

WORKOUT  
WHEREVER



# workout

wherever you are

So you're away from home, or maybe 'stuck' at home, there's no gym and you are worried about compromising your exercise routine and slowing progress towards your ultimate fitness goal. Well, worry no more, as there are many ways to ensure you stay fit, wherever you are. And a little variety every now and again can motivate you further and challenge your body to adapt beyond what you ever thought possible. The key is to think ahead and be inventive.

By **Caroline Pearce, MSc, BSc (Hons 1st)**

**1 Hit the Great Outdoors:** If you're out of town, stuck in the sticks and away from normal workout routine then there's no place better than an open road to let loose, stride out and give every bit of energy you have. The breeze in your hair, breathing in fresh air and utilising natural obstacles make for a truly satisfying and effective workout. And the uneven terrain will increase your work rate as your stabilising muscles (particularly around your core) work overtime to prevent falling and stumbling.

**Tips:**

- \* Stop at a bench or set of steps and push out 20-30 triceps dips. Interspersing cardiovascular work with strength exercises will maximise your calorie burning.
- \* Add faster efforts to your power walk or steady state run. Use existing landmarks, such as a row of trees or even regularly placed dustbins to sprint between. Sprint, jog then sprint again.
- \* Use the sloping bank of a riverside or a hill to sprint up. Drive off your back leg using a full extension and pump your arms for extra power. Hill runs burn extra calories compared to on the flat running. They also require the full activation of your glutes, which'll give you a firm and toned behind in no time. Jog back down the hill and repeat until exhaustion (subject to your fitness of course).

**2 Urban Adventures:** Confined to the town and surrounded by concrete and derelict buildings? There are still plenty of opportunities to workout; you just need a little imagination and forward planning.



**Tips:**

- \* Carry a TRX or similar suspension rope system in tow and find suitable points of attachment (metal railings, lampposts...) just make sure they're secure! Use your body's own resistance for chest presses, upright rows and squats. You can simply stay in one spot and make up a circuit this way.
- \* Find a set of steps. These could be at a subway, railway station or underground car park. Get your heart pumping with a mix of single step, high-knee-fast-feet runs to the top followed by controlled backward steps to the bottom. And/or do long striding steps - take 2 to 3 steps at a time, to get maximal drive off your back leg. This version makes for a more strength based workout. And/or

you can side step up and down, 1 or 2 steps at a time to work your adductors and gluteus medius. Avoid busy times in town though, or you'll add unwanted obstacles to your workout!

- \* Do maximal sprints to burn maximal calories. All you need is a 20-30 metre clear running space. Walk back and repeat up to 20 times.

**3 Hidden Hotel Opportunities:** At first glance it's hard to imagine how you can build up a sweat in a room that you'd be hard pushed to swing a cat in! You sit amongst your cases and wish you'd found an alternative hotel that had a gym facility. Don't despair as it's amazing what a few compact moves can achieve.

**Tips:**

- \* Twin room? Place your feet on one bed and your hands on the edge of the other and perform triceps dips with your bottom dipping between the two. This set up achieves added depth and blows a standard dip away.
- \* Pack an exercise band and in a one by one metre spot perform squats - stand on

**4 Home Fitness Haven:** When you're stuck in the house, whether it's because the children are with you or you've not the transport or time to head to the gym, it's easy to become twitchy and frustrated at missing your workout. However, a few carefully selected bits of home kit can

## A few carefully selected bits of home kit can transform your house into your own mini-gym

the middle of the band and hold the other ends with your hands, with your arms at shoulder-level. The resistance of the band will add to a standard bodyweight squat. Use this technique also to perform: lunges, overhead presses, front raises, triceps extensions, lateral raises and biceps curls.


- \* Perform plyometric moves in one place. Combine the following exercises into a circuit: burpees, high knees (on the spot), heel flicks, double foot side-to-side jumps, star jumps and split squat jumps. Perform each exercise for 15-30sec, taking the same amount of time for recovery for an intense and challenging workout. Who needs a treadmill?

transform your house into your own mini-gym and have your endorphins flowing again in no time.

**Tips:**

- \* Invest in a kettlebell. These are relatively inexpensive and take up no space at all. A mid-weight 'bell' of around 8-16kg (depending on your strength) will allow a full workout to be performed in the comfort of your own home. Do: side bend to overhead press, double/single arm swings, single arm cleans and snatches – just watch the china and the ceiling.
- \* Box for home based cardio benefits. Ideally, you'll need both boxing gloves and pads and a partner or older child to assist. With a couple

of metres of space, build up combinations of jabs, crosses and hooks. Try a pyramid of jabs and crosses working up from 4 continuous punches to 20 and back down again. Don't forget to add in a few duck and weaves to get your legs working too!

**So, make the most of wherever you are and try something new that might just give your workout the shake up it needs. There are no excuses when it comes to getting in shape and building your fitness. You just need a little inspiration. **



Caroline Pearce is a former International athlete and fitness and nutrition consultant. She has created 'JustSlim' - the online weight loss program

that creates a personalised nutrition plan for you, giving you the body and energy you need to enjoy your life. You can access your JustSlim plan online anytime, anywhere: [www.CarolinePearceJustSlim.com](http://www.CarolinePearceJustSlim.com)