



*the moves*

(from left to right)

Double-arm swing,  
Rows, T-Pushups

# tone away from home

By Lisa Maloney

Even the most enjoyable trips have a way of scrambling your fitness routine. But fighting to stay in the workout groove is worth it—exercising on the road keeps you on track for fitness and weight-loss goals, boosts your energy levels, and can even help stave off jet lag. If you have access to hotel or airport fitness centers, you're golden. But even if you don't, you can still work out hard with the best in portable, packable exercise equipment.

## road trip

### KETTLEBELLS

If you're new to hefting these cannonball-shaped weights, pick one that's about the same weight, or slightly lighter, than one of the dumbbells you'd use for overhead presses. The handle should fit comfortably in one hand, but be large enough to grip with both hands at once.

### FAVORITE EXERCISE: **DOUBLE-ARM SWING**

(hips, thighs, back and shoulders)

1. Squat down, weight centered on your heels. Rest the kettlebell between your heels, arms straight, palms facing back. Keep your back flat and tilted slightly forward from the hips.
2. Drive energy down with your legs. At the same time thrust your hips forward, keeping your back flat and arms straight. The kettlebell will naturally swing up in front of you as you hinge upright from the hips.
3. Allow the kettlebell to swing back down between your legs as you squat down again.

## air travel

### ELASTIC RESISTANCE BANDS

Elastic resistance bands are the perfect fitness kit when air travel puts weight and storage space at a premium. The best resistance-band sets have a swivel clip at each end for attaching handles or ankle cuffs, and come with a door anchor. Collapsible bars (which attach to the handle clips) are a useful addition, but not strictly necessary.

### FAVORITE EXERCISE: **ROWS**

(back, shoulders, arms)

1. Anchor the middle of the resistance band at lower-rib height.
2. Grasp one handle in each hand. Stand

up straight, one leg slightly in front of the other, abs tight.

3. Pull both ends of the band toward your belly button. Stop when your elbows are roughly even with your sides.
4. Keep standing up straight, abs tight, as you extend your arms forward.

## in a pinch

No kettlebell, no resistance bands? No problem. You still have the best piece of workout equipment ever invented: your body.

### FAVORITE EXERCISE: **T-PUSHUPS**

(chest, shoulders, arms, abs, hips)

1. Assume a full pushup position, feet close together. If you can't do full pushups on the floor, rest your hands on the bed instead.
2. Do a pushup. Then, from the "up" position, rotate your torso and legs to the left as a single, stiff unit. Stop when you're balanced on your left hand and the outside of your left foot, hips and shoulders stacked vertically. Extend your right arm straight up, so your body forms the figure of a "T" lying on its side.
3. Rotate back to the starting position. Do another pushup, this time rotating to the right and lifting your left arm to form the "T".

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