

Aphrodisiac Secret Travel Solution

TRAVEL
SMARTER AND
SEXIER



— MEREDITH SHIRK —

Traveling for business or even for vacation can be a real drag

on your workout and diet regime. From jet lag to crappy roadside food, it seems like everything is out to sabotage your routine. Luckily I have put together a multi-level workout that can be done in your hotel room, at the hotel gym or outside. All you need is a towel (or something padded to lie down on), a desk and a piece of luggage.

Before we get to the workout, let's look at some things that you can do before you even takeoff.

Preplanning is KEY to having a successful and healthy trip.

When you are traveling, snacks are a must have in order to keep on point. With a little preparation you can be happy and satisfied while still staying healthy.

Some tips for diet and exercise on your trips:

1. Drink water!

Bring an empty bottle and fill it once you get past airport security. We all forget to hydrate when we travel. That lack of water in our systems makes our bodies think that we are hungry when in actuality all we need is a little H₂O.

2. Pack lots of high fiber snacks for the plane ride.

A few servings of unsalted raw almonds are always a great choice. I also shoot for bringing 2-3 apples (high in fiber, and will keep you hydrated). If you are a salty sweet kind of person...don't get sucked into airport goodies. Try to pack a satisfying crunchy snack. Quaker has some good rice cakes that are low in calories. Get a zip lock bag and fill it with one serving. That way, if your cravings get the best of you, you won't grab the supersize bag of chips.

3. Drink MORE water!

4. Beware of the scavenger!

When you land, try to get a healthy meal in you *right away*. Chances are you were good and didn't eat the nasty airplane food, but once you've landed you are **STARVING**. Instead of heading for the cheap Mexican food joint on the corner, find a market nearby. Grab a premade salad or stop by the salad bar; dressing on the side and hold the cheese and bacon bits. Go for lean meats like turkey and chicken and load up on those aphrodisiac vegetables like arugula, beets, celery, and hot peppers!

The Workout

*The hardest thing about working when traveling is
STARTING THE WORKOUT!*

When you get to your hotel **DRINK** more water! Get to your room and change your clothes right away. The longer you stay in travel clothes, the less likely you are to start your workout.

Leave the TV off, put on some music, take a deep breath and **GET GOING!**

Remember this workout can be done in your hotel room, at the hotel gym or outside.

Warm up: 3-4 minutes (one exercise after another)

25 jumping jacks
15 body weight squats
10 push-ups
10 lunges (each leg)
10 hip raises
25 jumping jacks

The main circuit should be done for a total of 20 minutes. Try to get as many sets of the circuit done as possible. *Be careful not to compromise your form for the sake of doing more sets.* If you can only do 10 jump squats in the first round then try to go for 11 the next time you do your circuit.

The main circuit can be increased per your level of fitness. If in the first couple of rounds you are doing well at level 3 and then start to fatigue later, drop down to level 2 for the following set.

Main circuit:

Level 1	Level 2	Level 3
15 body weight squats	15 hands over head squats	15 jump squats
15 incline pushups	15 offset pushups	15 decline pushups
15 rows (each arm) (use luggage or something with some weight to it)	15 inverted rows (use hotel desk or ledge)	15 inverted rows (feet elevated)
10 reverse crunches	12 leg lifts	20 leg lifts with V
10 (each leg) alt. lunges	15 (each leg) alt. lunges	20 (each leg) alt. lunges
10 dips	20 dips	30 one leg dips (switch at 15)
10 (each leg) mountain climbers	20 (each leg) mountain climbers	30 (each leg) mountain climbers