or slowing the movements down
5. See your doctor if you have any injuries or illnesses
6. Click on pictures for a closer view

## ***Staggered Pushups***

Try a different version of your usual pushup by putting one hand on a phone book (or any other object) and the other on the floor. On your knees or toes (and with body straight) lower down into a pushup and push back up. Do as many as you can and move on.



## ***Good Mornings***

Stand with feet about hip-width apart holding phone book (or medium weight) straight up overhead. Keeping abs braced and knees slightly bent, tip from the hips and lower the torso until it is parallel to the floor, keeping the arms in line with ears. Lift up and repeat. Keep the abs braced throughout the move. If you have any back problems, skip this move!



## ***Pike Shoulder Pushup***

This is a very advanced exercise, so use caution! Place your toes on a step or stool and hands on the floor. Lift your body up into a pike position with your hands directly under your shoulders and the top of your head facing the floor. Bend the elbows and lower body into a pushup. Push back up and repeat. The move is shown on a ball which is even more



advanced. Be careful!

### ***Rear Delt Fly***

With feet hip-width apart, tip from the hips until back is flat and parallel to the floor, abs braced. Lift the arms straight out to the sides to shoulder level with thumbs pointing up to the ceiling. Lower and repeat. Add light weights for intensity...if this hurts your shoulders, skip it!



### ***Triceps Dips***

Sit on a bench or chair with hands resting next to thighs. Push up and bring the hips out, butt just brushing the bench, knees bent. Bend the elbows and lower body down (staying close to bench) until elbows are 90 degrees. Push up and repeat. Straighten the legs for more intensity.



### ***Triceps One-Armed Pushup***

Lie down on left side, hips and knees stacked. Wrap the left arm around torso so that left hand is resting on the right waist. Place the right hand on the floor in front of you, palm parallel to the body. Squeeze the triceps and push your body up. Lower and repeat before switching sides.



### ***Squats on Tiptoes***

With feet wider than hips, squat down and place hands on phone book in front of you. Raise up on the tips of your toes. Staying on tiptoes and fingertips, lift hips up towards the ceiling and straighten the knees as much as you can. Squat back down and repeat, staying in tiptoes the entire time. Modify by placing hands higher (on a chair or bed).



### ***Lunge with Arms Overhead***

Stand in split stance with feet about 3 feet apart. Hold phone book or weight straight up overhead. Bend the knees and lower into a lunge, bringing both knees to 90 degree angles, front knee behind toe. Keeping weight overhead, push back up and repeat before switching legs.



### ***Single Leg Lift and Squat***

Place hands behind the back and tip forward until back is parallel to the floor and flat, abs braced. Take right leg out to the side, resting on toe. Squat down with the left leg while simultaneously lifting the right leg a few inches off the ground and out to the side, leg straight. Straighten and repeat for all reps before switching sides.



### ***Calf Raise***

Stand on phone book with heels hanging off the back. Keeping body straight, lift the body up onto tiptoes by contracting the calves. Lower and repeat. You can do this on the floor as well.



### ***Oblique Abs***

Sit with legs bent, back straight, arms extended straight out in front of you. Contract the abs and sweep right arm down and behind you in a half-circle motion, leaning the torso back a few inches. Sit back up and repeat on other side.

