

STAY IN SHAPE ON THE ROAD



We love to travel, but the journey itself can take its toll and maintaining a fitness regime on the road can be difficult. If you're pushed for time and have no equipment, follow these easy and effective exercises. If you're a regular exerciser, this routine will help keep you in great shape during your next hotel stay.

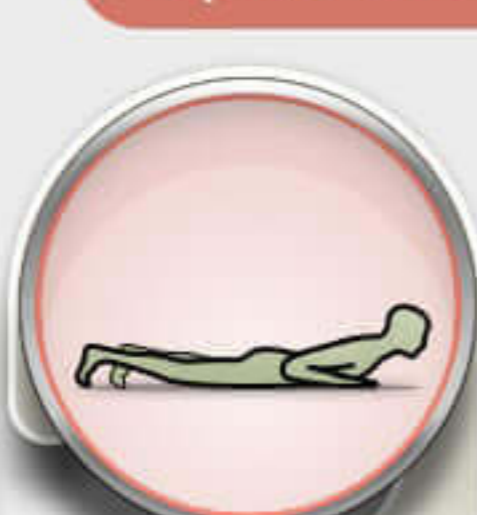
WARM-UP AND FLEXIBILITY

First, let's warm up a little and prepare the body for a few more challenging exercises later in the routine...

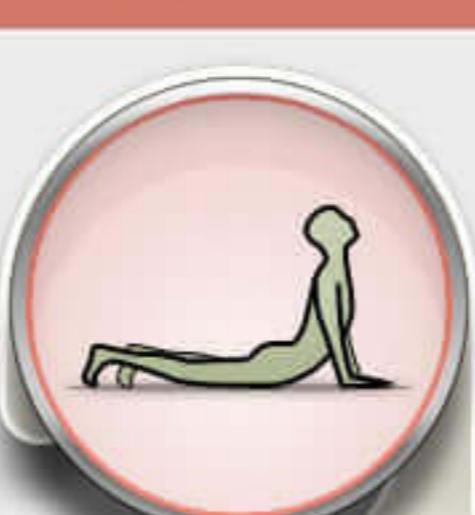
Upward and Downward Facing Dog



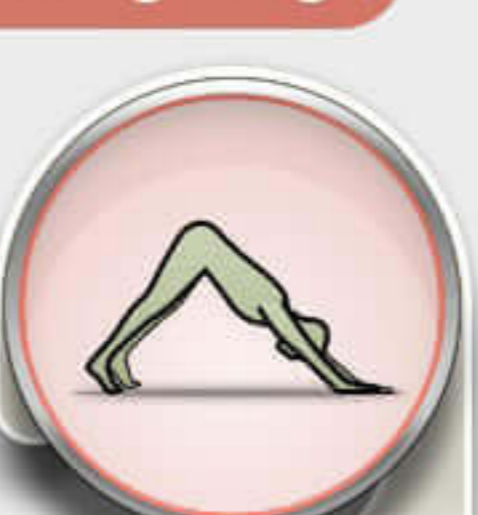
Lay flat on your belly with your forehead resting on the floor and your hands alongside your body.



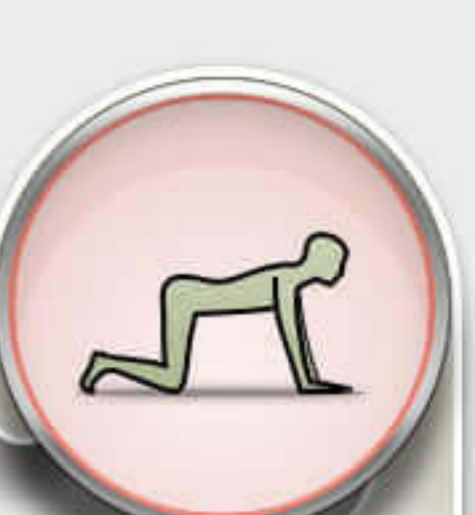
Take a deep breath and place your feet hip-width apart and your hands next to your chest.



Press all ten toes into the ground, push your hands down and extend your chest forward and keep your neck long. Hold the pose for five breaths.



On an exhale, lift your tailbone to the sky. Send your hips back and your toes flat on the ground with your head between your upper arms.



Stay in the pose for five breaths, exhale, bend your knees to the floor and repeat the exercise five to ten times.

Plough



Sit upright on the floor with your legs fully extended in front of you.



On an exhale, lift your tailbone and thighs towards the sky. If you find it difficult you can use the strength of your arms to push you up.



Stretch out your arms behind you on the floor and stay in the pose for a minute or two.



To exit, exhale and gently roll out of the pose (bring your hands onto your back as support if you need to). Repeat five times.

Table



Sitting on the floor, put your arms behind you and your feet flat on the floor a hip-width apart.



Lift your hips up in the air as high as you can, squeezing your glutes and your shoulder blades as hard as you can. Hold for a few seconds and repeat five times.

RESISTANCE

Resistance exercises are designed to maintain muscle strength and tone. Here are some of the simplest, but most effective, resistance exercises:

Squat



Stand with your feet slightly wider than hip-width apart. Hold your arms out straight in front of you, parallel to the floor.

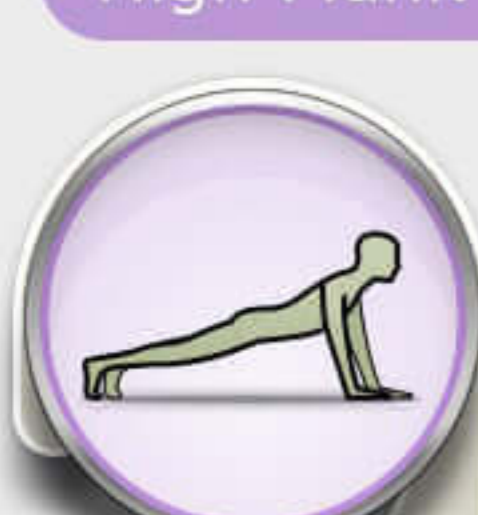


Keeping your feet flat on the floor, sink into a squat position, keeping your arms held out in front of you.

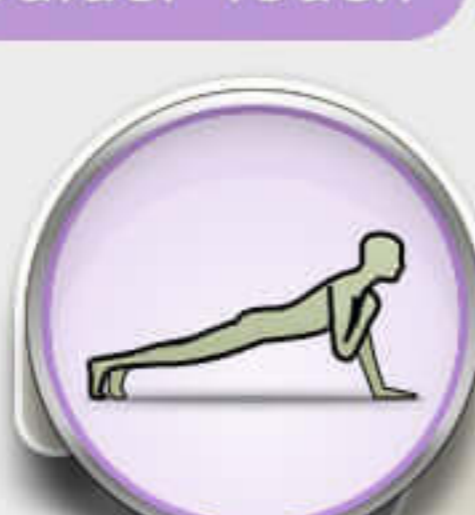


Pushing your feet into the floor, drive yourself back out of the position to stand straight. Repeat 10 to 20 times.

High Plank Shoulder Touch



Hold your body in a high plank position with your feet and both arms slightly apart.



Maintaining this position, take one hand off the ground and touch the opposite shoulder. Repeat 10 to 20 times.

Low Plank



Start with your tummy flat on the floor with your elbows tightly tucked underneath the armpits.



Push yourself up into a plank position. Keeping your back flat and pulling your tummy up, hold this position for 30 seconds to a minute. Repeat five times.

CARDIOVASCULAR

Cardio exercise is a terrific way to help the body burn off some of that stored up, excess energy. It's a good idea to get some cardio in, especially when you're travelling and have less control over your diet.

Mountain Climbers



Start in a high plank position.



Pull your knee as close to your chest as possible without moving your pelvis.



Return to starting position and repeat 10 to 20 times.

Air Bike Crunches



Lay on your back, keeping your back straight.



Straighten one leg while touching your elbow to the opposite knee.



Repeat on the other side of your body. Repeat 10 to 20 times.

Tri-pod



Start in a table position.



Lift yourself up onto two legs, and one arm. Reach over your head with the raised arm.



Repeat on the other side of your body. Complete 10 to 20 times.