

A GREAT FRONT SEAT WORKOUT EXPERIENCE

by: Nadia Bender



So here I am on a three-hour drive to our camping destination sitting in the van with my husband and our three kids - Lucas, Daniel and Victoria. The van is so full we can barely see each other, or, better yet, hear one another! The windows are all open because we don't have air conditioning, and yes, it is getting warm in the van - not to mention the constant hum from the windows! An hour and a half has gone by and I am getting a little antsy! I'm worried that my back is getting tight, and I'm not looking forward to the rest of the long drive.

My husband, being the smart packer of the van, put my 9lb weights under the front seat for me. I wanted to take them camping just in case I got tired of relaxing!

So while my husband is driving I decided to pick the weights up and begin moving them in various ways to see how much room you really do have in the passenger seat of a van.

Well, I was able to do the following exercises (two sets of 15-20 reps):

- bicep curls
 - hammer curls
 - upright rows
 - chest squeeze
 - shoulder rotations
 - holding the shoulder press still for three minutes - not enough height in the van to straighten arms above the head
 - tricep overhead extensions, short pulses
 - bent elbow lateral arm raises
- ...and that's not all!

For the abs (two sets of 25 reps):

- take one weight and twist at waist side to side
- start one weight at shoulder and rotate arms from shoulder to opposite hip
- lean forward and crunch elbow to one knee, then repeat

Once we got to the rest station I picked up my six-year-old daughter, Victoria, to give her a hug and she wrapped her legs around my waist. I thought, great, a 42lb weight, so I hugged her tight and did 20 wide stance squats with her loving it! Then I almost dropped her and found that I could do butt out squats with knees shoulder-width apart and pretended I would drop her again for 20 more reps!

Wow, my legs were working just as hard as my abs and arms! This was a great car driving workout experience - an hour flew by with just a few exercises!

Next trip you take and are dreading the long car ride as a passenger try some of the above exercises to keep you active, strong, and in a good mood for your vacation!

If you need some more workout programs designed specifically for your holidays then please visit us at Fitness that Fits before your trip.

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