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Fitness for the Road

Introduction

Maintaining fitness with a busy work and travel schedule is challenging. The following is a no nonsense guide to staying in shape at home or on the road. The exercises in these slides can all be done in the privacy of your hotel room or home.

Time commitment: 30 minutes a day.

I recommend completing the stretching, aerobic, and abdominal exercises every day. The strength exercises can be divided on even/odd days as noted. Try to not stop between strength exercises. This will keep your heart rate up and provide you with a better aerobic workout.

Disclaimer: Please see your physician before starting any exercise program. Some of these exercises are not recommended if you have certain injuries as noted. These exercises are Dr. Spero's personal workout and do not replace the advise of your doctor, trainer or physical therapist. If any of these exercises cause you pain, please stop the exercise immediately.

Knee to Chest

- ❑ This stretch loosens your lower back and buttocks. This is key to reducing back pain
- ❑ Place a rolled up towel underneath your head
- ❑ Lie on your back with your knees bent and your feet flat on the floor.
- ❑ Bring one knee to your chest, keeping the other foot flat on the floor (or the other leg straight, whichever feels better on your lower back). Keep your lower back pressed to the floor. Hold for at least 15 to 30 seconds.
- ❑ Relax and lower the knee to the starting position. Repeat 2-4 times with each leg.



Piriformis Stretch

- ❑ Keeping the Piriformis muscle loose is important for overall flexibility and reduces back pain.
- ❑ Lying on your back, cross your legs just as you might while sitting in a chair.
- ❑ Grasping the "under" leg with both hands, pull the knee toward your chest until you feel the stretch in your buttocks and hips.
- ❑ Hold for 10 seconds
- ❑ Repeat with each leg 2-4 times

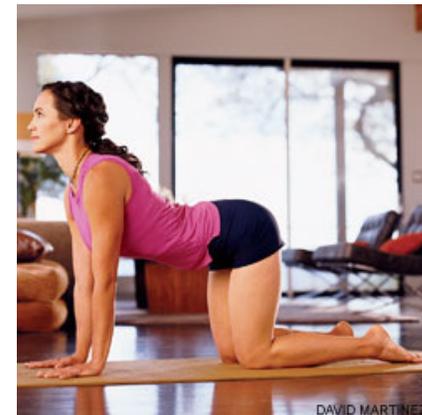


Cat/Cow Pose

- ❑ Stretches the back, torso, and neck. Avoid if you have a neck injury
- ❑ Start on all fours in a “tabletop” position.
- ❑ Make sure your knees are in line with your hips, and your wrists, elbows and shoulders are in line and perpendicular to the floor.
- ❑ Exhale and round your back like a cat.
- ❑ Inhale and flex your spine, lifting your chest and tailbone while dropping your belly toward the floor.
- ❑ Repeat cycle 10-20 times, breathing deeply.



MARTIN SCONDUTO



DAVID MARTINEZ

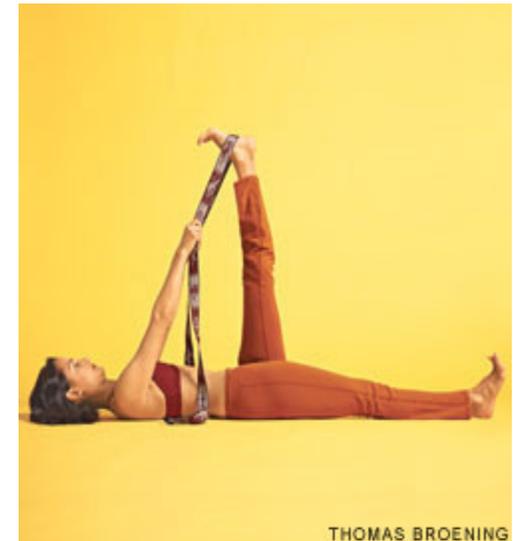
Downward-Facing Dog Pose

- ❑ Stretches muscles of shoulders, back, hips, hamstrings, and calves
- ❑ From Cat/Cow Pose, tuck your toes under and lift your knees away from the floor as you exhale.
- ❑ Keep knees slightly bent at first, and gently lift your sitting bones toward the ceiling.
- ❑ Press your heels toward the floor and gently straighten your knees without locking them.
- ❑ Firmly press the bases of your index fingers actively into the floor.
- ❑ Set your shoulder blades into your back and keep the head aligned between the ears.
- ❑ Breathe deeply and hold pose for 5-10 breaths.



Reclining Leg Stretch

- ❑ Stretches hips, thighs, hamstrings, groins, and calves. Reduces back pain by releasing the hamstrings.
- ❑ Lie supine on the floor. Press the hamstrings of the right leg into the floor and extend through the heel. If this causes discomfort in the low back, bend the right knee and place the foot on the floor.
- ❑ Loop a resistance band around the arch of the left foot and press your heel to the ceiling. Walk your hands up the band until your arms are straight.
- ❑ Continue to draw the band closer to the torso to increase the stretch.
- ❑ Hold the leg in the vertical position for approximately 1 minute, then swing leg out to side for inner thigh stretch. Hold and breathe gently.
- ❑ Return to center and switch legs.



THOMAS BROENING

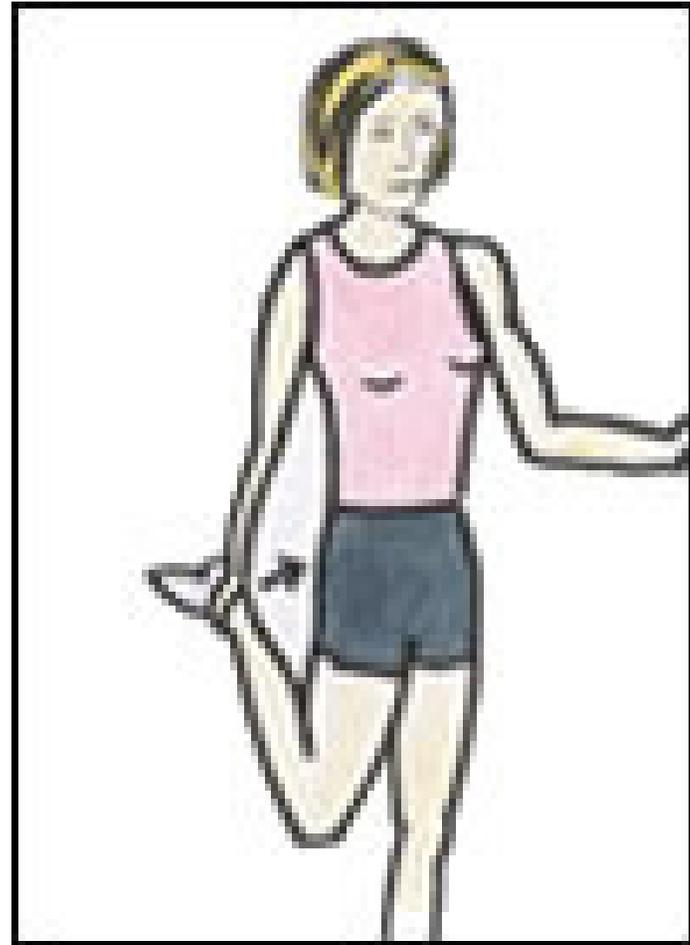
Reclining Twist



- ❑ Stretches the spine, shoulders, and hips. You may actually feel a mild adjustment of your lumbar spine.
- ❑ While lying on back, turn on side, and bend top leg and touch foot to the opposite knee.
- ❑ Rotate through the torso and let your knee fall towards the floor. Don't force the knee.
- ❑ Keep opposite shoulder pressed into the floor and extend the arms to the side. Turn your head to gaze toward the outstretched arm opposite the bent knee.
- ❑ Gently breathe and hold twist for 1 minute. Change sides.

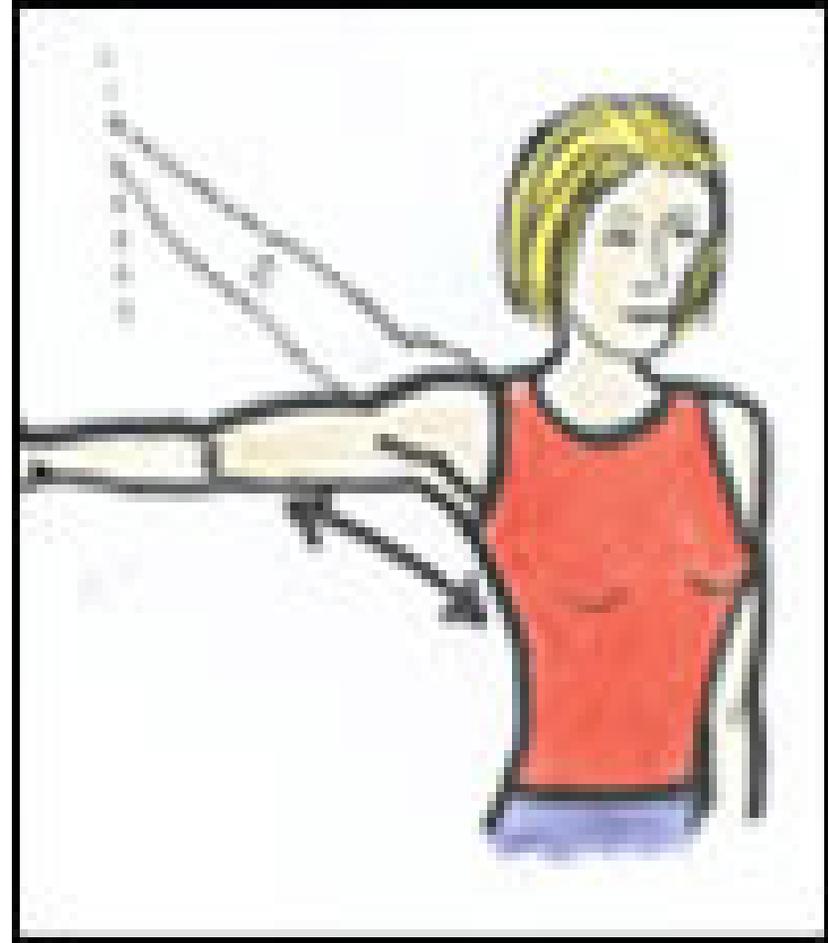
Quadriceps Stretch

- ❑ Steady yourself by resting your left hand on a wall; keep an upright posture and lift your right foot off the ground. Bend the right knee and grasp your right ankle with your right hand; gently pull your ankle up and back until you feel a stretch in the front of your right thigh. Your left leg should be slightly bent at the knee. Repeat for the opposite leg.
- ❑ When you get comfortable with this, you can let go of the wall and use your balance to stay upright.



Pectoral (Chest) Stretch

- ❑ Place your right hand on a doorway at shoulder height with your elbow straight; move your feet so that you turn your chest and body gently away from your arm; feel the stretch on the right-hand side of your chest and along the inside of your right upper arm. Repeat for the opposite side. (You can also do the stretch with your arm slightly elevated, as shown.)



Jump in Place

(jump rope without the rope)

- ❑ This exercise is a great aerobic workout
- ❑ Jump in place, rotating your wrists and forearms to mimic the movement of a jump rope. Jump slowly at first to warm up, then jump faster as your muscles loosen up. Duration – 5-10 minutes.
- ❑ Pay attention to your posture as you jump. Do not lock your knees as you hit the ground; instead, let them bend slightly as you land. Think of your knees as shock absorbers for your body. Your shoulders will start to feel the burn.

Core/Abdominals

- ❑ Avoid if you have a neck injury
- ❑ Lie on a mat or towel with knees bent and feet hip distance apart on the floor.
- ❑ Place hands behind head for support – do not push head forward; keep your neck in line with your spine.
- ❑ Exhale and curl forward, rolling your head, shoulders and chest up away from the floor. Keep your hips and low back down on the floor.
- ❑ Crunch - You can also alter the exercise by bringing your legs up to your chest at the same time you bring your head up.
- ❑ Repeat 10-20 times. Rest and do 2-3 more sets. *The slower you do this exercise, the more quickly you will fatigue.*
- ❑ Add twist to each side to strengthen oblique muscles.



Beginner Squat

- You can also get by with just 1 chair in front of you
- This is a great thigh muscle exercise.
- Avoid if you have a knee injury
- Keep your spine straight and your head up
- Use your hands for balance only
- Bend slowly and hold for 2 seconds
- Return to the standing position and repeat
- Do not use arms to push up. Only your legs
- Repeat as many times as possible.
- Do 2-3 sets

Step 1



Step 2



Beginner Squat

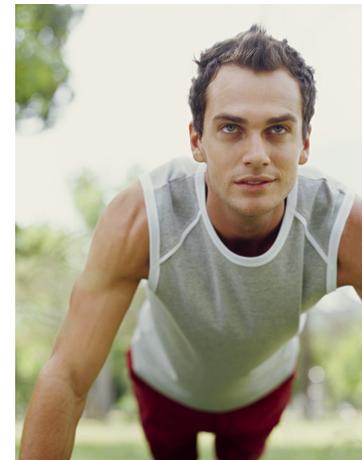
Sitting Row

- ❑ Strengthens upper back (rhomboids).
- ❑ Sit on the floor with your legs straight out in front
- ❑ Loop the band around the soles of your feet
- ❑ Cross it in front of you and hold one end in each hand
- ❑ Start with your arms straight in front of you, pointing at your toes
- ❑ Pull back so you bend your elbows and your hands meet your chest
- ❑ Return to the starting position. Repeat 10 times and do 2-3 sets



Push-Ups

- ❑ Strengthens chest, arms, shoulders, back, and core. Avoid if neck or shoulder injury
- ❑ From a “table top” position on all fours, set hands slightly wider than shoulders. (do one set with your hands closer together to work your triceps)
- ❑ Beginners: keep knees on floor.
- ❑ Pull your belly up toward your spine and maintain throughout.
- ❑ Bend elbows and lower chest toward floor. Do not drop your head; keep gaze focused ahead. Straighten arms and push up
- ❑ Repeat 10-20 times and do 2-3 sets.



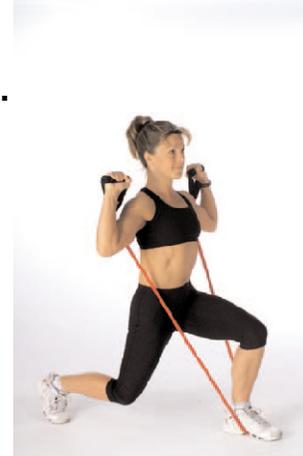
Biceps

- ❑ Loop the band underneath one or both feet. Which ever is more comfortable for you. Hold onto each end of the band with one of your hands.
- ❑ Your palms should be turned in so they are facing your legs
- ❑ Curl your arms up one at a time or at the same time by bending at the elbow and rotating your wrist so you end with your palm facing your chest
- ❑ If you find your posture is compromised, slow down and decrease the resistance on the band. Maintain your posture by engaging your core and tightening your abdominals. Keep a slight bend in your knees to avoid locking out the joints
- ❑ Repeat 10 times and do 2-3 sets.



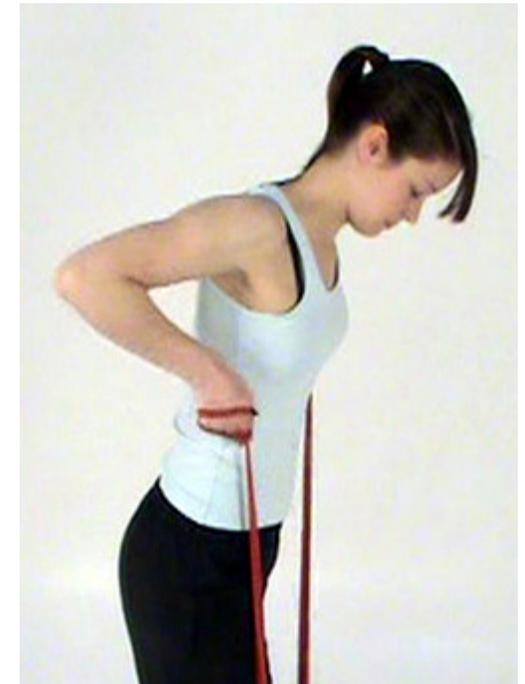
Lunges

- ❑ Strengthens the muscles of the legs and buttocks. Avoid if you have a knee injury
- ❑ Pictured using resistance bands for an added challenge. Can also be done with hands on hips and no resistance.
- ❑ Stand with feet hip distance apart. Slide one foot back, keeping a hip-width stance.
- ❑ Bend knees; do not bend beyond 90 degrees. Keep front knee directly over center of foot – do not push knee past the top of the toes. Straighten legs and push back up to standing.
- ❑ Do 2-3 sets of 10 lunges for each side.



Upright Row

- Works shoulders. Avoid if you have a neck or shoulder injury
- Position the centre of the band underneath one or both feet
- Keep your head up (despite the picture showing head down)
- Hold the ends of the band in your hands
- Start with your arms straight, pointing to your feet
- Pull upwards and bend the elbows out behind you
- Slowly return to the starting position
- Repeat 10 times and do 2-3 sets



Shoulder Press

- Works shoulders. Avoid if you have a neck or shoulder injury
- Stand with the center of the band under your feet and one end in each hand
- Bend the elbows and position the hands just above shoulder height
- Push your hands above your head, straightening the elbows
- Slowly return back to the starting position
- Repeat 10 times and do 2-3 sets



Core/Back: Pilates Swimming

- ❑ Strengthens the muscles of the spine, buttocks, shoulders, arms and legs. Improves posture and reduces pain throughout your spine.
- ❑ Avoid if you have a back, neck, or shoulder injury
- ❑ Lie on your belly with your arms extended overhead. Rest your forehead on a folded towel.
- ❑ “Scoop” your belly upwards towards your spine and maintain this contraction throughout exercise. Imagine you are trying to lift your belly button off the floor.
- ❑ Exhale and extended your arms and legs so long away from your center that they lift off the floor, reaching firmly towards opposite walls.
- ❑ Raise opposite arm and leg and then switch rapidly, in a “swimming” or fluttering motion.
- ❑ Swim for a total of 10 breath cycles, then rest and repeat 2-3 times.

