

Whether you are travelling for business or visiting relatives, finding time for a workout can pose serious problems. A great way to overcome this dilemma is to schedule exercise into your day like you would any other critical appointment. Another solution is to fit in a vigorous workout first thing in the morning in your room. This avoids running out of time and steam for an evening session.

Aside from a lacking the free time, you may not have access to a fitness facility, especially on the road. To combat this obstacle, all you need is a little creativity and the following program, which will keep you strong and trim, wherever life may take you.

The Workout For Wherever You Are

By Jared Postance

The Program:

Please refrain from any exercise that causes you pain. If you have any injuries or have not exercised at this intensity in the past, please consult a healthcare professional for assistance.

Warm-up

- 1) **20 Alternating Lunges with a Twist** – Step forward with arms up at 90 degrees. Bend your front knee to 90 degrees, stay tall and twist under control to the right and left. Stand up and repeat alternating legs.
- 2) **20 Jumping Jacks** – Start with your feet together and your hands to the side. When you begin to jump, take your legs apart and raise your arms. Repeat.
- 3) **10 Stairs + 20 Reverse Lunges** – Head out to the stairwell and run up and down a flight of stairs. After the tenth time down the stairs, stand on the bottom rung, facing the stairs. Take a big step back, off of the step with your right foot, bend your knees, and do not let your knees pass 90 degrees. Step up on the step and repeat, alternating legs.

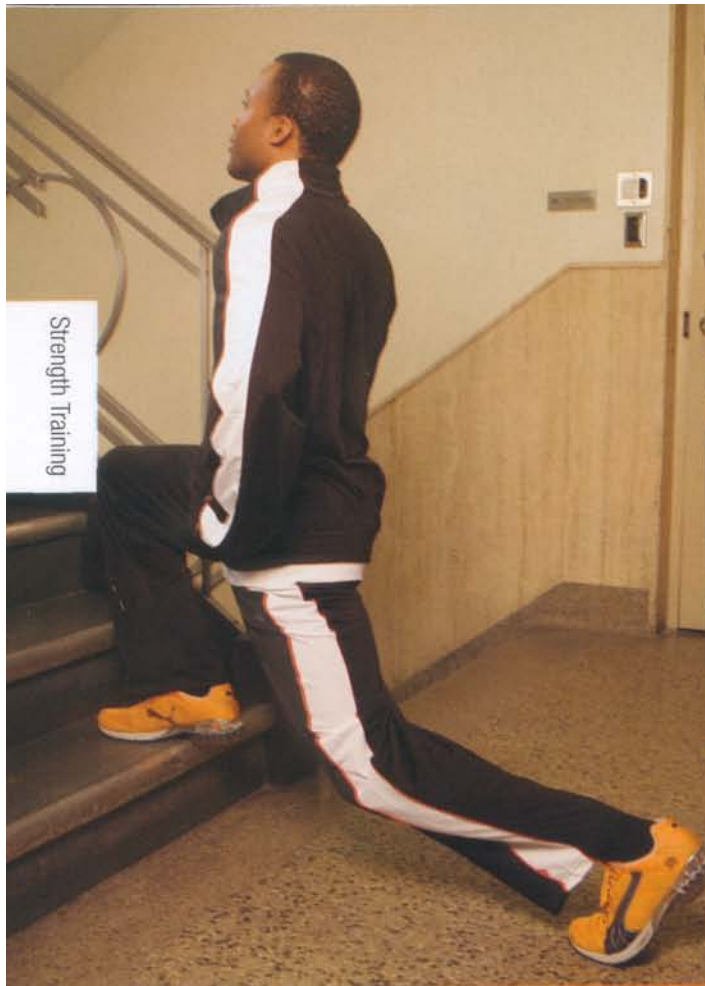
Conditioning

(Perform 1 set of each group of exercises with no rest in between groups then repeat the circuit if desired or time permits)

1) 20 Body Squats + 20 Split Squats + 10 Jump Squats

Part 1: Keep feet shoulder width apart. Bend your knees and hips to 90 degrees. Keep your head and chest up. Stand up and repeat. **Part 2:** Stand with your left foot resting on a chair or bed behind you. Right foot is in front of you about 30 cm. Slowly bend your right knee. When your right thigh becomes parallel to the ground, stand up and repeat. Switch sides. Follow this immediately with Jump Squats. Jump towards the sky. This exercise is executed successfully with fast repetitive jumps.





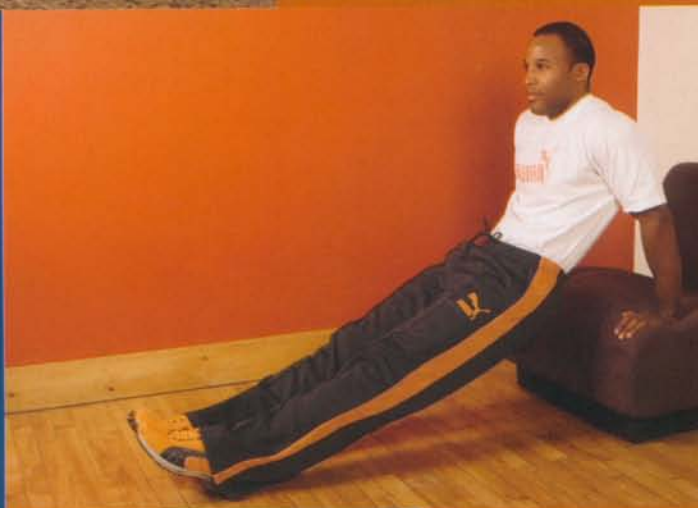
2) 20 Snow Angels + 20 Figure 8's + 20 Swimmers

Lie on your stomach for all three exercises. To make a snow angel you must keep your arms straight. Begin with your arms along the side of your body with your legs together. As you move your arms up over your head, take your feet apart then return to the start position. Next, place your arms perpendicular to your body, making yourself look like a T. From this position begin to move your arms in figure-8 patterns. To execute a swimmer imagine you are performing the breast-stroke.

3) 20 Pushups + Isometric Push-up Performed at Half Way (hold for 20 seconds) + 20 Triceps Dips

Part 1: Start with standard push-ups. Push-ups can be done from your knees if needed. **Part 2:** On your 20th rep hold the low position for 20 seconds. **Part 3:** Sit on the edge of a sturdy chair or couch, with your hands on the chair on either side of you (fingers facing forward) and legs straight out in front of you.

Lift your bum up and away from the chair. Slowly bend your elbows, making sure to keep them close to your body. Do not let your elbows bend past 90 degrees. Lift yourself up, by straightening your elbows but not hyper extending them and repeat.



4) 20 Reverse Crunches + Straight Leg Hold (20 seconds) + 10 Jack Knives

Part 1: Lie on your back with your knees bent at 90 degrees. Gently lower your feet towards

the floor. Once you get to a point where you can no longer control the movement, tilt your pelvis back, contracting your lower abs. **Part 2:** Raise straight legs to 70-80 degrees and hold. Keep your back in contact with the floor and hold for 20 seconds. **Part 3:** Extend yourself out along the floor. Begin by moving your upper body first then lift your legs. You should end up on your butt in the shape of a 'V'.

Cool down - light stretching

Circuit Training: Is a series of exercises that are each performed for a short period of time in immediate succession. Circuit training will: build muscle, burn fat, tone muscle, build aerobic strength.



Travel Tips – Follow these three simple rules to keep energy levels high while traveling:

1) Keep Hydrated – always carry a bottle of water with you and try to drink at least three litres a day. Hint: Drink one litre of water before getting out of bed.

2) Plan your meals – Eat five to six frequent meals per day to keep you from feeling hungry. Hint: plan and pack extra snacks for long trips or meetings.

3) Get good quality sleep – Try to go to bed early and allow yourself enough rest. Hint: The best hours to sleep are 10 p.m. - 6 a.m. for full physical and psychological recovery.