

We all know how difficult it is to fit in a workout while we are traveling. We also know how difficult it is to get back to our fitness routine when we return from a business trip or vacation.

Here is an idea for a "No Excuses" travel workout that can be done right in your hotel room or on the pool deck. **Exercise Tubing** - elastic or latex bands with plastic soft-grip handles make a great workout partner while you are on the road. All it takes is about 15 minutes a day, and you will keep those hard-earned buff biceps and triceps!



Almost any exercise you can do in a fitness center can be modified on the tubing. Legs, arms, back, chest and even abs can be worked with this versatile device. For just a few ideas on some great tubing exercises click this link:

http://www.sportstek.net/exband_ex.htm

Tubing comes in various resistance levels, from easy to very hard! They can be purchased at most sporting goods stores or online through Target.com, Amazon.com, or Fitnesswholesale.com.

Be healthy, get fit, stay strong!