

inerTRAIN Travel Workout

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Whether it's for business or pleasure, my clients (like most of us) are constantly on the go. Keeping up with the gains that they've made in their training programs through flying, driving, hotel stays, meetings, and late-night parties is a major challenge. Time and efficiency is the key to training, especially while out of town. While it seems there are a million suggestions for workouts to do while traveling, how realistic is it if it takes an hour and requires a hotel gym?

The travel workout that I give my clients takes just minutes, kicks their butts, and best of all, needs no equipment. Put your workout times on your calendar so you know exactly when you'll get it done. If you wait until you're at the hotel, you may be distracted by work or tempted by the fun the city has to offer. Open your hotel drapes, take in the view, and then get your workout clothes on and get busy.

The Workout

This workout consists of 10 exercises. Included below are small tips on each exercise since those included in the workout are fairly universal. There is a good chance that if you haven't performed them before, you've at least seen them done by others.

Each exercise is performed for 10 repetitions. I suggest that you do all 10 exercises consecutively, then take a short break, and perform 2 more sets of all 10 exercises (for a total of 3 sets). Keep the pace fast, but make sure your form is correct.

If you're up for the big challenge, you can try what I do: 5 sets of all 10 exercises straight through with no rest. Time yourself and keep track of it to see how you improve over time. Eventually you should see if you can do this in less than 10 minutes, but be careful not to overexert yourself.

1. Bodyweight Squats

Keep your feet shoulder-width apart and your chest lifted while bringing your thighs parallel to the floor.



2. High-Knees

Hold your hands in front of your hips and alternate jumping your knees up to your hands. Each left and right knee strike counts as one repetition.



3. Jump Squats

Swing your arms back as you squat then reach high as you jump.



4. Mountain Climbers

You'll be in plank (push-up) position during this move. Alternate bringing one knee to your chest at a time then jump and switch knees. Each left and right knee jump counts as one repetition.



5. Burpees

This is where the circuit gets serious. A burpee is a combination of a push up and a squat. Bend over, put your hands on the floor and jump into plank (push-up) position. Perform a push-up then jump your feet back to your hands. From this position, jump up high and clap your hands above your head.



6. Dive Bombers

In yoga terms, a dive bomber is a 'downward-facing dog' to an 'upward-facing dog'. If you haven't done yoga, it goes like this: put your hands on the floor with your butt high in the air. Bend your elbows as you scoop your chest down to the floor. Drop your hips until they are just above the floor and then bring your head up to look at the ceiling. Then pop your butt back up into the air so that you are back to the starting position.



7. Push-Ups

Pay attention to your posture on this one. Keep your spine long as you lower your chest to the floor. Keep your hips parallel to the floor and don't drop your head!



8. Sit-Ups

Keep your fingertips on the sides of your head and your elbows out of sight as you bring your chest all the way up to your thighs.



9. Knee-Ins

Lean back with your hands on the floor and (as the name says) bring your knees in to your chest.



10. Russian Twists

Pick your feet up off of the floor, lean back, and grasp your hands together. Rotate your torso from side-to-side. Every left-to-right rotation counts as one repetition.

