



## **Fitness On The Go**

Living in Los Angeles or any other major city can be stressful. Days are often spent in traffic or commuting with friends to try to avoid traffic. Busy schedules can often prevent finding an extra 2 hours to workout in a busy schedule. One hour is for the workout and the other hour is for commuting back to your job. So how and when can you sneak in a little bit of fitness on the go? Here are a few simple activities that can jumpstart your day.

### **Want great abs?**

While commuting to work, practice holding your stomach in for five minutes. Try this for 4 different intervals of 5 minutes. After reaching your 20-minute mark try holding your stomach in for intervals of seven. Give yourself a specific time of day to practice your stomach contraction. A contraction is exactly what you should be doing before you even think about doing a crunch.

### **Want great calves?**

We have all heard of parking your car in the furthest parking space. This is great for a little cardiovascular endurance. Now add walking on your toes from the car to the building. Sounds easy, huh? Now instead of taking the elevator or escalator, use the stairs. Sounds too easy?

Instead of stepping up using your heels rise up on your toes. That's part two. Now look at your second hand and walk on your toes for 2-minute straights. Your calves may be in shock afterwards, so go back to the stairwell and give them a nice stretch. Start with the balls of your feet on the stairs and your heels hanging off the edge of the step. Then let your heels slowly press down, letting gravity stretch out your calves.

### **Want great arms?**

Carrying a brief case or purse can seem like such a mundane task. Try thinking of that same item as a weight. Place your item in your hand. Slowly lift item with elbow locked in to your side and begin to contract your bicep. If you are in a public place try contracting the bicep with item on the end and go for an isometric contraction and hold. The isometric hold or bicep curl can be repeated 3-4 sets.

### **Want a great butt?**

Who doesn't want a great butt? Before we had J. Lo we Angela Bassett. But if your butt is heading north here is a suggestion for you. Each time you step contract and squeeze the

cheek that you step on. Act as if you have a dime between your two friends and you can't let it drop. No pun intended. Begin your steps with 30 and work your way up to 100.

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