

## ***Exercise for the Traveler – The Blue Chip Fit Traveler Circuit***

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Traveling for business or pleasure can put a damper on an exercise program – long, unpredictable days; stressful travel; a messed up eating schedule; or no gym available or a good place to run. Sometimes it isn't easy to workout on the road, but the benefits of working out when traveling (stress relief, deeper sleep, feeling better mentally and physically) may be even more important than at home.

If your hotel has a gym, great! Use it! Complement weight training and cardio with core work and stretching. If little time is available, work the major muscle groups to preserve fat-burning metabolism. Just pack workout shoes and a change of clothes, bring a mindset to stay with a fitness program, and be willing to mix up your routine in unfamiliar surroundings.

For those times when no gym is available, or you just want some private time, Blue Chip Fit has created the Blue Chip Fit Traveler Circuit for your hotel room. This Traveler Circuit program is a variation of the successful Blue Chip Fit Circuit for strength and cardio, only without the weights. The Traveler Circuit uses body weight and optional resistance tubes. There is little equipment to pack, just some light tubes and perhaps a jump rope if necessary.

The Blue Chip Fit Traveler Circuit will not just preserve your fitness, but also challenge your body with new exercises to break through plateaus. The human body quickly becomes efficient in a specific exercise, and new exercises or new ways of doing old exercises interrupt this efficiency. The exercises in the Blue Chip Fit Traveler Circuit will work your muscles differently than weights do and provide a change of pace to keep your program interesting. They are good exercises that can also be done at home or in the gym.

## **Blue Chip Fit Traveler Circuit**

The Blue Chip Fit Traveler Circuit is a short workout that fits into a busy travel schedule. A combination of strength and cardio training, the Traveler Circuit raises heart rate and works the major muscle groups for fat-burning metabolism.

The Blue Chip Fit Traveler Circuit consists of seven stations, three lower body and four upper body, and three exercise choices per station. Perform all seven or as few as four stations, and complement with core exercises, stretching and, if available, ellipticals, bikes or treadmills in the hotel gym. Some exercises use resistance tubes, but alternative exercises without tubes are available for all but the row station. Some tube exercises need a door attachment. Choose another exercise in that station if no door attachment is available or if you are uncomfortable with these exercises.

Training with resistance tubes is similar to weight training with dumbbells, and both are forms of resistance training. A tube's resistance level is similar to a dumbbell's weight – a 20 pound tube will have similar resistance to a 20 pound dumbbell. Tube resistances typically range from 5 to 20 pounds. If more than 20 pounds resistance is needed, simply combine two exercise tubes.

Tubes may feel odd at first because they work muscles with a slightly different motion than dumbbells. A set of four tubes cost from \$50 to \$80 and is an inexpensive, lightweight alternative to dumbbells.

**Level I, 20 – 30 Minutes:**

Warm up: 5 – 10 minutes on a bike or elliptical in the hotel gym or a 5-minute jog.  
Or repeat this warm up circuit twice: 10 jumping jacks, 20 trunk twists, 20 arm circles, and 5 freestanding squats (if knees are healthy).

<b>Station (Muscles Worked)</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>Cardio/Endurance (Calves, or Quads)</b>	10–30 reps Jumping Jacks	20 seconds running in place with high knees (lift thighs until parallel to floor)	20 reps Modified “Hindu” Squats
<b>Chest (Pectorals, Core)</b>	8–12 reps Pushups	8–12 reps Inverted Pushups (feet raised 6–18 inches)	8–12 reps Standing Chest Press 5–10 lb exercise tube (requires door attachment)
<b>Squats (Quads)</b>	30 second Wall Sit	8–12 reps Freestanding Squats	8–12 reps Freestanding Squats with 5 lb exercise tube
<b>Rows (Back/Latissimus Dorsi)</b>	8–12 Standing one-armed Rows with 5–10 lb exercise tube	8–12 reps Seated Back Rows with 5– 10 lb exercise tube (requires door attachment)	8–12 reps Seated Lat Pulldowns with 5–10 lb exercise tube (requires door attachment)
<b>Lunges (Quads, Hamstrings and Glutes)</b>	6–8 reps Stationary Lunges on each leg	8 reps Side-to-Side (“Shuffle”) Lunges on each leg	
<b>Back of the Upper Arm (Triceps)</b>	4–8 reps Close- Grip (Triceps) Pushups	8–12 reps Triceps “Kickbacks” from standing position with 5 lb exercise tube	8–12 reps Overhead Triceps Extensions from kneeling position with 5 lb exercise tube
<b>Shoulders (Deltoids)</b>	50–100 reps Arm Circles	8–12 reps Upright Rows with 5 lb exercise tube	8–12 reps Straight-Armed Side Shoulder Raises with 5 lb exercise tube

**Level II, 30 – 40 Minutes:**

Warm up: 5 – 10 minutes on a bike or elliptical in the hotel gym or a 5-minute jog. Or repeat this warm up circuit twice: 10 jumping jacks, 20 trunk twists, 20 arm circles, and 5 freestanding squats (if knees are healthy).

<b>Station (Muscles Worked)</b>	<b>1</b>	<b>2</b>	<b>3</b>
<b>Cardio/Endurance (Calves, or Quads)</b>	30–60 reps Jumping Jacks or 30–60 revolutions of Jump Rope	30 seconds running in place with high knees (lift thighs until parallel to floor)	30–40 reps Modified “Hindu” Squats
<b>Chest (Pectorals, Core)</b>	12–15 reps Pushups	12–15 reps Inverted Pushups (feet raised 6–18 inches)	8–12 reps Standing Chest Press 15–25 lb exercise tube (requires door attachment)
<b>Squats (Quads)</b>	45 second Wall Sit	8–12 reps Freestanding Squats	8–12 reps Freestanding Squats with 10–15 lb exercise tube
<b>Rows (Back/Latissimus Dorsi)</b>	8–12 Standing one-armed Rows with 10–15 lb exercise tube	8–12 reps Seated Back Rows with 10–15 lb exercise tube (requires door attachment)	8–12 reps Seated Lat Pulldowns with 10–15 lb exercise tube (requires door attachment)
<b>Lunges (Quads, Hamstrings and Glutes)</b>	8–12 reps Stationary Lunges on each leg with 10 lb exercise tube	8–12 reps Lunges with back foot raised (Bulgarian Split Squat)	
<b>Back of the Upper Arm (Triceps)</b>	8–10 reps Close- Grip (Triceps) Pushups	8–12 reps Triceps “Kickbacks” from standing position with 10 lb exercise tube	8–12 reps Overhead Triceps Extensions from kneeling position with 10 lb exercise tube
<b>Shoulders (Deltoids)</b>	8–12 reps Upright Rows with 10–15 lb exercise tube	8–12 reps Straight- Armed Side Shoulder Raises with 10–15 lb exercise tube	8–12 reps Straight- Armed Front Shoulder Raises with 10–15 lb exercise tube

**Level III, 40 – 60 minutes:**

Warm up: 5 – 10 minutes on a bike or elliptical in the hotel gym or a 5-minute jog. Or repeat this warm up circuit twice: 10 jumping jacks, 20 trunk twists, 20 arm circles, and 5 freestanding squats (if knees are healthy).

<b>Cardio/Endurance (Calves, or Quads)</b>	60–100 reps Jumping Jacks or 60–100 revolutions of Jump Rope	45 seconds running in place with high knees (lift thighs until parallel to floor)	40–50 reps Modified “Hindu” Squats
<b>Chest (Pectorals, Core)</b>	15–20 reps Pushups	15–20 reps Inverted Pushups (feet raised 6–18 inches)	8–12 reps Standing Chest Press 25–40 lb exercise tube (requires door attachment)
<b>Squats (Quads)</b>	60 second Wall Sit	8–12 reps Freestanding Squats with 20 lb exercise tube	
<b>Rows (Back/Latissimus Dorsi)</b>	8–12 Standing one-armed Rows with 20 lb exercise tube	8–12 reps Seated Back Rows with 20–35 lb exercise tube (requires door attachment)	8–12 reps Seated Lat Pulldowns with 20–40 lb exercise tube (requires door attachment)
<b>Lunges (Quads, Hamstrings and Glutes)</b>	8–12 reps Stationary Lunges on each leg with 15–20 lb exercise tube	12–15 reps Lunges with back foot raised (Bulgarian Split Squat)	
<b>Back of the Upper Arm (Triceps)</b>	10–15 reps Close- Grip (Triceps) Pushups	8–12 reps Triceps “Kickbacks” from standing position with 15–20 lb exercise tube	8–12 reps Overhead Triceps Extensions from kneeling position with 15–20 lb exercise tube
<b>Shoulders (Deltoids)</b>	8–12 reps Straight- Armed Side Shoulder Raises with 20 lb exercise tube	8–12 reps Straight- Armed Front Shoulder Raises with 20 lb exercise tube	8–12 reps Seated Back Flys with 5– 15 lb exercise tube (requires door attachment)

### **Tips for the road:**

- Test the Travel Circuit before your trip to save time on the road. Experiment with workout duration, exercise choice, number of reps, and tube resistance for each exercise.
- Order extra towels from room service and place them on the floor for a clean exercise area.
- Stretch and massage your neck and shoulders. Different pillows, uncomfortable mattresses, and cramped airplane seats can create kinks and knots.
- If you have time get a massage. Often business conferences have a neck massage station.
- Try to keep a regular eating schedule.
- Avoid vending machines if possible.
- Try to avoid at least one fast food or junk meal per day.
- Pack or buy some healthy bars or shakes.
- Buy fruits, yogurt and juices at convenience stores.

The Blue Chip Fit Traveler Circuit, when complemented with core work and stretching, is an effective choice for maintaining fitness while traveling. With some extra attention to your diet, you will be right on track when you get home.

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*Please consult your physician before starting any new exercise program.*