

# HOTEL-BASED EXERCISE PROGRAMMING FOR HEALTHY AGING AND WELLNESS

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## INTRODUCTION

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Keeping up with our exercise routine on the go is challenging. Sometimes it is possible, but numerous times is not quite possible to keep the routine as we initially had it designed. Nonetheless, it is much better to do something than not doing anything at all. Below there is an example of routine that should be possible to do even in your room with no equipment at all.

Please note that your common sense, and your self-awareness regarding your physical limitations or contraindications is paramount to fine tweak the different exercises, when it comes to intensity, form, number of repetitions, or even adaptations to allow you to complete the desired number of reps.

**The take-home message is to understand that general guidelines are just precisely that: general.** This is, the particular needs of each individual case must lead a deeper adaptation of these guidelines, and should result in a hybrid program that might resemble the guidelines in some elements, but it might also incorporate elements from other recommendations that might be more appropriate and efficient for the nuances of a given case.

With all the above being said, we have put together some recommendations and guidelines that aim to be a little more thorough and context-sensitive than just the general guidelines from most institutions.

**Limitations:** We are aware that these recommendations are not 100% personalized to your circumstances, but at least they give more nuances and guidance on how to combine or individualize the programs.

**Best tip on how to use these recommendations:** If you have a personal trainer, we strongly recommend you to share these guidelines and ideas with him/her, so you will get the benefits of having someone qualified to implement as much as possible within your unique context and specific needs. You might realize that your trainer was already doing great, in that case keep it up with the good work!

We have created a thorough example of exercises to be done in a circuit with no need for equipment, just in a typical hotel room. Just as a reminder, let's define some of the **most commonly used terminology regarding exercise prescription.**

- **Exercise Mode:** Examples include, but are not limited to, body weight exercises, calisthenics, plyometrics, running, cycling, swimming, stairmasters, escalator, rowing ergometer, resistance circuit training, etc.
- **Volume:** Amount of workout, measured by distance, sets, repetitions, time, cycles, rounds, etc.
- **Intensity:** It is usually measured as speed (mph), heart rate (beats per minute), % of maximum, pace (time per mile), resistance or load in a machine in pounds (lbs), revolutions per minute (rpm), etc.
- **Recovery:** Usually indicated as time and, sometimes, as active (low to mild intensity) or passive recovery (completely still, not doing anything)

Also, it is important to properly warm up before working out. However, the old-fashioned way of warming up by means of static-passive stretching exercises should be avoided. There is evidence suggesting that static stretching (SS) is not the best way to prepare your body for higher-intensity (Simic, Sarabon, & Markovic, 2013). In contrast, we recommend a dynamic warm up with no passive stretching exercise, but mobilization of main joints, light intensity exercises of the main areas to work out with slow-to-medium speed executed exercises, and a mild or mild-to-moderate intensity cardiorespiratory exercise, followed by dynamic stretching (active controlled swings or reaching movements of the main joints and/or actions of the body). Examples:

- Leg swings (frontal and/or lateral)
- Walking lunges with a little torso twist to the same side of the frontal leg
- Alternate knee to chest
- Actively moving arms in different planes and directions, exploring the whole range of motion.

## GENERAL WARM UP

### Warm Up: joints mobilization / dynamic stretching

- Ankle rotations
- Knee flexion (leg curl) standing
- Knee & Hip mobilization through ¼ squat to ½ squat
- Hip flexion-to-extension standing leaning on the wall
- T-Spine mobilization drill (laying sideways on the floor)
- Gentle shoulder circles

*Note: Avoid passive stretching before working out, just do it afterwards (Simic, 2013)*

### Warm Up: Activation (perform 10 to 20 repetitions of each exercise)

- Superman (opposite leg and arm) [Video](#) (the video shows both arms and legs moving simultaneously)
- Bird Dog (opposite leg and arm) [Video](#)
- Dead Bug (opposite leg and arm) [Video](#)
- Glute Bridge (both feet on the ground; optional: additional round of one-leg-only in each side) [Video](#)

### Warm Up: Cardiorespiratory Activation

- Complete 5 minutes of mild jogging in place, or slow jumping jacks, combining with marching or jogging in place, knees up, slow mountain climbers, or even consider using the stairs of the hotel if available.

## REFERENCES

Simic L et al. Does pre-exercise static stretching inhibit maximal muscular performance? A meta-analytical review. [Scand J Med Sci Sports. 2013 Mar;23\(2\):131-48.](#)

## CIRCUIT

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At any point during the execution of these exercises you can complete a burst of jumping jacks, mountain climber, sprinting knees up in place, or any kind of quick intense cardiorespiratory activity.

Two options: Work by repetitions, completing between 10 and 20 reps of each exercise; or work by time, performing each exercise for a pre-set time (i.e. 30 seconds)

**Squat / Sumo Squat / Bulgarian Squat**

[Video](#) / [Video](#) / [Video](#)

**Push Ups** [Video](#)

**Triceps Dips** (if not contraindicated for shoulders) [Video](#)

**Plank with Oblique Crunches** [Video](#)

**WindMill** [Video](#)

**Luggage Row** [Video](#)

**Glutes Bridge** [Video](#)

**Mountain Climber** [Video](#)

**Lateral Plank** [Video](#)

**Glutes Exercises** [Video](#)

**Jumping Jacks** [Video](#)

**Legs Raises** (abs) [Video](#)

**Reverse Lunges** [Video](#)

**Single Leg Deadlift** (no weight, or something you can hold with opposite side hand aiming toes) [Video](#)

### Additional examples of hotel room-friendly workouts with no equipment needed

*NOTE: please be advised to perform the exercises only if your form and skills are correct, as well as, if there is not any medical contraindication (this is particularly important in regard to shoulder upper head pushing exercises, chest press, or certain lifts)*

[Video example 1](#)

[Video example 2](#)

[Video example 3](#)