



The Complete Traveling Gym

As individuals travel, it is easy to allow your workouts to be jeopardized. As you travel it is often difficult to know exactly what kind of workout equipment will be available for you to use – so instead of fret of what will be there, take everything that you need with you.



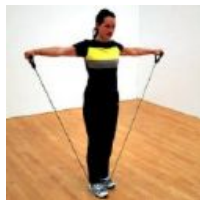
While it may be difficult to take along a complete set of dumbbells, barbells, weight machines, cardio apparatuses, pool and whatever else you normally use, there is one piece of equipment that you can take that will take care of almost all of these mentioned above. **What is this piece of equipment?**



Exercise bands – that's right, simple elastic bands can complete your entire workout wherever you are!

To help show you how an exercise band can complete a full body workout, checkout these exercises below:

- **Internal/External Rotation** – With the elbow bent 90 degrees and touching your side, keep the elbow by your side and hold band with it attached across the body for external rotation– then rotate the arm externally away from the belly button maintaining 90 degrees. Switch band to the other side for internal rotation and rotate inwards towards belly button
- **Band chest press** – This can be done by putting the band around a secure pole or door. Next facing away from the band, hold each side of the band with one hand and press outward away from the chest like a bench press and return to starting position under control.



- **Band Lateral Raises** – Stand on the band and hold each end of the band by the side. While standing tall, laterally raise the arms which are extended to soft extension up to the top of the shoulders and lower under control.
- **Band Curls** – Stand on the band just like the band lateral raises above. Then curl the arms upward while keeping the elbows by the side and then lowering down under control.
- **Band Squats** – Stand shoulder width apart and stand on the band with a grasp on each end of the band with the hands beside the shoulders. In this position, begin to sit down by pushing the butt backwards. Then return to the starting position. **Variation:** Add in a shoulder press as you stand up by pushing the arms upwards overhead
- **And Many Many More Exercises** – The list of exercises could continue to go on for days, as long as you have a secure anchor point, your imagination can help you hit about every muscle in the body.

