

Travelers Can Stay in Shape

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If you can't afford to or don't want to work out in a hotel gym when traveling, here is a brief workout you can do in the privacy of your room. Most of these exercises don't need equipment. Two require resistance bands, about \$12 at fitness stores. Check with your doctor before trying a new exercise program.

Bicycle crunches

Do 20 repetitions. Works: abs. Lie on floor, with hands supporting base of your head. Raise head and shoulders off the ground, and position legs at a 45-degree angle. Slowly turn one elbow toward opposite knee, then switch.

Lunges

10 reps per leg. Works: glutes, hamstrings, quadriceps. Stand upright, resting your hand on a chair for support. Step forward with first leg, landing on your heel, then your forefoot. Lower your body by flexing the knee and hip of the front leg, until the knee of the rear leg is about 6 inches from the floor and the back heel is raised off the ground. Repeat with opposite leg.

Bicep curls

Requires resistance tube. 15 reps. Works: biceps. Step in middle of tubing, so length is even on either side, and grasp handles of tube. Keep arms down by sides, palms facing forward, and curl upward, toward front of shoulders. Keep elbows tight to body. Slowly lower arms back to starting position.

Chest press/pushups

10-15 reps. Works: chest muscles, triceps. Rest hands, about shoulder-width apart, on the edge of a stable piece of furniture. Come down into pushup position until shoulders and elbows line up. (Make sure hips don't sag.) Then, push back through.

Seated rows

Requires resistance tube. 15 reps. Works: upper back and biceps. Wrap tubing around a sturdy piece of furniture, such as a desk or table. Sit at a 90-degree angle, with knees slightly bent. Leading with elbows, pull handles of tube just barely past your sides, so elbows are at a 90-degree angle. Squeeze shoulder blades together, and extend chest as you pull tube.

Standing side leg raise

15-20 reps. Works: smaller muscles of butt and outer thighs. Stand with feet together next to edge of a sturdy piece of furniture, placing hand on edge for support. Raise outside leg to a 30-degree angle and hold it for two counts, then slowly lower it. Repeat with other leg.

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