

Hotel/Travel Workout



You are on a business trip or vacation, you are pressed for time but you want to keep up on those good fitness habits. If the hotel has a gym attached, then you are in luck! Run on down there and get yourself in a quick workout. But if your hotel does not, or you are pressed for time, here are a few exercises to keep those healthy habits happening...

Warm Up:

Step/march in place to get your heart rate up and blood pumping. Increase intensity gradually by performing jumping jacks, high knees or butt kicks. Warm up for about 3-5 minutes.

Exercises:

1. Push ups
2. Walking Lunges-to one side of the room and back
3. Use the seat of the chair to perform dips
4. Perform squats holding backpack or small piece of luggage and/or Overhead squats-holding luggage or backpack over your head
5. Calf raises holding onto the back of a chair
6. One arm luggage rows
7. Plank- Single arm plank and two arm planks
8. Crunches
9. Mountain Climbers
10. BURPEES :)

Pick 6-8 exercises. Perform 2 sets of each with 12-15 repetitions.

Tips and Warnings:

- Always remember to warm up before your workout.
- Always cool down and stretch after your workout.
- Be considerate of space in the hotel room as not to run into anything.
- Listen to your body and take the appropriate rest in between sets.
- Have fun :)