ON THE ROAD

Workouts for Home and Away

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‘Tis the season for spending more time with family and friends, and quite possibly, less time on your regular workout routine. No worries: whether you’re traveling far or sticking close to home, there are creative ways to stay active and on track. Fitness expert BJ Gaddour offers his suggestions for safe and effective moves to keep you on your toes—even in hotel rooms. All you need is a suitcase, a little legroom, and the will to make each and every day count on your journey to healthy living. Each exercise can be made easier or more difficult, depending on your fitness level, but these variations are not pictured.

The information presented through this material is educational and should not substitute for the advice of a physician or other qualified healthcare provider. The information is also general in nature and may not suit an individual’s particular health situation. You should not rely on any information in this material in place of a visit, call, consultation, or the advice of a physician or other qualified healthcare provider. The appearance of any trade name in this material is not an endorsement or recommendation of that product.
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Before you begin

As always, check with your healthcare professional before beginning a new exercise routine. Here are some frequently used fitness terms that are good to know:

- **Abs**: Abdomen or stomach muscles.
- **Drive/Driving**: To push forcefully.
- **Glutes**: Bottom or derriere.
- **Load/Loading**: Place the majority of your weight on your feet, legs, palms, etc.
- **Palm/Palming**: Place the hand flat against the wall, with fingers splayed for support.
- **Rep/Repetition**: One in a sequence of identical moves.
- **Sticking the landing**: Landing securely on one or both feet.

Suitcase Mountain Climber

**A.** Place your right foot securely into the top handle of a horizontally positioned suitcase on the floor. Assume a perfect push-up position, loading your palms with tight abs and glutes, and maintaining a straight line from your head through your heels.

**B.** Flex your right hip and bring your right knee toward your chest, pulling the suitcase with you as far as you can without moving your lower back. Reverse the movement by driving through your right heel to fully extend your right hip. Repeat for 30-60 seconds, then switch sides.

- Make it easier by performing the movement without the suitcase, or just hold the push-up position for the time indicated.
- Make it harder by holding the knee-in position for 3-5 seconds before reversing the movement, or by adding a push-up between each repetition.
2) Suitcase Rolling Lunges
A. Fully extend the handle on a rolling suitcase and grab it with your left hand.
B. Lunge your right leg forward, while simultaneously rolling the bag ahead of your body with your left hand.
   Be sure to stay tall up top throughout the movement, while also keeping your front leg’s heel loaded and shin vertical during the lunge.
   Then—in one quick and powerful movement—drive through your right heel and pull the bag back with your left hand to return to the starting position. Repeat for 30-60 seconds, then switch sides.
- Make it easier by decreasing the range of motion and speed of the lunge.
- Make it harder by performing a rolling lateral (side) lunge by rolling the bag side-ways to the same side you lunge to, while keeping your hips and shoulders square throughout the movement.

3) Suitcase Overhead Shoulder from Tall Kneel
A. Assume a tall-kneeling position on both knees, with your abs and glutes tight and shoulders pulled down and back toward your hips.
B. Place a horizontally positioned suitcase on your left shoul-der, with one hand on each side of the bag. Press it over-head and pass it to your right shoulder, being sure to pull it down into position with your upper back muscles.
C. Keep passing it from side to side. Repeat for 30-60 seconds.
   - Make it easier by performing it from a tall split-kneeling position, with one leg forward as if lunging to the floor.
   - Make it harder by performing it from a tall-seated position, with your legs spread wide in a V-position.

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Wall Skater Jumps

A. Start by standing with your left side next to a wall, with both hands palming it. Pick up your right foot and place all of your weight on your left leg, with bends in your knee, ankle, and hips. Be sure to maintain this athletic position throughout the movement.

B. Simultaneously push off the wall with your hands and leap from your left leg to your right leg, sticking the landing for a full count. Reverse the movement and repeat for 30-60 seconds. Switch sides at the halfway mark of each set.

- Make it easier by placing your back foot on the floor for greater stability, or by not leaping as far away from the wall.
- Make it harder by leaping further away from the wall and pushing off with your upper body to increase the demands of each landing.

Wall Sit

A. Start by placing your feet about shoulder-width apart, with your toes pointed out slightly. Make sure your head, upper back, and hips are in full contact with the wall. Squat down as far as you comfortably can, until your hip crease is slightly beneath your knee crease. Hold for 30-60 seconds. Keep your heels loaded, and knees and ankles aligned throughout the movement.

- Make it easier by decreasing the range of motion into a half- or quarter-wall sit.
- Make it harder by first performing a wall sit with alternating leg march; then by doing a one-leg wall sit—switching sides at the halfway mark of each set.