

ROADTRIP FITNESS GUIDE

Oh – NICE!
Where are you travelling?

TAKE ME WITH YOU.

JUNCTION LIFESTYLE COACHING

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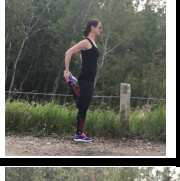
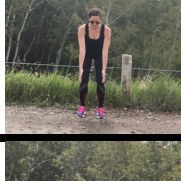

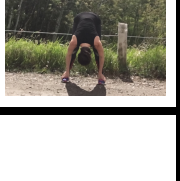




**@move.eat.play.learn.live
@jessicavanraay**

Sweat Session #1

Keep it Limber

IDEAL USE	Before you get in the car. On the Road. Morning recharge. Prelude (i.e. warm-up) for Sweat Session #2 and #3.
REQUIRES	Open space. A desire to grease the joints, remove (the not-great) tension and release (the not-great) stress.

		Movement		Sets				
				1	2	3	4	5
1	Cradle Walk			16	16	16		
2	Knee-to-Chest Walk			16	16	16		
3	Quads Walk			16	16	16		
4	Bent-Over Thoracic Rotation			16	16	16		
5	Squat-to-Stand			8	8	8		
6	Chest Stretch			30+ seconds				
7	Runner's Stretch			30+ seconds				
8	Neck Release			30+ seconds				

TOTAL TIME Approx. 10 minutes

TIPS FOR THIS WORKOUT

Perform **Movement 1-5** as a circuit. I recommend minimum 2 sets but feel free to go to town and finish as many sets as your body wants. Movements 1-4 all alternate sides (16 reps total).

Perform **Movement 6-8** at your leisure. I recommend performing each stretch twice and at a minimum of 30 seconds each time.

Sweat Session #2

Room 666

IDEAL USE	Hotel. Limited open space.
REQUIRES	Stairs (1/2/6). Chair (2/6). Something heavy (3). Something moderately heavy (5). A desire to play.

		Movement		Sets				
				1	2	3	4	5
1	Stairs or Jumping Jacks			1 minute – all 5 sets				
				no weight				
				TUT/Rest				
2	Step-Ups			20	20	16	16	12
				weight optional / extra fun: add more weight as repetitions drop down				
				TUT/Rest				
3	Standing Back Rows			8	8	8	8	8
				heavy				
				TUT/Rest				
4	Walking Lunges			20	20	16	16	12
				weight optional / extra fun: add more weight as repetitions drop down				
				TUT/Rest				
5	1-Arm Overhead Press			8	8	8	8	8
				moderately heavy				
				TUT/Rest				
6	Bulgarian Split-Squats			8	8	8	8	8
				weight optional				
				TUT/Rest				

Stated repetitions are guidelines only. Suggested repetitions for Movements #3, 5, and 6 are all “per side” numbers.

Aim to perform 8-20 repetitions per exercise. Use the weight as your guide. Is it super heavy? Aim for lower reps. Is it fairly light despite the addition of several full water bottles you tucked in your backpack? Aim for higher reps.

TUT (Time Under Tension) and Rest: Up to you!

TIPS FOR THIS WORKOUT

Step-Ups: Options ~ a. perform on (sturdy) chair b. use 2nd step (on stairs) c. park bench

Standing Back Rows: Options ~ a. perform with suitcase b. perform single-arm if you want heavier or a more challenging core alternative

Walking Lunges: Options ~ a. bodyweight b. weight on one side (switch weight half way) c. weight overhead

Alternating 1-Arm Overhead Press: Recommended ~ purse or backpack.

TIP! Allow bag to drop behind (versus in front) of you.

Bulgarian Split-Squats: Recommended ~ a. chair b. bench / **Options** ~ a. weight at chest b. weight at side c. weight overhead

Sweat Session #3

The LIO (Luckily-I-Overpacked)

IDEAL FOR

People who strength train on the regular. Seeking a challenge.

REQUIRES

Something moderately heavy (2/3/5/7). Something heavy (1/4/5/6).
A desire to play.

		Movement		Sets				
				1	2	3	4	5
1	Deadlift			10	10	10	10	10
				Weight heavy				
		TUT/Rest/Notes						
2	"Kettlebell" Swing			10	10	10	10	10
				Weight moderately heavy				
		TUT/Rest/Notes						
3	Side Lunges alternating			20	20	20	20	20
				Weight no weight or weight at chest				
		TUT/Rest/Notes						
4	Reverse Lunges			10	10	10	10	10
				Weight heavy-ish				
		TUT/Rest/Notes						
5	Squats			10	10	10	10	10
				Weight heavy				
		TUT/Rest/Notes						
6	Standing Back Rows			10	10	10	10	10
				Weight heavy				
		TUT/Rest/Notes						
7	Push-Press			10	10	10	10	10
				Weight moderately heavy				
		TUT/Rest/Notes						
8	Burpees			20	18	16	14	10
				Weight no weight				
		TUT/Rest/Notes						

Stated repetitions are guidelines only.

Aim to perform 8-20 repetitions per exercise. Use the weight as your guide. Is it super heavy? Aim for lower reps. Is it fairly light despite the addition of several full water bottles you tucked in your backpack? Aim for higher reps.

TUT (Time Under Tension) and Rest: Up to you!

TIPS FOR THIS WORKOUT

Kettlebell Swing: Options ~ a. perform with one-hand (shown) b. perform with both hands c. exchange swing for a regular squat

Walking Lunges: Options ~ a. bodyweight b. weight on one side (switch weight half way) c. weight overhead

Standing Back Rows: Options ~ a. perform with suitcase b. perform single-arm if you want heavier or a more technically challenging alternative

Push-Press: Recommended ~ carry-on luggage (backpack or small suitcase)

Burpees: Options ~ These are typically fine on their own BUT if you want to up it (because you are one part "hard core" and another part "crazy", exchange the straight jump for a box jump on a park bench. If you want to drop it down a notch, use a bench or chair for the push-up.

TOP 5 TIPS

Making Movement Happen



1. Get mentally prepared before you leave.

Design a (flexible) workout plan. Review how you can make your new surroundings work for you.

2. Make it easy.

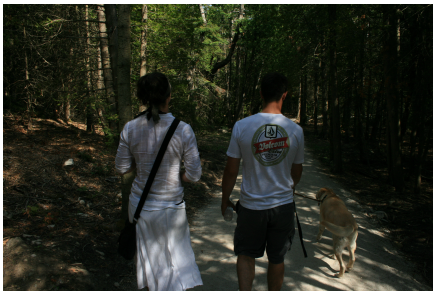
For most people, training while travelling will be a new habit. As with any new habit, create a ritual or system that will help you stay consistent and avoid becoming overwhelmed. Write out the little steps you need to do that will lead you towards *eventually* working out.



For example: 1. Get out of bed. 2. Make coffee. 3. Drink 500mL water. 4. Review workout and set up gym (aka “clear floor” and “position luggage”). 5. Drink coffee. 6. Get dressed into sweat-worthy clothing. 7. Put on “This is my JAM” caliber music. 8. Workout.

By incorporating a ritual like this, you can avoid being tucked into bed pining, “Ugh. I *have* to workout. Well, I *want* to workout. I just (sigh), I *also want* to stay here.” That’s jumping ahead to step #8. Instead, your ritual guides you to focus on getting up and making coffee (step #1 and #2). Small shift. Big difference.

3. Do what you can.



The intention of training while travelling is to have fun, get an energy-boost and support your current fitness level. However, if you need a break from structure or you feel stressed about getting in your workout, the best thing you can do for your body is simply to get out and move. Explore. Climb hills. Walk down curious roads. Movement is always queen.



4. The water.

If we're training because it feels good, there's one more subtle yet significant player to consider to round out our Stay-Fit-on-My-Holiday project. Water.

Drink a small creek of the good stuff every day to keep everything working smoothly on the inside. (Not from an actual creek, though. Beaver Fever is a reeaaaaalll holiday buzz kill). Timezone changes, early mornings, and all those cultural wine and beer tours can disrupt our regular water drinking habits. Do it early. Make it convenient. Do it consistently.

5. Be accountable.

Any accountability system will work. Whether it's taking proof (sweaty selfie) or putting a checkmark in your day planner, plan to do (at least 😊) one movement-based activity a day that is purely for the good of your body. A workout. A quiet walk. A yoga session. It aallllll counts. It all contributes to your health, your energy, your headspace and your overall awesomeness. Wins across the board, right?

About the Author:



Jessica Van Raay is a movement aficionado, lover of water, mountain enthusiast, super nerd, heavy lifting-sprinting-yogi, philosophical ninja, adventure addict, mom of twins and wife, sister, daughter, aunt, cousin, friend, coach.

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Regular exercise is one of the healthiest habits you can form. But it's not always without risk, even for healthy individuals. Certain types of exercise are riskier than others and all exercise is risky for some individuals.

Please consult a health professional before participating in any new form of movement.

Now that all the business is finished,
**I would like to wish you a safe, enjoyable and
story-making travel adventure.**

If you have any questions, please do not hesitate to reach out to me at
admin@junctioncoaching.com.

Join our conversation, knowledge exchange and stories of experience (and the ongoing lessons learned) on Facebook @ **Junction Lifestyle Coaching** and Instagram @**move.eat.play.learn.live** and @**jessicavanraay**.
We would love to hear what you have to say!