

## **Business – Travel – Interrupted Workouts**

by

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It happens from time to time, the unexpected family crises or the business trip you have to make. Your workouts are really productive and you feel like you're in the groove. All of a sudden you are going to have to discontinue them until you manage personal matters or you return from your trip. Either way you are thinking it will hinder the progress you've made. Not necessarily so! You can adjust and make changes that will actually be of benefit.

If a scheduled break is coming, take three or four weeks before hand and actually work each muscle group into a state of shock. By this I mean increase the intensity so that by the end of each workout you know you could not possibly perform one extra rep for the body part you worked. Do this every workout up to your scheduled interruption. Now, for the next seven to ten days don't even think about training. If you worked out as suggested for three to four weeks, your body will need the week to ten days to recuperate. Depending on the routine, intensity, your physical condition and other factors, you may actually need fourteen days to recuperate. Over training is a common problem that results in a decrease of gains and progress. What I am suggesting is actually doing just that, over training for a three to four week period and then taking an extended rest.

There are two different programs that advocate something similar to what I just described. One is the "Train 21 Rest 7." The other is a modified version I've used at various times over the years, "From Train 21 Rest 7 To 4 And 1." (This article can be found in the Article Section of my Website; [www.PalmieriBodybuilding.com](http://www.PalmieriBodybuilding.com)). Scheduled workout breaks known in advance provide an ideal time to incorporate these methods into your training.

Naturally, if you are going to be on a business trip and time and finances allow, check for gyms that may be close to where you are staying. Another option would be to check with the motel or hotel where you will be staying. Some have enough equipment to get in a decent workout. This option usually does not provide the full line of bodybuilding equipment and sometimes only offers some cardio pieces like bicycles or treadmills. Some however, have a few good pieces of equipment and although you won't be able to perform your normal workout, you can definitely get in some good sessions.

Another option is to take along a set of rubber or steel cable or chest expanders. Easy to pack and takes little room but they can provide a good workout. Pack a jump rope and grippers and you can have a good workout. The whole idea is to improvise. You can get a workout almost anywhere. When weights, benches, and other pieces of equipment normally found in a gym are not available, hit it on your own with a series of free hand movements.

If all else fails you may have to simply adjust your routine and use your imagination. For example, if you've been hitting the weights heavy why not consider doing stretching and jogging instead of weight training. Your muscles can use the rest and when you get back into pushing the iron, additional progress is usually seen.

For those who want to employ some type of a workout, here is what I have done during a recent trip that kept me out of the gym. Everything was done freehand but it worked fine.

Monday:

1. Walk and run for 2 miles
2. Crunches superset with Reverse Crunches 4 x 20
3. Push-ups. Place the feet on the edge of the bed or on the seat of a chair. 6 x 25
4. One Leg Squats. These are killers. 5 x 12
5. Stretch

Tuesday:

1. Walk and run for 2 miles
2. Crunches superset with Reverse Crunches 4 x 20
- 3 Towel Curls. Hold the end of a towel in each hand. Curl one up while resisting with the other hand, after the desired number of reps change hands. 4 x 8
4. One Arm Lat Row. Hold on to the doorknob with one hand. Bend the knees and upper torso forward. Perform one-arm rows with your body weight. Repeat the other arm.
5. One Leg Body weight Calf Raises. Stand on a step and let your heels go as low as they can. Rise up on your toes as high as possible. 6x50 will burn you out.

Wednesday:

1. Walk and run for 2 miles
2. Crunches superset with Reverse Crunches 4 x 20

Thursday:

Repeat Monday workout.

Friday:

Repeat Tuesday workout.

Saturday and Sunday:

Rest

The sets and reps are just suggested, as they will all depend on your condition and experience. If you have not performed some of the movements before, you may find them to be quite challenging. The One Leg Squats for example.

Diet needs can also be very difficult to meet under these conditions. Even if you are on an expense account and going to dinner with some clients or business associates remember, that in itself is not an excuse for you to make a meal out of poorly selected foods or to “pig out.”

By and drink good quality bottled water, plenty of it. Avoid the fat breakfast meals offered by most hotels and restaurants. Instead opt for oatmeal, fresh fruit, egg whites, and wholesome foods. These are easily available almost everywhere. For lunch eat yogurt, egg whites, lean meats, fresh vegetables, fruit, tuna, salads. For dinner stick with broiled or baked fish, chicken, lean meats, vegetables. Snacks can be found in almost any little market or supermarket. Stick with protein drinks, fruit, yogurt, vegetables, nuts, and other wholesome snacks.

Now this isn't the greatest of workouts and if you're preparing for the Mr. Olympia it definitely will not fill your need but, if your in a bind and need something to keep you going, what I've just outlined may just be the trick for you. The diet part may be harder to stick with because as humans, we love the taste of everything and anything that isn't good for us, especially when we are away from our normal routine. Temptation is always lurking! Beware!

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