

Much of summer often means travel, especially in August. Whether on vacation or business, you don't see high capacity in gyms or fitness studios. T2BB endures the same trends but we give road programs to help when members travel which can be a burden on workout routines when one is on the road often.

Recently, I traveled to Texas by car. In planning for the trip, I contemplated the lack of quality nutrition along the highways, cramping hip flexors, long drive times, little time for workouts...etc. I do not imagine all this generates within everyone's head but nonetheless; I will share my trip experience in workout on the road. I hope to create self-ideas and tips to help encourage you to workout on your next trip.

First, despite the vehicle you drive to travel, the body was not meant to stay still for long periods of time. Unless sleeping of course, and even sleeping, most people's body move to readjust for comfort. Wiggle as much as possible in your seat. If you driving readjust often, passenger, stretch the legs, rotate in both directions, scratch your back, flex and point your toes, periodically during stops.

Second, if you are aware of the possible times and destinations you will cease driving, plan small workouts. A short high-energy workout goes the distance with sleep, feeling better, and uncomfortable long seated driving. I would suggest 20 minutes of non-stop exercises. Pick 3-5 exercises at 10 reps each and repeat them 2-3 sets. Don't make this planning a chore, write two small workouts and place it somewhere visual often such as a road map or book mark.

Third, create a workout to maintain, not progress, unless you have the time and facility to progress. Maintenance is a realistic goal than progression especially in business travel. Thus, on your return home, you become rusty in a few training components rather than overall. Some of the components to emphasize: strength, power, coordination/agility, flexibility, balance.

On my trip we departed on a Thursday. Four days prior I trained intensely. (I performed a series of weights with functional movements and stretched) I did perform the same routine Sunday/Tuesday and Monday/Wednesday which included three outdoor mountain bikes rides for 45 minutes plus each. I prepped myself to endure the up coming road travel of sitting.

First day (Thursday) took us to Denver, with three long stops for our dog; I stretched as he found new smells to mark his territory. Stretching including lots of rotation and backwards reaching (the opposite of sitting) with all parts of my limbs. This ranged from 3-5 minutes each stop.

Second day (Friday) was the long haul at 12 hours! No fun, however ending at a hotel, I had a 20 minute workout, 13 minutes consisted of long static stretching and 7 minutes was push ups, bridges (lying on your back with knees bent and lifting your hips) with variations, side plank, band pulls for the back (3 foot circular band) and 24s for the legs (squats in place, alternate lunges in place and then jumping each of them, 24 reps each for a total of 96 reps).

Third day (Saturday) was only 7 hours of sitting in a car with light stretching on stops. We unloaded the car and rested that night.

The next day (Sunday) was the first opportunity of a higher-level workout, only the fourth day since working out on Wednesday. Not much was lost in the body just gained stiffness; I knew that I needed to workout at a high intensity for two reasons. One, I was at sea level and in order to match Jackson's altitude I needed work harder (longer is not necessary). Two, my body was rested therefore it could produce lots of activity in a short period of time.

The first workout lasted 40 minutes in her fitness clubhouse. They had a 1980 Universal machine with old school chest press, leg extension, and lat pull down, and bike and treadmill...something better than nothing, correct? However, I found more production from functional exercises in different sections.

The first section of my workout consisted of D.A.M.P. (Dynamic Activation Movement Prep). Here again worked on rotation and turned on muscles (activation) moderately (dynamic) before embarking upon a workout (movement prep).

The second section consisted of a workout with Val slides (small plastic plates that slide on the floor) and a super band (3 foot circular band) and two-handed row exercise on the pulley machine (The universal machine they had there). I chose 4 exercises for the Val slides and super band and two exercises from the pulley. All exercises were non stop (except for drinks of water). Finally, I static stretched in the end.

All said and done, I DAMPED for 8 minutes, worked out for 24 minutes and stretched for 8 minutes which totaled 40 minutes.

Time only allowed two more workouts, one at 53 minutes and the other at 47 minutes. However, each workout separated by one or two days of rest. I returned to Jackson with only my lungs being “rusty” as I took my bike out the first time in a week and half. My recovery was the same due to the high intensity that was conducted over the road trip and only my endurance suffered, if that is the only time required to work on, I will take it. The moral of the story – something is ALWAYS better than nothing!