

HOTEL ROOM WORKOUT

FOUR EXERCISES SURE TO KEEP YOU FIT with Obi Obadike

PUSH-UPS



We all have been in situations where we've travelled out of town, or out of the country, for business or pleasure and sometimes we've thought to ourselves: how I can still stay in shape without getting to a gym? Well, I can tell you of four exercises you can do in your hotel room to maintain your fitness level. These exercises are push-ups, chair dips, resistance band training, or just using a jump rope.

The **PUSH-UPS** are obviously an exercise that most of us are familiar with. This exercise works your triceps, chest and shoulders. This is one of the best exercises you can do to maintain your upper body in your hotel room.

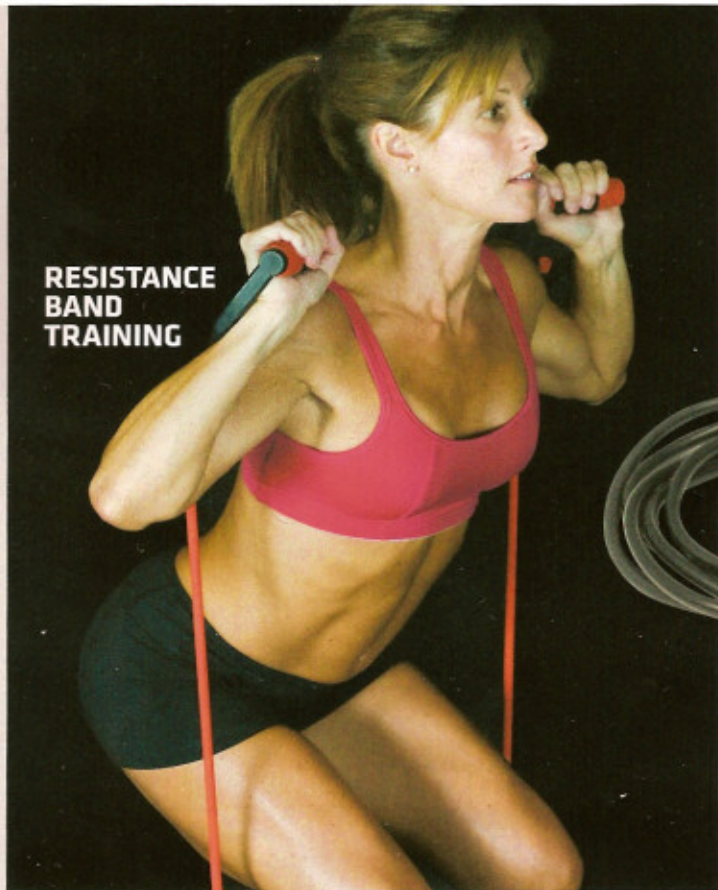
The second exercise you can do is **CHAIR DIPS**, which are incredibly good for your triceps and chest. I've read many fitness articles with Arnold Schwarzenegger talking about how he used to do chair dips to stay in shape while living in his hotel room. You can get an incredible pump using your own body weight doing chair dips. It is such a simple and fun exercise and it can even be done while watching television in your hotel room.

A third exercise is **RESISTANCE BAND TRAINING** and you can do a multitude of upper body exercises with resistance bands. The bands can easily fit into your luggage when you're travelling out of town. I always bring my resistance bands with me on fitness shoots so I can get an incredible pump before shooting.

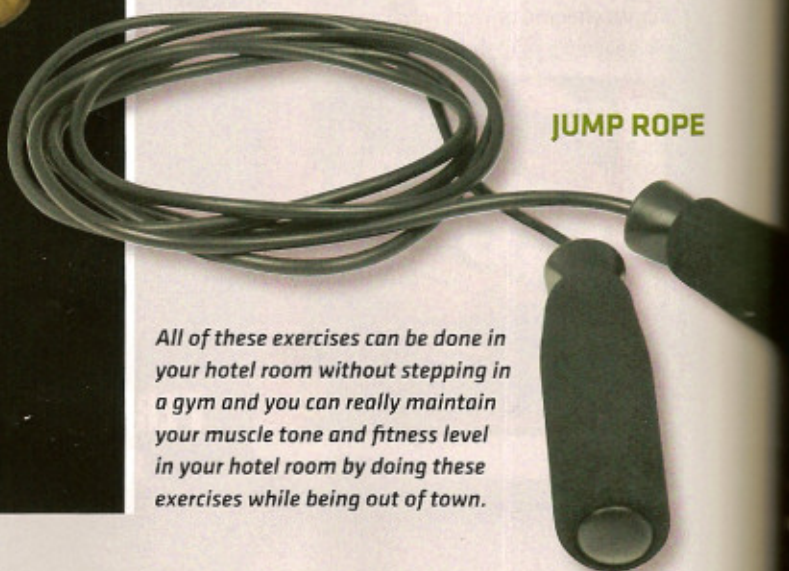
The fourth exercise uses a **JUMP ROPE**, and can be useful for your cardio. Jump roping is arguably the best calorie-burning exercise for cardio.

All of these exercises can be done in your hotel room without stepping in a gym and you can really maintain your muscle tone and fitness level in your hotel room by doing these exercises while being out of town. Women can also do all of these exercises and it takes little upper body strength to accomplish each of these exercises. **IFM!**

RESISTANCE BAND TRAINING



JUMP ROPE



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