

Keeping fit when travelling

Regular business trips don't mean you need to leave your workout routine at home. You can easily continue to exercise on trips without hotel gym hassles, equipment or special clothing. Using body weight and furniture in your room you can workout in 20mins or less. These six exercises target every major muscle group.

Body Squats

2x 20 reps

Slowly at a constant speed squat down, keeping your toes pointed forward and going as low as possible. Hold a book in your hands keeping arms parallel to the floor to increase intensity. Ask about the many other variations to this exercise. Build-up to more reps over time.



Wall Squats 2x hold for 20 sec

Stand with your back and shoulders against a wall. With your feet shoulder width apart, move slowly down into a squat position where your knees are at 90-degree angle. Tip: keep your knees directly above your ankles but if you feel any knee pain – stop the exercise. Increase hold up to 60 secs over time.



A little time and creativity can ensure no break in your fitness routine

Push-Ups 2x 10 reps

Begin on your toes (or knees to make it easier). Lower your body to the floor, keeping abs pulled in tight. Use your abs to keep your tail elevated. Widen your arms to target biceps. Keep elbows tucked into your sides to target triceps. Increase reps over time.



Chair Dips 2x 10 reps

Place your hands on the edge of a chair with your feet stretched out in front. Bend elbows back and slowly lower your body down. Push yourself back up until arms are straight. To make it easier bend your legs, or make it harder by raising your feet onto a second chair.



Plank 2x hold for 20-30 sec

Start on your toes and forearms. Keep your torso straight and rigid and your body in a straight line from ears to toes with no sagging or bending. Relax your head looking at the floor. Build-up to 60 secs over time.



Reverse Crunches 2x 10 reps

Lay on back with your arms by your side and hands flat on the floor. Bend your knees up to chest using only abs. Then keeping your head on the floor and using only abs lift the hips off the floor in a very small movement. Don't let your feet come up during each rep. To make it harder straighten your legs towards the vertical.



Next time you are travelling take our information sheet along. If you would like to try these exercises before you leave or vary them in any way please speak to the fitness team before you leave.

Contact 0844 344 0034 or go to www.personaltouchfitness.co.uk