



Workout OTG (On The Go)

You don't need a health club to stay in shape

By **BUNKY SLAW**
For Health Illinois

Even when you have the best intentions of working out on a regular basis, something happens that prevents you from accomplishing your fitness goals. Whether its travel, extended work hours or after-hours meetings, you somehow got away from going to your health club.

When time constraints keep you out of the gym, you can still maintain your fitness regimen, however.

Resistance bands and a weighted ball are the perfect exercise alternative when a gym workout is not a possibility. These items will fit in a small bag and can be used in the office, home, hotel room, or even outside when the weather is nice.

Resistance bands comes with two handles which allows a full body workout. Three tension levels are available: Light for beginners, medium for intermediate and heavy for advanced users.

A weighted ball is the perfect companion to resistance bands. A complete abdominal routine can easily be accomplished with a weighted ball. A five-pound weighted ball is the right size for travel and provides proper weight resistance to develop a strong core.

ON THE GO WORKOUT

This workout is great for the days you can't make it to the gym, and it should only take 20 to 30 minutes to complete. Be sure to stretch to help eliminate the chance of muscle cramps.
Begin by jogging in place for one minute. This will increase your circulation and provide more oxygen to your muscles.

ARM CURL

Place the resistance band in front of you and step on the middle of the band with your right or left foot. Grab the handles with your palms facing you and your forearm parallel to the floor. Curl your hands toward your shoulders until your knuckles are parallel to the lower part of your shoulder. Go back to the start position.

Repetitions: 10 to 15. Sets: one to three.

SQUAT

Place band on floor and step on the band with both feet about 6 inches apart. Grip handles with palms downward and raise them to shoulder level. Press your glutes back and bend at the knees. Be sure to tilt your head up slightly. Keep your knees parallel with your ankles, return to the starting position by pushing with your heels and not the balls of your feet.

Repetitions: 10 to 15. Sets: one to three.

TRICEP KICKBACK

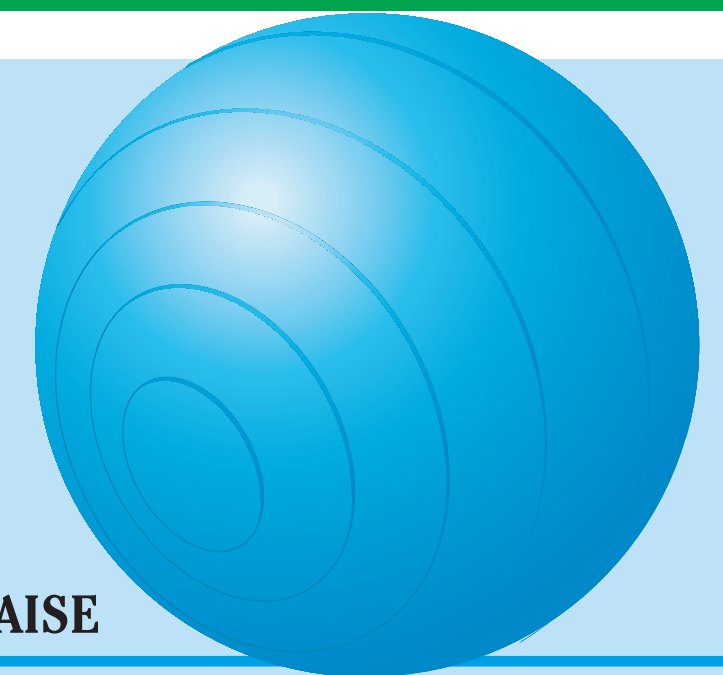
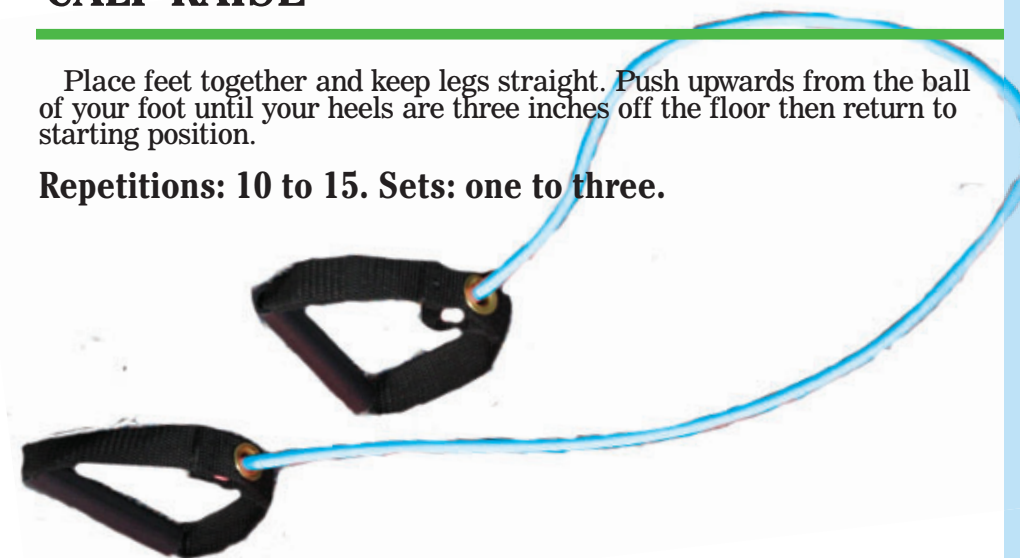
Place the resistance band on floor and step on it with both feet, keeping your feet about 12 inches apart. To add more tension, place your feet farther apart and for less, bring them in closer. Grab the handles with your palms downward, and place your arms on your side. Keep your arms in a locked position and push towards the rear then back towards the starting position. Be sure to keep resistance throughout the entire movement.

Repetitions: 10 to 15. Sets: one to three.

CALF RAISE

Place feet together and keep legs straight. Push upwards from the ball of your foot until your heels are three inches off the floor then return to starting position.

Repetitions: 10 to 15. Sets: one to three.



FRONT RAISE

Place band on the floor with both feet about a hip length apart. Cross the handles which will form an "X" shape and keep the palms downward and hands at your side. Raise your elbows toward the ceiling until they are parallel with your shoulders and return to the starting position keeping resistance on the band.

Repetitions: 10 to 15. Sets: one to three.

TORSO TWIST

Lay on floor with your feet together in an upright position. Grab the ball keeping arms straight, then bring the ball until its one inch from your chest. Keep your elbows in an upright position and parallel with your chest. Turn your torso to the far left then to the far right while keeping your head straight.

Repetitions: 10 to 15. Sets: one to three.

ABDOMINAL CRUNCH

Lay on floor with feet together and the ball one inch from your chest in an upright position. Slowly lay back until a 45 degree to 60 degree angle is achieved. Then slowly crunch forward one inch to three inches and return to starting angle.

Repetitions: 10 to 15. Sets: one to three.

Workouts can be fun and challenging, without taking up several hours in a work week. The added benefit of being mobile is that you can even exercise outside at a park or lake on a nice summer afternoon. Fitness doesn't get any better than that.

Bunky Slaw is certified in personal training, strength training and sports nutrition and can be reached at fit4ever@sbcglobal.net or 520-3570.