Full-Body Travel Workout with Bands Transcript

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Introduction to travel bands

Hey, are you traveling? Hey, are you traveling? It's hard to figure out how to It's hard to figure out how to fit in that fit in that workout, and you don't workout, and you don't know if you'll have know if you'll have access to a gym.

access to a gym. Well, everyone is begging for Well, everyone is begging for training with training with tubing and tubing and expanders. Here they are. So, under protest,. So, under protest, I'm Deborah Atinson, I'm Deborah Atinson, founder of Flipping 50. I founder of Flipping 50. I love dumbbells. I love dumbbells. I love kettlebells. I like to love kettlebells. I like to drag drag drag suitcases instead. If you can't suitcases instead. If you can't have kettlebells, but have kettlebells, but for all of you who for all of you who love resistance bands and love resistance bands and tubing, this is it. There is tubing, this is it. There is one little thing you one little thing you should remember.

should remember. You will need to You will need to order a small order a small adapter for long adapter for long tubing so you tubing so you can do can do a lot more a lot more pull-up exercises by pull-up exercises by pulling it over the pulling it over the door. So I'll tell you where to get it in where to get it in the comments. You can the comments. You can find find find tubing mounts at Spry or Power tubing mounts at Spry or Power Systems. You'll probably Systems. You'll probably find it find it on Amazon as well. I'll show you on Amazon as well. I'll show you push-ups push-ups push-ups and pull-ups for the lower and pull-ups for the lower and upper and upper body, and how you should body, and how you should perform them perform them safely and safely and make sure make sure you have enough resistance.

Lower body warm-up and work

Come on. Okay, this is for Come on. Okay, this is for all of you who love all of you who love exercise bands or have exercise bands or have exercise bands and want to exercise bands and want to use them on use them on vacation. And I will do vacation. And I will do it reluctantly. And here's why. You almost never. You almost never see me see me using using using expanders, except for expanders, except for this one, which I this one, which I use often.

use often. We use We use it at home because it at home because it hits your it hits your glutes and we glutes and we both need it. Whether both need it. Whether we know it or not, we need it.

But I think you But I think you could do just as much could do just as much or even or even more with more with your own body weight and your own body weight and suitcases or just suitcases or just props from your props from your hotel room hotel room than with resistance bands. I than with resistance bands. I think for me think for me they are more they are more limiting than limiting than helpful. I'll let helpful. I'll let you judge that for yourself.

you judge that for yourself. But what if I But what if I was going to make was going to make one and said, “Here are the one and said, “Here are the rules. Here is the game. And rules. Here is the game. And you can you can only use these, that's what I would only use these, that's what I would do. Good. So, I'll do. Good. So, I'll start with this because it's a start with this because it's a great warm-up. So, this applies to everyone.

Sorry. It must be Sorry. It must be very boring. This very boring. This applies to just applies to just above the knees. So, this is a above the knees. So, this is a certain diameter. I certain diameter. I believe it's eight and believe it's eight and you can get a you can get a diameter of 12 inches. So diameter of 12 inches. So if you're a if you're a plus-sized woman and plus-sized woman and it feels like it feels like I have one thigh there I have one thigh there and I can't move, and I can't move, then you know you then you know you can order them.

can order them. This is a vicious cycle. This is a vicious cycle. It's provided by Perform Better, It's provided by Perform Better, and I prefer and I prefer these. You can probably also these. You can probably also go to Walmart

or go to Walmart or Target and buy them. But Target and buy them. But I can't guarantee I can't guarantee you that I know you that I know the properties of this.

the properties of this. The green color is The green color is wonderful. You can wonderful. You can become lighter and it is become lighter and it is yellow. You can yellow. You can get heavier and it's get heavier and it's red, but once red, but once you get you get so heavy so heavy you don't have range of you don't have range of motion or control, you've motion or control, you've lost the game, I'd rather lost the game, I'd rather see you see you take two green take two green steps or get a steps or get a new green. And new green. And fresh, they are heavy.

fresh, they are heavy. So, to use So, to use this as a warm-up, we're going this as a warm-up, we're going to do some to do some lateral steps. And you lateral steps. And you can just start can just start with a few side with a few side steps so that you're getting a little bit of steps so that you're getting a little bit of each each each side ready as you side ready as you do it side to side and do it side to side and back. And if I back. And if I do it do it repeatedly, I'll repeatedly, I'll be using my be using my be using my legs in different ways legs in different ways over a longer over a longer period of time, and it'll be period of time, and it'll be a little more challenging.

But I want to point out to But I want to point out to you that while we're you that while we're doing this, you're doing this with doing this, you're doing this with me, it's me, it's actually actually actually happening. So I happening. So I want you to want you to make sure that you make sure that you step, you step, you stay level, and stay level, and you stop that foot.

So you don't let So you don't let that leg get pulled in. Please that leg get pulled in. Please note, I note, I never do this. So, if I'm walking, I'm. So, if I'm walking, I'm working. And if I working. And if I brake, that leg brake, that leg also works. None of also works. None of them take vacations. But you need. But you need my my my phone to be on.

phone to be on. I have a camera or a I have a camera or a mirror. You can mirror. You can videotape yourself videotape yourself or do it in front of a or do it in front of a window with a window with a reflection or reflection or your mirror so your mirror so you can you can observe. If you do observe. If you do n't, it n't, it means you're means you're cheating. You're not cheating. You're not doing your doing your job well, and job well, and maybe you're done. Good. So, I'm getting a little. Good. So, I'm getting a little tired. So what I'm going to do tired. So what I'm going to do is take a is take a break. So, I'm going to break. So, I'm going to go back, and I'm going to, and I'm going to use those use those muscles still, but muscles still, but easier. And I'm going to easier. And I'm going to move forward. And move forward. And so I turn around and so I turn around and push my pelvis forward.

push my pelvis forward. Yes, very dramatic. Yes, very dramatic. So you can So you can see it, but it's like John see it, but it's like John Wayne. You're going to Wayne. You're going to reach forward and reach forward and walk like a cowboy, and walk like a cowboy, and put your feet forward, put your feet forward, but also out, and but also out, and push, and push, and push, and push, and keep keep keep moving. So you moving. So you can can can use all the use all the space in your space in your room. When you room. When you get to the other get to the other end, you're going to end, you're going to turn around and turn around and do the opposite. So, pelvis first again,, pelvis first again, but now I'm using the glutes a little but now I'm using the glutes a little more on the more on the outside.

outside. So I push and So I push and push. Your push. Your glutes are glutes are big muscles, so you big muscles, so you probably won't notice that it's too hard that it's too hard compared to the side compared to the side because we don't walk because we don't walk sideways. And I'll just take sideways. And I'll just take another step another step forward.

forward. forward. Make sure my Make sure my legs are not parallel. I push myself away all the time. I'm taking a push myself away all the time. I'm taking a very wide step very wide step because I want to feel the because I want to feel the work. And then I'll go back work. And then I'll go back and and and push, push, push, push, and hold it wide. So and hold it wide. So I try to strive I try to strive in that direction.

in that direction. Push and push and Push and push and push. Push and push. Push and push. But all the while push. But all the while remaining remaining remaining stable, you stable, you are using your are using your core.

And now we'll core. And now we'll do it again.

do it again. So, steps aside. I will get So, steps aside. I will get low and low and push and push. And push and push. And it doesn't have to be it doesn't have to be aerobic, but it's aerobic, but it's a little bit, right?

a little bit, right? Because your large muscles Because your large muscles will consume a lot of will consume a lot of blood circulation and oxygen, blood circulation and oxygen, and they will increase your and they will increase your heart rate. So you will heart rate. So you will push and push.

push and push. Good. And so on. Good. And so on. Good. And back. Wonderful. Now we're going to. Now we're going to keep it in the keep it in the middle. I'll just middle. I'll just stand up a little more stand up a little more upright. So upright. So I'll take a short I'll take a short break. Now I'm going to break. Now I'm going to do a little wider do a little wider than hip width and than hip width and do a squat do a squat down and up. So even down and up. So even though it's vertical though it's vertical and I'm using and I'm using body weight here, yes, for body weight here, yes, for gravity from there.

However, I also However, I also use my use my use my medial glutes medial glutes to to to push off push off this band. So I don't this band. So I don't let my knees get pulled in let my knees get pulled in. I. I squeeze them out squeeze them out and hold them there and hold them there using these using these elements. And I believe elements. And I believe you feel it too you feel it too if you do it if you do it right, because I right, because I really do.

really do. Right? So, this is a Right? So, this is a great warm-up, but great warm-up, but we've already started we've already started doing the doing the doing the drills. And we drills. And we do more than do more than if we only had if we only had body weight, but now I body weight, but now I can also lift a can also lift a suitcase, a couple of books, a suitcase, a couple of books, a child. I'm holding something child. I'm holding something here, and now I'm doing here, and now I'm doing more more more weight training, and my core is weight training, and my core is working because I'm holding working because I'm holding something here. So, just something here. So, just an idea, if you an idea, if you feel like no, feel like no, it's not necessary. We're it's not necessary. We're already walking a lot already walking a lot today on vacation today on vacation or we just don't or we just don't need it, don't need it, don't want to do it, want to do it, you can leave your you can leave your hands on your hips.

hands on your hips. No problem. Good. No problem. Good. Perfectly. Now we're Perfectly. Now we're going to going to figure this out. OK. So, I'll take that off, but So, I'll take that off, but you can always you can always build a whole build a whole workout around workout around it. If you walk a lot today, take it off and walk a lot today, take it off and suddenly feel suddenly feel light. So you light. So you 'll be ready to walk 'll be ready to walk all the steps, all kinds of all the steps, all kinds of touristy stuff. You are touristy stuff. You are ready to go.

ready to go.

Upper body band techniques

So, another way to So, another way to add resistance is add resistance is with a with a long-handled resistance band. And long-handled resistance band. And again, as you again, as you can see, I love can see, I love green, and I would rather green, and I would rather see almost see almost all of my clients all of my clients do two greens do two greens than go to than go to red because it red because it limits the range of limits the range of motion. One of the reasons motion. One of the reasons you don't see you don't see me using me using expanders is because expanders is because I don't I don't like them to be like them to be stretchy right now; it's stretchy right now; it's almost nothing, nothing.

almost nothing, nothing. I don't have enough I don't have enough resistance, do I? So I'm going to resistance, do I? So I'm going to go down, go down, I'm going to do this I'm going to do this here, and then here, and then push up. So, push up. So, while working on this while working on this abdominal muscle, I may abdominal muscle, I may have some resistance, but have some resistance, but for the lower for the lower body, it's really not that body, it's really not that much. So I much. So I feel a little feel a little more pressure, more pressure, but, you know, it's not

that but, you know, it's not that much. So, this is just one much. So, this is just one way. But way. But I'll turn aside so I'll turn aside so you can see it this you can see it this way. I want you to way. I want you to keep going, but it's still keep going, but it's still good form, good form, like you have weight. I like you have weight. I just keep my hands just keep my hands on my shoulders so I have a on my shoulders so I have a little more resistance little more resistance than if I than if I just held on here. I just held on here. I don't really have one, do I don't really have one, do I? So I? So I pull it up.

pull it up. I went down here, I went down here, pulled it up to my shoulders, pulled it up to my shoulders, and then and then pushed through pushed through them and pressed. Good.

them and pressed. Good. So, a little more So, a little more muscular muscular muscular endurance than endurance than true strength, but true strength, but you're stimulating those you're stimulating those muscles. And it can also muscles. And it can also involve your core. And involve your core. And if you've been walking a lot, sitting a lot, sitting a lot while traveling, it's while traveling, it's potentially engaging your potentially engaging your core in a way that core in a way that could loosen your could loosen your lower back. Now you lower back. Now you can also can also use this use this for side steps.

for side steps. So, for some reason So, for some reason you don't have this you don't have this smaller sewing smaller sewing loop, get one. They cost. They cost about 250.

about 250. Get a pack of 10 Get a pack of 10. Splurge,. Splurge, okay? Because they are not okay? Because they are not eternal. But this is another eternal. But this is another option.

option. option. Notice what I did. I Notice what I did. I put it under the arch of my put it under the arch of my foot on my shoe to keep it foot on my shoe to keep it safe and safe and secure. I'll cross my secure. I'll cross my arms and then arms and then switch hands.

switch hands. Again, it's Again, it's fixed. fixed. fixed. Bend your knees slightly. You Bend your knees slightly. You will be pushing and will be pushing and turning.

turning. turning. To push, To push, to turn. The to turn. The same movement, just like this same movement, just like this. I personally. I personally prefer the Versa Loop, prefer the Versa Loop, but if you don't have but if you don't have that option, here's that option, here's another way. And another way. And you know what we do?

We add a little We add a little more work on the gluteus medius. Good. gluteus medius. Good. Now hang in there. Now hang in there. We will do the We will do the barbell pull up. Let me tell barbell pull up. Let me tell you, you've never you, you've never seen me do a seen me do a deadlift, have you deadlift, have you? No. Because I don't? No. Because I don't love her. That's why. The love her. That's why. The shoulder tension shoulder tension just doesn't go at the just doesn't go at the angle I angle I like for like for most people and most people and they end up they end up here and usually one here and usually one feels good feels good and the other doesn't. So I don't and the other doesn't. So I don't like it for that like it for that reason. I weigh the reason. I weigh the risk and reward. And risk and reward. And if the reward doesn't if the reward doesn't always bring always bring victory, I usually victory, I usually skip it. Whether skip it. Whether you like it or not is you like it or not is entirely up entirely up to you. But the other to you. But the other problem is that problem is that I I I see see see a lot of women a lot of women doing this and they have doing this and they have terrible terrible terrible wrist shape. This means wrist shape. This means you take your paw, you take your paw, pull your wrist pull your wrist up, this creates a up, this creates a torque on torque on your elbow. And your elbow. And the problem with this the problem with this exercise may be that it puts the load on your load on your elbow, not your elbow, not your shoulders. But we shoulders. But we are causing a slight are causing a slight internal rotation.

internal rotation. I don't I don't like it, neither you like it, neither you nor I. That's why I don't nor I. That's why I don't do it. And then do it. And then relax. Perfectly.

relax. Perfectly.

Anchor-based pulling exercises

OK. Now we OK. Now we need some need some way to secure way to secure our tube so we our tube so we can lift it up can lift it up high and pull on high and pull on it. So we can it. So we can pull down, we pull down, we can put it in the can put it in the doorway, doorway, doorway, pull straight, we pull straight, we can put it at the can put it at the bottom of the bottom of the doorway and pull doorway and pull up. You need to up. You need to buy a small buy a small adapter. So you would adapter. So you would insert your insert your ribbon into this ribbon into this little adapter, and little adapter, and they are usually they are usually about seven about seven inches long. And then the other inches long. And then the other end looks like it has a piece of piece of gum stuck in it. And you'll gum stuck in it. And you'll throw it over throw it over the door or into the door on the door or into the door on the side. Close the door. And then you can. And then you can pull, pull, pull, use use use levers, and do levers, and do rowing exercises.

rowing exercises. Another option, if Another option, if you don't have that, you don't have that, is that you is that you put it here. You put it here. You can cross your can cross your legs and wrap it legs and wrap it a little tighter if the a little tighter if the resistance is too low, resistance is too low, like mine. I don't have like mine. I don't have enough resistance here enough resistance here to actually complete to actually complete any task. So I any task. So I wrap it around wrap it around my legs and then my legs and then pull it again. And we pull it again. And we will try again.

will try again. So, pull and So, pull and drop. And you drop. And you need to realize need to realize that if you that if you do it too do it too hard, I'm pulling through the hard, I'm pulling through the tube and it's tube and it's rubbing against my rubbing against my shoe every time shoe every time I do it. So it won't I do it. So it won't last very long last very long if you put up a if you put up a lot of that kind of resistance.

lot of that kind of resistance. So I want you to be So I want you to be careful. careful. careful. Inspect your Inspect your tube every time tube every time you do this. So, you do this. So, here's what you do. You here's what you do. You should already should already feel tension in the feel tension in the tube. Now, when you tube. Now, when you rise, you rise, you will feel the most will feel the most tension right here.

tension right here. Make sure Make sure your elbows are in, your your elbows are in, your shoulders are down and shoulders are down and away from your ears, and away from your ears, and you have a slight bend in your you have a slight bend in your lower back. Good.

lower back. Good. Exhale. And then Exhale. And then let go. And let go. And pull. Good. And pull. Good. And let go. Now I'm going let go. Now I'm going to set up the camera so that to set up the camera so that it's within my it's within my reach so I can reach so I can pull it this pull it this way. So, I'll way. So, I'll show you. I need show you. I need support. I don't have a support. I don't have a support over the door, because, support over the door, because, again, I'll again, I'll share my secret with you share my secret with you a little a little earlier. I don't earlier. I don't use the phone use the phone and I don't take it with me.

Okay, let me Okay, let me show you this from the side so you have the so you have the best view and I best view and I can place it can place it anywhere. So if I anywhere. So if I want to pull from the bottom up want to pull from the bottom up to to to use a use a use a different angle, and we always different angle, and we always want want want variety, I variety, I can put that can put that here. So, I'm pulling from a here. So, I'm pulling from a lower place. If lower place. If you have this attached to you have this attached to the door, you can the door, you can place this at the bottom of the place this at the bottom of the doorway and doorway and pull back and pull back and forth. So, pay forth. So, pay attention, I'm squatting.

attention, I'm squatting. Now I can change it up a bit by going down and then going down and then stretching. And I stretching. And I can do can do squats and squats and rows at the same time. So let's make. So let's make 10 more of these. Good. And 10 more of these. Good. And nine, and eight, and seven, 6, 5, 4, 3, two, okay, and, 6, 5, 4, 3, two, okay, and one. Now I'm not one. Now I'm not done with the cravings yet. We done with the cravings yet. We just did one just did one earlier, right? We earlier, right? We did one here. We did one here. We took two approaches.

Now for this I'll Now for this I'll raise it a little raise it a little higher. So I'm bringing in a higher. So I'm bringing in a little little little variety variety variety this way. So, this way. So, again, I'll lower again, I'll lower and pull myself up.

And I'm not turning back And I'm not turning back. Obviously, this. Obviously, this pipe is not pipe is not strong enough, by the way, to strong enough, by the way, to hold you up. So hold you up. So please don't please don't rely on it. And rely on it. And you want the weight to be you want the weight to be on your heels. You're in on your heels. You're in good shape, as you good shape, as you should be, but you're should be, but you're doing it a little more doing it a little more vigorously, adding vigorously, adding ups and downs. So there's ups and downs. So there's nothing nothing nothing wrong with just standing and paddling. And if you just standing and paddling. And if you need more need more focus, focus, focus, think about keeping your shoulder blades together, keeping your shoulder blades together, contracting, and not contracting, and not losing their shape. This is losing their shape. This is really important in this really important in this exercise. Here's what you exercise. Here's what you do. But if you do. But if you want to get the want to get the extra extra extra metabolic benefit metabolic benefit of going up and of going up and down while breathing down while breathing a little harder, here's what you a little harder, here's what you 'll do. Wonderful. Now you want. Now you want to reach a certain to reach a certain level of fatigue. And I have to level of fatigue. And I have to admit that admit that this won't work for me.

this won't work for me. Good. So, next I'll Good. So, next I'll show you through the show you through the door. If you were doing door. If you were doing it through a it through a doorway, you would throw it up doorway, you would throw it up here, through the here, through the door. You close door. You close the door and pull. And the door and pull. And so I can do it so I can do it with straight arms and with straight arms and pulling down. So, this is pulling down. So, this is a little more like the back of a little more like the back of my hand. These are my hand. These are your triceps. But your triceps. But if I want to do if I want to do it with a pull down on a it with a pull down on a wider lat, I pull wider lat, I pull down this way. And if down this way. And if I want to lower it I want to lower it, I can, I can lunge here or lunge here or kneel on the floor.

kneel on the floor. And I would do that, but I And I would do that, but I don't have any cushioning on the don't have any cushioning on the floor, so I'm floor, so I'm just going to just going to spare my knees. So spare my knees. So you do a pull here and you do a pull here and then you let go.

then you let go. Pull. And you Pull. And you let it go. let it go. Pull slowly. Pull slowly. Good. And I could Good. And I could do it up and do it up and down if I wanted to.

down if I wanted to. But now I decided to But now I decided to do it three more times right do it three more times right here. And then I'll here. And then I'll take the other leg take the other leg back and back and use it evenly back use it evenly back about eight more about eight more times. Good. And I pull.

times. Good. And I pull. So, how many pull-ups did we So, how many pull-ups did we do? This is about do? This is about our fourth or fifth our fourth or fifth set, right? Standing set, right? Standing bent over, pull down bent over, pull down low evenly and then low evenly and then up high in various up high in various ways to ways to perform perform perform pull-up exercises. And we don't want to pull-up exercises. And we don't want to miss that, miss that, because those are the things because those are the things that are more important than push- that are more important than push- ups.

ups.

Tricep strengthening

Now, if I come Now, if I come a little closer, I'll a little closer, I'll get that get that triceps exercise again, the triceps exercise again, the triceps push-up. That's the triceps push-up. That's the danger. We all danger. We all forget that we're standing forget that we're standing here thinking about those here thinking about those arms and how arms and how good they're good they're going to look, and we going to look, and we tend to block out our tend to block out our legs. So, legs. So, bend your knees slightly, bend your knees slightly, put your weight on your put your weight on your heels, and step heels, and step back. Good. I want back. Good. I want you to keep your shoulders down away you to keep your shoulders down away from your from your ears. Great job.

ears. Great job. Press. Good. And Press. Good. And let go. And again, let go. And again, push and push and release. Perfectly. release. Perfectly. Think of this as the first of Think of this as the first of your your your triceps exercises. Good. The first triceps exercises. Good. The first of your of your triceps exercises. Great triceps exercises. Great job. Good. Now the job. Good. Now the second one. I want you to second one. I want you to come a little come a little closer and we'll closer and we'll push with our elbows, push with our elbows, squeezing your squeezing your chest and hugging chest and hugging your sides. And you your sides. And you will push and will push and then let go. And then let go. And three. Good. And if you three. Good. And if you don't get don't get enough resistance, you'll enough resistance, you'll drop down and drop down and push a little push a little lower. So the further you are, the harder this tube has to work, and the this tube has to work, and the more you more you have to have to strain it.

strain it. Keep your shoulders Keep your shoulders down. Press. down. Press. Light. Good. And Light. Good. And four more. Good. And four more. Good. And three more. And two. Perfectly. And three more. And two. Perfectly. And one. Don't go now.

one. Don't go now. I prefer I prefer three. You know, I three. You know, I like number like number three. So, we want to three. So, we want to make a few make a few approaches. So, I'll approaches. So, I'll keep it behind me keep it behind me. I'll just gain. I'll just gain enough strength. And enough strength. And then I'll get it ready then I'll get it ready to go. So, to go. So, I already have the tension I already have the tension before starting and I before starting and I feel how much I feel how much I can do. So this is the can do. So this is the third of three sets third of three sets for your triceps.

But I want you to But I want you to think about the think about the answer to this answer to this question before I question before I do. Good. Where do I do. Good. Where do I want my elbow to want my elbow to be? Where do I want him to be? Where do I want him to be? What am I careful of and should be? What am I careful of and should I make I make sure it sure it applies to this applies to this elbow? Good. You elbow? Good. You answered this answered this question, I hope. And I need. And I need him to be close to him to be close to me. Not here, but right me. Not here, but right here. And press.

here. And press. Good. And the last one. And Good. And the last one. And we'll move on to the we'll move on to the other side. Now, that alone other side. Now, that alone may not may not be enough to just do three sets. But if just do three sets. But if you're you're you're tired enough, here's what I tired enough, here's what I did. I just did. I just wrapped it up, wrapped it up, trying to get a grip on myself trying to get a grip on myself and and and realize I had realize I had tension before I even tension before I even started so I could started so I could stretch and stretch and make sure it was make sure it was working. So, I can working. So, I can either do either do the wrap again or the wrap again or lower my hand down a little lower my hand down a little to get the tension.

to get the tension. Okay, are you with me? Okay, are you with me? So now you should So now you should have tension and you have tension and you have about three have about three good heavy exercises.

good heavy exercises. Yes. And down. Good. And Yes. And down. Good. And push off. push off. Perfectly. So, you're Perfectly. So, you're doing a little doing a little core exercise here. You core exercise here. You can't see it, but I'm can't see it, but I'm carefully relaxing my carefully relaxing my knees. So, it's very knees. So, it's very easy. I easy. I see this all the time at the see this all the time at the gym.

gym. gym. Someone is standing and thinking Someone is standing and thinking about their triceps and about their triceps and you see my legs. Don't you see my legs. Don't do this. You do this. You want to lean in. You want to lean in. You want this corps to be want this corps to be involved. Protect your involved. Protect your lower back. Your whole lower back. Your whole body should be body should be tense. And it's very tense. And it's very easy to check easy to check now because it's a now because it's a small muscle group. But again, I. But again, I feel it. What about feel it. What about you? So, we did you? So, we did three three three triceps exercises. What about triceps exercises.

Bicep and chest isolation

What about biceps? I thought you would biceps? I thought you would never ask. never ask. So I'll show you one. So I'll show you one. Pretty easy, right?

Pretty easy, right? Do biceps. Elbows Do biceps. Elbows inward. Hug inward. Hug yourself. If you don't yourself. If you don't feel tension now, feel tension now, take a step wider.

take a step wider. Step on this Step on this tube again. And be sure to tube again. And be sure to feel it. Now you will feel it. Now you will rise. Good. And rise. Good. And two. Good job. And two. Good job. And three. Your knees are three. Your knees are slightly bent. And slightly bent. And up. Good job. And up. Good job. And pull. You did it pull. You did it. Good. And up. Good. And pull.

. Good. And pull. Good. Never Good. Never fails. That's it. And fails. That's it. And pull. Happy pull. Happy holidays, says Moses. holidays, says Moses.

And pull. Good. And And pull. Good. And up. Give me two more. Good. At once.. Good. At once. Good. And then Good. And then relax. Good. relax. Good.

Let's look at Let's look at this from a different angle. this from a different angle. Could you please be Could you please be quiet? Ha? quiet? Ha? Let's begin. Not you. Good.

Let's begin. Not you. Good. Good. So, with this, I Good. So, with this, I want you to get to the want you to get to the point where it will be in point where it will be in front of you. So if front of you. So if you have a door you have a door strap, you wouldn't strap, you wouldn't wrap it wrap it around the around the doorknob and then doorknob and then close the door over the close the door over the tube, because that resistance wears it down very quickly. This will become wears it down very quickly. This will become dangerous. So, dangerous. So, if you have that if you have that ability, you won't ability, you won't be able to wrap be able to wrap it around a chair, it around a chair, maybe a bedpost, but you need this, but you need this little little little door strap. It'll probably door strap. It'll probably cost seven cost seven bucks. So take bucks. So take it. And the elbows it. And the elbows will stay right will stay right there. And then do there. And then do this triceps. So, I had to play around a bit with where play around a bit with where I needed to stand.

So, I keep myself So, I keep myself balanced, balanced, balanced, stable, and stable, and core to just core to just stand still, because stand still, because otherwise I want to jerk my otherwise I want to jerk my whole whole whole body toward this body toward this machine. So, the machine. So, the elbows stay elbows stay up, and I guarantee up, and I guarantee you that you'll want to you that you'll want to lower them because I do.

lower them because I do. Yes. And pull. Yes. And pull. Good job. Pull. Good. And let go.. Good. And let go. And pull. And And pull. And let go. Good. And let go. Good. And pull. And pull. And let go. And let go. And pull and pull and release. And release. And pull and pull and release. Perfectly.

This was your second set, This was your second set, right? We still right? We still have to do it. have to do it. I have to keep you on I have to keep you on track. So I'll make track. So I'll make one. And you can one. And you can do both at do both at the same time if the same time if you want. So, really, you want. So, really, when I'm lifting when I'm lifting weights, I really weights, I really hate working with hate working with one hand. I'm not one hand. I'm not trying to be a trying to be a bodybuilder, so I'm bodybuilder, so I'm not trying to prove anything here not trying to prove anything here. I try to. I try to get the most get the most effective workout possible effective workout possible in the shortest amount of in the shortest amount of time. So I'm going to time. So I'm going to do both hands do both hands at the same time, like I at the same time, like I usually do. So I usually do. So I just do it for a just do it for a little isolation in the little isolation in the last set with last set with our bicep our bicep curls. Pull, curls. Pull, then relax.

then relax. Good. And if you Good. And if you don't feel it, don't feel it, maybe you're just a maybe you're just a little quiet. Less little quiet. Less tube to tube to pull on pull on makes it a little makes it a little more difficult. The elbow more difficult. The elbow remains close.

remains close. The shoulder remains The shoulder remains lowered. And the last one, the lowered. And the last one, the other side. So other side. So put your foot on put your foot on it. Make sure it. Make sure you already feel the you already feel the tension. And then pull tension. And then pull yourself up. Good.

yourself up. Good. So what you So what you feel when feel when you do this you do this range of motion is that there is a lot less tension at the beginning. There's a lot more of it at the very end, but a lot more of it at the very end, but you also go you also go through the belly of the muscle.

through the belly of the muscle. Your hand is tense. Your hand is tense. So, in So, in biceps curling, it is possible. biceps curling, it is possible.

But notice But notice that I keep my elbow out to the side that I keep my elbow out to the side. It's like it really. It's like it really goes right into me.

goes right into me. Perfectly. And up. Perfectly. And up. Pull. And then Pull. And then relax. Perfectly. relax. Perfectly. And pull. And And pull. And relax.

relax. relax. Pull. Good. And it's Pull. Good. And it's easy. And easy. And slow down. Good. slow down. Good. Again. Good. And Again. Good. And lastly. That's it.

lastly. That's it. Good. These are the key Good. These are the key exercises I would do. exercises I would do. I'll show you another one. And what would you like to And what would you like to do if you were in a do if you were in a hotel room, hotel room, or at home, or you had a or at home, or you had a friend over. So, your friend would be friend over. So, your friend would be standing behind you.

You will pick up the phone behind You will pick up the phone behind his back and leave his back and leave space between your space between your friend, your friend, your partner, your partner, your something. Surely it something. Surely it can't be a small can't be a small child. OK? So that you child. OK? So that you could push and could push and you really had you really had enough resistance. If enough resistance. If you try to you try to pull this behind your pull this behind your back, you won't have it back, you won't have it. So this. So this won't actually won't actually work very well. Even work very well. Even if you finish it if you finish it and say, “Oh, I and say, “Oh, I work so hard. Do work so hard. Do push-ups. You push-ups. You will get better will get better results." However, results." However, let me let me show you this. So show you this. So if I was doing this, and the angle if I was doing this, and the angle I know is a little I know is a little weird, I would do it, weird, I would do it, like, around the like, around the chair, this is what you would chair, this is what you would do. And then I'll do. And then I'll make sure I make sure I switch the handles switch the handles. And I'm going to make it wider than me. You wider than me. You don't want it to don't want it to be around just be around just one thing or one thing or attached to a attached to a door, like in this door, like in this case. And then you case. And then you will be pushing back will be pushing back and forth. Now, and forth. Now, if you're doing this if you're doing this around a chair, it around a chair, it should be should be attached to attached to the floor, right?

the floor, right? So it probably won't So it probably won't work for you. But work for you. But if you're sitting in a if you're sitting in a chair, such as a chair, such as a lounge chair or lounge chair or kitchen chair, you kitchen chair, you can probably can probably do it. Sit on the do it. Sit on the front edge of front edge of the chair because you're the chair because you're holding it, and you holding it, and you just feel just feel that resistance. So you that resistance. So you feel it a little more feel it a little more intensely. Good.

intensely. Good. I'll give you four more. I'll give you four more. Slow down on the Slow down on the way back. Three. Don't let the tube. Don't let the tube pull you all the way back. And two. Good. And one.

Great job. Good. Great job. Good. And relax. So, here it is And relax.

Post-workout recovery

So, here it is. OK. So, this is. OK. So, this is tube training. tube training. Let me do a quick little stretch for you. And

you can stretch for you. And you can do it all standing up do it all standing up if you want. So, we if you want. So, we did a warm-up did a warm-up when we sneaked in for when we sneaked in for this, and also this, and also did some resistance did some resistance band exercises, but it's a band exercises, but it's a pretty quick pretty quick workout, right?

workout, right? Today I'll start at Today I'll start at the top. We'll pull the the top. We'll pull the elbow down behind your elbow down behind your back. So, I'm just back. So, I'm just dragging myself back here.

dragging myself back here. I'm opening it. I'm I'm opening it. I'm stretching well. And then stretching well. And then relax. The hand relax. The hand rises.

rises. rises. Run it down your Run it down your back here. Elbow back here. Elbow inside. I'm keeping inside. I'm keeping it here. I'm it here. I'm stretching nicely. I reach behind stretching nicely. I reach behind me. Good. And then me. Good. And then relax. And if relax. And if you have a doorway, you have a doorway, you have a wall, you you have a wall, you have something, a corner, you'll have something, a corner, you'll walk right into it walk right into it and come back. I and come back. I expose the front of my expose the front of my chest and chest and shoulders. And I'll just shoulders. And I'll just go back to them.

go back to them. Holding this Holding this stretch, we stretch, we hold for 15 to 30 hold for 15 to 30 seconds. And then seconds. And then we relax. And we we relax. And we do it from the other do it from the other side. So you can side. So you can see it from this see it from this side. I lift my side. I lift my body. And then I body. And then I go back go back until I feel a until I feel a stretch in the stretch in the front of my front of my chest and shoulders. And a chest and shoulders. And a long delay. Not long delay. Not really necessary. Good.

really necessary. Good. Open your arms up. Open your arms up. Good. I always like to Good. I always like to show off from show off from behind. If you behind. If you travel, travel, travel, you will usually you will usually need this, need this, no matter no matter why you travel why you travel or how. Plane, train or how. Plane, train and car. It all and car. It all sits a little more sits a little more than we would like, than we would like, overall a little more overall a little more or less space than or less space than we would like. So, we would like. So, I want you to really I want you to really move your pelvis.

move your pelvis. Tilt your tailbone down Tilt your tailbone down as if you are pointing as if you are pointing it towards the floor. And it towards the floor. And then tilt it then tilt it up as if you were up as if you were aiming it and aiming it and shining it at the wall.

shining it at the wall. And up, and then down. Relax. And the Relax. And the more the pelvis moves, more the pelvis moves, the more the more mobility and mobility and flexibility we flexibility we know you have in your lower know you have in your lower back. You will be back. You will be much happier much happier and feel more and feel more comfortable in the comfortable in the years to come years to come. We'll. We'll ride all the way here.

ride all the way here. Good. And I'll Good. And I'll relax and relax and stretch my stretch my hamstring while hamstring while standing. Now, if you standing. Now, if you don't feel don't feel very stable, you very stable, you probably won't do probably won't do as good a as good a stretch because you're stretch because you're worried about worried about balance and you're more balance and you're more constrained. So, I'll pull constrained. So, I'll pull this heel. My weight is this heel. My weight is on this leg. This heel on this leg. This heel is omitted. Toe up.

is omitted. Toe up. The chest moves in The chest moves in this direction. And I this direction. And I feel a strong feel a strong stretch behind my stretch behind my hamstring, behind my hamstring, behind my thigh, the back of the thigh, the back of the muscle. Good.

muscle. Good. And then relax. The And then relax. The other side. The same. other side. The same. Weight on this leg. Weight on this leg. Toe up. Toe up.

Pull it back Pull it back towards you. Hamstring strain towards you. Hamstring strain. Good. Good job. Good. And job. Good. And relax. And relax. And we we we want to walk the same amount of time with the hip want to walk the

same amount of time with the hip flexor.

flexor. flexor. The heel presses down. And this is The heel presses down. And this is also a calf stretch. also a calf stretch. Move your hip Move your hip forward. So, you forward. So, you feel a feel a feel a stretch in stretch in the front of your the front of your thigh. Good. And thigh. Good. And do it with your do it with your leg straight first. And then leg straight first. And then I want you to bend I want you to bend that knee. And that knee. And you may need to you may need to bring your feet closer bring your feet closer together to together to bend your knee and bend your knee and push your push your hip forward again. So, hip forward again. So, we stretch the muscle we stretch the muscle under this large under this large calf muscle and calf muscle and push the thigh push the thigh forward. Still in the forward. Still in the hip flexor. Good hip flexor. Good job. The other side.

job. The other side. So, we start with a So, we start with a straight leg and hip thrusting thrusting thrusting forward. So you can't forward. So you can't necessarily necessarily necessarily see this movement, but what see this movement, but what you have to you have to do is say, " Okay, I can just Okay, I can just be here." I don't be here." I don't feel any stretch.

" But if I " But if I use my use my glutes and glutes and push forward, push forward, now I feel a now I feel a stretch. stretch. stretch. Relax. Good. And Relax. Good. And then move then move it a little closer.

it a little closer. Bend your back knee. Bend your back knee. Pull your tailbone Pull your tailbone under you. Hold on to under you. Hold on to it right there.

it right there. Good. And it's nice and Good. And it's nice and easy. And relax. easy. And relax. Good. Take a Good. Take a deep breath. Wonderful. And sometimes doing. And sometimes doing these these these band exercises in between band exercises in between heavier weight days can heavier weight days can help you help you feel a little feel a little more flexible, a little more flexible, a little more relaxed, and more relaxed, and just a little more just a little more in tune with the fact in tune with the fact that it was a different that it was a different way to stimulate your way to stimulate your muscles, so fun, muscles, so fun, so unique.

so unique. Sometimes we just Sometimes we just need it. So if this need it. So if this was helpful, was helpful, be sure be sure be sure to comment below to comment below. If you have. If you have a question, a question, leave it here as well.

leave it here as well.

Final encouragement

See you on the See you on the other side. So, here it is. In, here it is. In protest, I created protest, I created a guide to a guide to expanders. Now, expanders. Now, maybe you want to maybe you want to repeat some of these repeat some of these exercises, or you're looking for a exercises, or you're looking for a really short really short guide and you just guide and you just go through each of these go through each of these exercises once. Whatever exercises once. Whatever your time, I your time, I want you to want you to remember that if you remember that if you are traveling and are traveling and walking a lot, you are a walking a lot, you are a tourist, so you are taking a tourist, so you are taking a lot of steps. All lot of steps. All you really need to you really need to do is do is stimulate that muscle and you will maintain strength.

So, sometimes it's worth So, sometimes it's worth remembering that while on remembering that while on vacation, if you don't perform your strength perform your strength training perfectly training perfectly or not the way you or not the way you do it at home, that's do it at home, that's okay. Because the reason we train we train at home is to at home is to be ready to be ready to create those create those memories. And memories. And use all use all your strength, all your your strength, all your energy on hikes, energy on hikes, walks, tours, and all that walks, tours, and all that –stand-up paddling –stand-up paddling, paddleboarding,, paddleboarding, and the joy of and the joy of making memories, making memories, because that's why we because that's why we do do do strength strength strength training in the first place. So, training in the first place. So, first of all, no offense.

first of all, no offense. Secondly, if you do Secondly, if you do decide to decide to do it, it will do it, it will stimulate those stimulate those major muscle groups.

major muscle groups. And no, you may not And no, you may not work as work as hard, but sometimes hard, but sometimes working differently is just working differently is just as valuable. If as valuable. If you have any questions below, you can add them, you can add them