

## 5 Workouts for the Road

by  
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I often get asked by clients for workouts that they can do when traveling. Getting in a good workout while you are traveling is actually very easy even if you don't have any equipment.

When you travel the first option should always be to find a local gym or even a hotel gym where you can perform your prescribed workout. Many local gyms will give you a day pass for about \$5. This is the best option when traveling because it allows you to follow your current program without any deviation, but this option is not always available.

If you cannot get to a gym then you do still have plenty of options. When you do not have equipment it is time to perform a body weight workout. For body weight workouts you can perform things like air squats, lunges, squat jumps, lunge jumps, long jumps pushups, burpees, mountain climbers, and planks. These are all great options that can be put into a number of different formats that will provide a great workout. Another option when traveling is the jump rope. Jump ropes are light weight and can be packed for any trip.

The other issue that people run into when traveling is time. Many people are visiting friends and family or they are stuck in meetings all day and do not have time for an hour long workout. In this case the intensity of the workout is key. In order to ratchet up the intensity, consider performing bodyweight workouts with little or no rest. The Tabata protocol of 8 sets of 20 seconds of work with 10 seconds of rest is great for those who are pressed for time. So here are 5 workouts that can be done anywhere and do not take up a ton of time.

### 1) **Tabata squat jumps and pushups**

Perform 20 seconds of squat jumps. Then rest for 10 seconds. Repeat this for eight sets of squat jumps. Rest for 1 min and then use the same format for pushups

### 2) **30 seconds of work/ 30 seconds of rest**

Jump rope, lunge R leg, lunge L leg, pushups

Perform 30 seconds of jump rope, lunge R leg, lunge L leg, and pushups with 30 seconds between exercises. Repeat this for a total of 4-5 rounds.

### 3) **100ft walking lunge + 50 squats 3 rounds for time**

Perform a walking lunge for 100 ft and then perform 50 squats. Repeat this for a total of three rounds with as little rest as possible. Don't let this workout fool you; it is very taxing on the legs.

- 4) **3 pushups + 1 squat jump, 6 pushups + 2 squat jumps, 9 pushups + 3 squat jumps**  
Perform 3 pushups and then one jump squat, immediately followed by 6 pushups and 2 jump squats. Continue with this pattern until you cannot perform the allotted pushups, and then work your way back down the ladder. This workout comes from Alwyn Cosgrove and is pretty tough.
- 5) **100 burpees for time**  
No explanation needed. Just do 100 burpees as fast as possible.

There you have it. Five workouts that you can do anywhere when you are pressed for time.