

Pack a fitness attitude for business travel

Before I begin, how are those New Year's resolutions going? If you read my January article (www.t2bb.net/newsletters), "Make Strict Goals, Not Strict Resolutions," hopefully your goals are still in the works.

I often encounter many people who have trouble maintaining their training program or routine while on business travel. Although, sometimes difficult depending on the circumstances, it really is simple.

First, let's discuss the obvious. Attitude. Without going into the depths of the psyche and turning this article into a sports psychology lesson, your reaction to the disruption of the regularity of a routine is your attitude. If you believe you cannot exercise because you're traveling, you won't. If you alter your attitude to commit to conditioning your body, you will, no matter what.

Second, which exercises to perform? Again the obvious, do what you already know and avoid creating a new training exercises or programs. Keep it simple; life is already too complicated, don't add to it. Take six exercises that most individuals know, push-ups, Supermans (or back extensions), body weight squats, plank, crunches and lunges. Perform each exercise for one minute, rest

for 1-3 minutes, repeat two more times, and stretch. That is 18 minutes of work with about 8 minutes of stretch, which equates to 25 minutes of total conditioning.

For the more advanced, keep the time all the same and change the intensity of the exercise. Perform push-up claps or asymmetric push-ups (once you can not perform any more, finish with regular push-ups), back extensions with arms out to the side holding bottles of water, jump squats, side plank, lunge jump switches and crunches with feet up in the air or V sit-ups followed by stretching.

Third, where to perform these exercises? If using the exercise examples above, a space where your entire body can lie down. Hotel room floor space is an excellent place. Also, most hotels have a little exercise room, but also most will have enough space to perform the exercises examples given above.

Hotels usually have pools for treading water or swimming laps. Free weights are not in most places due to liability concerns, but pulley machines are sometimes available. They are great for performing circuits (going from one machine to the next without rest). In addition, you can incorporate the earlier exercises given above in between each machine

as a variation.

I have listed below a few exercises that will hopefully help, granted they are word descriptions and we don't have the luxury of pictures, but as long as they are not causing pain, then go for it.

Remember, in my belief, it is mostly attitude of performing exercise anywhere in the world ... something is better than nothing.

- **Squat-thrusts.** Stand with feet together. Squat down and place your hands on the floor next to your feet. In an explosive movement, jump feet backward into a push-up position, jump feet back between hands and use your legs to stand up.

- **One-leg balance, squat, reach.** Stand on one leg and hold it as long as you can. If this is too easy, add a slight squat motion. Still too easy? Place an object on the floor, several feet in front of you (a book perhaps), slowly squat down, and reach out with one arm and touch the object and slowly return to an upright position. Stay on one leg at all times. Repeat on the other leg after a minute or so.

- **Chair dips.** You'll need two chairs, (or a bed and a chair or a counter, etc.) for this great triceps exercise. Place two chairs facing each other, about 3 feet apart. Sit on one chair with your palms down and gripping the edge of the chair. Place your heels on the edge of the other chair and hold yourself up using your triceps. Slide forward just far

enough that you're behind clears the edge of the chair and lower yourself so your elbows are at 90 degrees. Do as many repetitions as you can.

- **Wall sit.** With your back against a wall, and your feet about 2 feet away from the wall, slide down until your knees are at a 90-degree angle. Hold the position as long as you can.

- **Reverse crunch.** Lie on your back with your hands out to your sides, and bend your knees. Bring your knees toward your head until your hips come up slightly off the floor (don't rock). Hold one second and repeat.

- **Jumping jacks.** The basic jumping jack is a good cardio exercise.

- **Side jumps.** Stand with feet together. Jump to the right several feet, keeping knees bent and landing in a squat position. Jump back to the left and continue jumping from side to side. Use a small object to jump over if you like (book, pillow etc..).

- **Mountain climbers.** Start on your hands and knees and get into in a sprinter's start position. Keep your hands on the ground and push off with your feet so you alternate floor placement (run in place) as long as you can. Be sure to keep your back straight, not arched.



Training to be balanced

Augie Hernandez

Augustine (Augie) Hernandez Jr. owns Training to Be Balanced LLC. He is a movement specialist in most sports. Reach him at augie@t2bb.net or www.trainingtobebalanced.net.