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## **Healthy Goddess Travel Workout**

**This is a workout for those of you who travel and would like an easy workout to take with you on the road.**

Body Weight Exercises:

Standing or Walking Lunges

Standing Squats

Bridges

Triceps Dips

Modified and full body push ups

Abdominal crunches

Oblique curls

Reverse Crunches

Back Extensions

Band Exercises:

Standing Rows

Standing Chest Press

Biceps Curls

Before performing the following workout, make sure you warm up for five full minutes by walking, marching, or using a cardio machine. Most hotels and cruise ships have a workout room--a great option for staying on track with your exercise program.



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### **Standing or Walking Lunges (2 sets of 15 reps per leg)**

1. From a standing position, take a giant step forward with one foot and land on your heel.
2. Bend both knees, slowly lowering your hips to the floor. Make sure your front knee is directly over your ankle. You should be able to see your toes at all times.
3. Bend your back knee so that it is near but not touching the floor. Keep your weight distributed over your entire front foot.
4. Push off with your back foot and bring it forward to standing position.
5. Continue walking forward in this fashion, switching legs with each step. Start at 10 steps for each leg and increase this amount over time as this exercise grows easier.

### **Standing squats (2 sets of 15 reps)**

1. Stand with your legs a shoulder width apart. Focus all your body weight on your heels.
2. Stick your buttocks out behind you, and you lower your body by bending your knees toward the floor. Lower your body until your thighs are parallel to the floor. Make sure you can see your toes past your knees at the lowest point in the exercise.
3. Repeat.

### **Bridges (2 sets of 15 reps)**

1. Lay on your back.
2. Bend your knees at a 90-degree angle with your feet flat on the floor and 12[-]18 inches away from your buttocks.



3. Keep your arms flat on the floor and at your sides.
4. Rest your head on a mat.
5. Lift your hips until your body core (your trunk region) raises up off the floor. Only your shoulders and head should be touching the floor at the top of this exercise. (You can place a towel under your shoulder blades for extra cushioning.)
6. After raising your hips as high as you can, hold this position for 10 seconds. Then lower yourself back to the floor.
7. Repeat.

### **Triceps Dips (no band needed; 2 sets of 15-20 reps)**

1. Sit on the edge of a bench, step, or sturdy chair.
2. Position your hands beside your body on the edge of the bench (or step or chair), your fingers facing forward.
3. Lift your buttocks off the bench and lower your buttocks toward the floor by bending your arms at the elbows. Make sure you stay perpendicular to the ground, and keep your back straight. Don't push your hips forward.
4. Lift yourself back up by straightening your arms. Keep your arms close to your body throughout the movement.

### **Modified Push-ups or Full Body Push-ups (2 sets of 10)**

1. Get into bent-knee push-up position with your hands and knees on the floor. Keep your back flat. Make sure that your hands are under your shoulders, your back is rigid, and your hips are parallel to the floor. (For full-body push-ups, get into the same position, except keep your toes on the floor, rather than your knees, keep and your entire body in one straight line.)
2. Lower your chin to the floor, going as low as you can.
3. Return to start position.



### **Abdominal Crunches (20 total)**

1. Lie on the floor with your knees bent and feet flat. Your hands should rest on your thighs, or place your fingers at your temples.
2. Squeeze your abdominal muscles, push your back flat, and rise high enough so that your hands touch the tops of your knees (if you started with them on your thighs) or your shoulder blades come off the floor (if you placed your fingers at your temples). Don't pull with your neck or head. Keep your lower back on the floor.
3. Return to start position.
4. Repeat.

### **Oblique Curls (20 total)**

1. Lie on the floor with your knees bent and feet flat.
  1. Your fingers should point at your temples or rest on your shoulders.
  2. Squeeze your abdominal muscles, push your back flat, and rise high, crossing your left shoulder toward your right hip.
  3. Return to start position.
  4. Squeeze your abdominal muscles, push your back flat, and rise high, crossing your right shoulder to your left hip.
  5. Return to start position.
  6. Repeat.

### **Reverse Crunches (20 total)**

1. Lie on your back on the floor.
2. Raise your feet in the air, legs straight, with your soles are facing the ceiling.
3. Extend your arms out to either side.



4. Lift your hips off the ground, straight up, feet move toward your head. This should only be a small movement.
5. Return to start position.
6. Repeat.

### **Back Extensions (20 total)**

1. Lie flat on the floor, face down.
2. Extend your arms straight above your head, keeping them on the floor.
3. Raise your right arm and left leg at the same time, lifting them as high as you feel comfortable.
4. Hold for the count of three, and then lower your arm and leg.
5. Raise your left arm and right leg at the same time, lifting as high as you feel comfortable.
6. Hold to the count of three, and then lower your arm and leg.
7. Repeat.

### **Band Exercises**

You will need a door attachment for the following resistance-band exercises.

#### **Standing Row (2 sets of 15-20 reps)**

1. Attach an exercise band to a chest-high attachment point.
2. Face the attachment point. Stand far enough away that the band is taut.
3. Take a band handle in each hand, keeping your wrists straight and your palms facing each other. Do not shrug your shoulders.
4. At all times, your feet should be shoulder width apart with your knees slightly bent. Bend your knees enough to keep a solid stance. Pull the band toward you, keeping your elbows at your side and moving your hands toward your chest. The movement should be slow and steady.



5. Release back to full extension at the same speed you pulled the bands toward you.
6. Repeat.

### **Standing Chest Press (2 sets of 15 - 20 reps)**

1. Attach the bands behind you at approximately chest height. (To do this, use a door attachment or put the bands around a stationary object.)
2. With a band in each hand, walk away from the attachment point until the band is taut. Keep a staggered stance to give you more stability. Stand up straight, and keep your abdominal muscles tight, with your chest up, palms facing the floor, elbows at a 90-degree angle at chest height.
3. Press the band handles forward in a steady pushing motion, while keeping your wrists straight.
4. Press to the end of your range of motion or until your hands meet in front of you at chest level. You may need to adjust your distance from the attachment point so that your arms can move through the full range of motion.
5. Release the push, and return backward through these steps until you reach your starting point.
6. Repeat.



### **Bicep Curls (2 sets of 15-20 reps)**

1. Stand with your feet shoulder width apart and your knees slightly bent. If you're using a resistance band, stand on the center of the band with one foot.
2. Hold the band handle in each hand. Keep your hands at your sides, with your palms facing up.
3. Curl both arms up toward your shoulders, moving only from your elbow. Make sure you do not move your shoulder joint. At the "top" of the curl, your palm should be facing your bicep.
4. Lower your arms back to start position.
5. Repeat.

