

Vacation Workout Tips

Hey everyone,

Well, it's that time of year again. Everyone is planning their summer vacations and I'm getting flooded with emails to one of the hottest questions this time of year.

"What can I do to stay fit while on vacation?"

All too often I get this question, and I love to answer it because it's so simple.

First you have to think about what your fitness objective is while on vacation.

Personally my objectives are to maintain my fitness level so when I get back home I can pick up right where I left off.... well ok, maybe after one or two solid workouts.

So let's look at some of the rules to training while on vacation that will ensure you get it done without it causing stress on the rest of your time.

Rule 1: Get it done early

Get your workout in as soon as you can, the earlier in the day you get it done the more likely you are to actually do it.

Rule 2: Get it done quickly

A short intense bout of exercise in the morning say 10 - 15minutes and you're done. That's all you may need to maintain your fitness levels.

Rule 3: High Intensity

If you want it done quick you'll need to ramp up the intensity, go hard and rip up a quick sweat.

What exercises can you do?

The best exercises while on vacation and with no gym in sight? Lunges, Squat, Pushups and all the variations you can think of. Make the vacation workout goal to be a mix of lower body upper body and core movements in a circuit format. Here's a few examples :

1. 5minutes how many rounds can you do?

- 12 alternating Lunges
- 12 Pushups
- 12 Squats
- 12 Planks with heel raises

Rest 2 minutes and do it again for a total of 12minutes

2. 3minutes how many rounds can you do?

- 5 jump squats
- 5 Plyo Pushups
- 20 Mountain climbers
- 20 Bicycles

Rest 1 minute and repeat 2 - 3 times

3. 300 repetitions how fast can you get them done?

25 Burpees

25 Squats

25 Pushups

25 Walking Lunges

25 Mountain Climbers

25 Bicycles

Repeat 1 more time for a total of 300 repetitions

You can choose any combination of exercises as long as they are intense enough to work up a good sweat in under 10minutes. When I'm on vacation I know I'm going to indulge in my favorite junk food - Hot Wings, so I know If I don't want to come back home with any weight on me, I have to eat smart portion sizes and Complete an intense workout every other morning so I can come home looking the same.

Keep Fit Everyone

Robin Mungall

www.rmfit.com

rob@rmfit.com