

# Travel & Training: On The Road Again

**W**hile traveling throughout the southeast with Southern Muscle Guide this past year I stayed in a variety of hotels so I could see first hand what athletes experience when trying to get in their workouts and cardio when they are on the road. Circumstances can dictate your time, each hotel has their own idea of what makes a fitness room in terms of available equipment, weather, access to other fitness facilities, and the mode of travel (plane, car) are all factors that can affect your workout. This is what I learned along the way.

## Take what you need.

I know that exercise tubing and bands combined with bodyweight exercises, I can train any body part I need to work. I may need to adjust my sets and reps, or the tempo I need to work (shorter rest times or super slow reps). If you know you'll be on the road a lot, I would even suggest investing in a suspension training strap; they travel well and can take your workout to a whole new level! I keep it all together in its own stringer bag with my suitcase so I won't forget anything.



## Be prepared to be creative.

Even though I have typically checked out the facilities online ahead of time, once I get to my destination I like to see what's there. Some hotels have a weight bench and dumbbells while others may have a mat, fitness balls, and medicine balls. Almost all of them have treadmills and step machines. I like to do interval training or circuits when I'm on the road because they are time efficient but still very effective.

## Use what you have.

There have been times when I need to get my workout done in my room and those plyo moves and a HIIT workout help me get the job done. On the more creative side, I've used the stairwells, or done my workout on the beach using the lounge chair to push and pull in the sand! I'm not a great swimmer, but many of the hotels have pools and I've put clients through some great workouts using a combination of water moves and land moves, it's another option to consider. Making the most of what's available to you can keep your workouts fresh and fun; there's nothing like an outdoor, sunrise leg workout!

## Get a taste of the local fare.

A lot of the hotels have parks or running trails nearby or bike rentals available. If you have your car, you may be able to try the local gym. Most places have a day pass rate and it's always good to experience different equipment. Remember, the smallest change in angle of hands, feet, or body can make a big difference in how the movement works the muscle. While you are out exploring the area, ask about fresh produce stands or farm to table restaurants that might be fun to try.

One last tip. I like to support the businesses that support our sport. I always look at the businesses and vendors that sponsor the bodybuilding shows in the area that I travel to. Whenever possible, I make an effort to support those businesses. From staying at the host hotel, to buying a gift for a friend, without these businesses, the shows would not be successful. It's the least we can do.

Share photos and video clips of your travel tips for packing, eating, and training to share with fellow competitors. Tag us: #smgfitonthego, #southernmuscleguide2019, #smg2019, @southernmuscleguide