

Take Your Workout On the Road

By Peter Twist and Janice Hutton

Planning a vacation or heading on a business trip? Pack all the essentials but remember to include your workout as you head out on the road. Staying fit while travelling lets you return home without extra baggage on your waist line and keeps your commitment to healthy living on track.

While travelling to new places can be exciting, it can also be very stressful and exhausting. Business travelers take a beating from hours spent waiting, sitting on planes, hotel transfers, long meetings, executive meals and restless nights. A vacation can do wonders to decompress from work, but the long haul flights, jet lag, multiple modes of transportation and eating meals out take their toll on the mind and body of even the committed fitness enthusiast. To guarantee that you get the workout you need, stay focused on your goals and maintain your routine, a travel workout is essential. Here are some excellent tips for staying fit while away from home.

▪ Plan Ahead

- Check your itinerary - find time to exercise en route to your destination in the airport terminal or between travel.
- Beat Jet Lag – re-energize your mind and your body with a workout on arrival. This resets your body creating a cycle of healthy choices and overcomes the urge to nap or snack
- No Gym, no problem – take along a pre-designed workout with equipment that is versatile to get maximum impact
- Good Choices – stay hydrated and energized by having healthy snacks on hand to re-charge regularly

▪ Pack Your Gear

- Workout Wear – choose quick dry clothes and layers for multiple days and diverse weather
- Footwear – pack shoes that can be used for indoor and outdoor exercise pursuits
- Portable Equipment – make room in your luggage for compact resistance training equipment like the Smart Gym™ to stay strong and burn more calories
- Music – the best motivator is your own tunes to get you going and keep you pumped

Try this Travel Workout to manage your fatigue and enhance your feeling of well-being next time you're on the road.

Guidelines

Begin your routine with light resistance, slow movement speed and a full range of motion to get accustomed to the new loading. Perform 1 to 2 sets of 8 to 12 repetitions of each exercise. Give yourself generous rest between each set.

To progress fitness and strength improvements, your goal is to add new challenges to the body by:

- Begin with isolation exercises and then add whole body exercises later to activate more muscle and increase the exercise difficulty
- Decrease the rest between sets to sustain a higher heart rate that improves fitness levels and burns more calories
- Gradually increase resistance to keep the muscle under tension and stimulate more muscle growth

Once you become proficient at executing whole body, multi joint exercises you challenge your mind to command multiple muscles to work sequentially to produce more force as a team. This workout strategy produces smart muscles that comply with the mind's commands and develops a body that is ready to meet the demands of every day life along with all the exciting adventures you pursue on vacation.

Whole Body Maximum Impact Workout

Resisted Squat

Start: Begin with feet shoulder width apart, Smart Toner under your feet, Smart Stick on your shoulders, triple flexion of hip, knee and ankle and tension on the toner.

Execution: Keeping a strong core, extend the hip, knee and ankle with resistance into an upright position

Progression: Add an overhead press linked with the squat to engage the upper body (sequence = squat then press)



Kneeling Split Squat Pull Down

Start: Attach the Smart Toner at the top of a doorway, wide grip on the Smart Stick and legs in a kneeling split stance

Execution: With strong posture, draw back the elbows to pull the stick toward the chest and contract through the shoulder blades

Progression: Add a stationary or dynamic lunge linked to the row to activate the whole body (sequence = lunge then row)



Chest Press

Start: Attach the Smart Toner at the mid point of the doorway, face away from the door, wide grip on the Smart Stick and legs shoulder width apart

Execution: Activate the core and push the Smart Stick, triple extending through shoulders, elbows, wrists

Progression: Add a squat or lunge linked to the press to create a multi joint movement (sequence = squat / lunge then press)



Core Isolation

Start: Attached the Smart Toner at the mid point of the doorway, position your body at a 90 degree angle to the door, lower body in low athletic stance

Execution: pull the Smart Toner with arms lengthened until both hands are in front of the middle of the upper body and hold (20 to 30 seconds) with the core braced and strong, then repeat on the other side

Progression: Add a rotary motion after the isolation hold using a back foot to front weight shift and a low to high movement pattern. (sequence = isolate then rotate)



You work hard to develop a fit and healthy lifestyle so that you can enjoy travelling and have lots of energy to soak up all the excitement of exploring new places. Travel takes time and money and getting more work done while on business trips or seeing more sites on holiday is best accomplished with a fresh body and alert mind. Don't let the stress of travel disrupt your regular exercise routine. Take your workout with you on the road to continue on your fitness journey while experiencing the best that life has to offer.

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