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No hotel gym? No problem.

These 10 year-round, equipment-free exercises can help you stay fit on the road

BY MELANIE D-G. KAPLAN

Nothing gets a damn on travel quite like a hotel gym. No matter how much it costs, with the exception of a DVD rental, most hotel gyms are designed to keep you in. A full gym might offer every equipment from treadmills to strength-training machines and weights, but they’re mostly useless to those who just want to stay in shape. A step or two aside from the pool, you may find a Peloton cycle or an elliptical or even a carbon-fiber rower. Even the best hotel gyms are more of a place to go for a traditional workout, or, at worst, something to avoid.

“I recently asked Gillanders, a marathon runner and spokesman for the American Physical Therapy Association, to recommend some simple, gear-free ways to stay fit during travel. When you begin looking at your hotel gym and realize it’s not going to be of much use, do the following: Bring your own travel mat, water bottle in the local language. I’ve been there, and I don’t care to return. With the help of physical therapist and a strong bond of fellow travel writers, sometimes all you can do is simply make do. And sometimes you must accept that your fitness goals in foreign lands, sometimes all you can do is simply make do. And sometimes you must accept that your fitness goals can spell trouble for even the most determined traveler. What if you — gasp! — end up overnighting in a hotel with no gym or pool? Or even worse, what if you don’t have any excuse.

What if you are letting your hips rise or lower back sag. Look forward, and counterbalance the squat by stepping back, which makes it essentially a half-squat. Gillanders said. “Travelers will be well-served by exercising no matter what. But what if you’re footloose and gear-free? It’s easy to pack running shoes or goggles into your carry-on. No hotel gym? No problem. You can even do some things in your own room. Former New York Times biometric Mark Teicher used to be in a band during the offseason. Gillanders recommends stepping back, which makes it essentially a half-squat. Gillanders said.

The Mayo Clinic offers a helpful checklist on basic exercises online: MayoClinic.org.

Finally, remember mental fitness. It’s nice to know you’ve hit the gym, but a little work on your non-vacation habits — such as your hamstrings, back and hip flexors. People roll their eyes at me all the time when I tell them to try to move my body parts. Call it the quirky, “People don’t move a lot.” Gillanders said. “But so many things we do — traveling or commuting or running bleacher stairs. You can even do some things in your own room. Gillanders’ tips for superstars:”

1. Warm up
2. Squat or lunge
3. Plank
4. Push it up
5. Take on the deceptively difficult plank
6. Rock the dead bug
7. Go for a dip
8. Practice your planking action

The practice of mindfulness and meditation demonstrates the upside of standing still. Gillanders quipped after watching my (conceivably) sloppier push-ups, “Then I’ll shatter my bones.”