

Travel Workout & Nutrition

Over time, things will come up that make it impossible to stick with your training program. One of these things is travel. Don't stress! We can prevent a loss of gains and train up for continued results while you're on the road with the right workout.

Most hotels have an onsite gym with a few cable machines, a light set of dumbbells, and treadmills. You can also do this with no gear by using bodyweight or handy items for resistance.

Do this workout 1-3 times if you're traveling for 5-7 days. Ideally get at least 1 rest day between workouts.

The Road Warrior Workout

4 Rounds:

- A. .25 Mile Sprint, Run, or Incline Walk (pick what matches your ability)
- B. 10-25 Push ups or DB Press Variation (Standing, Bench, or Incline)
- C. 10-25 DB RDLs, 1 Leg RDLs, KB/DB Swings, or other Hip Hinge variation
- D. 10-25 Chin Ups, Lat Pulldowns, Cable Rows, or 1 Arm DB Rows
- E. 30"-1' Plank or 10-25 Warrior Situps

Adjust weight or reps to match desired intensity level. Rest as needed. At the end of the 4 rounds, you will have accomplished:

- 1 Mile Run
- 40-100 Push Ups or pressing movement variation
- 40-100 Chin ups or alternate pulling movement variation
- 40-100 RDLs, Swings or other hip hinge movement variation
- 2-4 Minutes of core work or 40-100 Warrior Situps

Depending on your fitness level, The Road Warrior Workout should take you about 30-60 minutes. It will be just what you need to improve or maintain your results.

Travel Nutrition

While traveling, it can be a big challenge to stick with your nutrition plan. If you've been strict lately, consider allowing yourself to take a diet break and enjoy your vacation. *This doesn't mean going off the deep-end and crushing the buffet line with max effort eating.*

Taking a 3-7 day break to eat at maintenance calories can be a great way to keep you on track for the long haul. This can help normalize hormones and your metabolic rate.

Alternatively, to keep your progress going, just make smart decisions! Fill your plate up with lean meats, steamed vegetables, and keep the processed carbs to a minimum. Limit your alcohol to 1-2 drinks and lighter options like vodka + diet soda, and you'll stay in the safe zone.

Keep Perspective

A week off from your training is a drop in the bucket of your long term results. Do this to minimize the damage while you're out, then get back on the gains train when your home.

See you in the gym!