

# HIGH PERFORMANCE TRAVEL GUIDE



DISCOVER THE WORKOUT  
AND DIET TIPS TO MASTER  
YOUR FITNESS ON THE ROAD

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## CHAPTER 1

### **Travel is Tough, I get it.... An Introduction**

*"He that is good for making excuses is seldom good for anything else." Benjamin Franklin*

There's a serious problem running rampant in our society.

It afflicts businessmen and women, athletes', and everyone in between. It's probably affecting you. Keeping you from truly building your strong, lean, and athletic dream body.

"I don't have time, and I travel too much."

Sound familiar?

I've heard it countless times with clients and members of the Bach Performance Community.

And you know what?

I get it. It makes sense 100%.

I travel, my diet changes, I have to alter my training and diet on a whim, and often at the drop of a hat.

I've tried planning every conceivable variable on the road to make my days as similar as they are at home, down to bringing my assistant and training partner to keep me on task.



*(My Assistant Rocky loves training, but struggles on the Road)*

And it fails.

Every single time, it fails.

Time spent traveling is never the same as time spent at home, no matter how hard you try. But, that doesn't mean you should give in and let your travels become a free-for all food bender.

Instead, there's a better way.

I've spent years dialing in travel routines with my Superstar clients to create a plan that helps you look, feel, and perform like an all-star without completely encompassing your travel.

Sound good?

Great.

There's one big fact you'll need to take before you leave:

## **You Will Not be in your Normal Routine.**

Chances are, you'll be in a different time zone,

which means you'll wake and rise at different times. Your circadian rhythms will be off. You won't have the same gym (if there's a gym at all), and your diet will be drastically different. Hell, you'll probably have more alcohol than usual and reach bacon cheese fries instead of a salad.

And it's okay.

*Like every other aspect of fitness, your results are dictated by the sum of your decisions, rather than every meal and/or every workout.*

To stay in shape while traveling, we'll need to strategize. We'll re-define what your "gym" is, find the right places to dine, and stock your travel bag with items that will push you closer to your goals, rather than hold you back.

This approach is tested simple, and effective to

help you live healthier on the road, while still enjoying your travels. At the end, you'll know what to eat, how to train, and how to make the best decisions to maximize your results, no matter where you are.



## CHAPTER 2

### Training on the Road

Missing a workout sucks. Beyond just physically missing the workout, the mental anguish of feeling like a slob is brutal.

Well, that's an unfortunate part of life on the road.

That said there's no reason you can't at least look for a hotel gym.

While I don't seek out top-notch gyms when I travel I do look for serviceable facilities that are conveniently located. These days, most hotels and resorts are health conscious and provide cardio equipment, open space to move, plus a few junky dumbbells that allow you to train while traveling.

Here's what most hotels I visit offer: Pink foo-foo 3lbs-50lb hex dumbbells, pull-up/dip station, maybe a few Cybex machines, and some cardio equipment.

Nothing special, right?

Exercise while traveling is best kept simple. There's no need to complicate. You're an athlete, you need to train.

Your body is the machinery behind the workout, whereas equipment is only a tool. That means on the road, save for the occasion when you have weights, bodyweight training is your best bet.

## **Bodyweight training**

The only guaranteed equipment you'll have with training is your own bodyweight. I'll provide you with options should be you privileged with equipment, but in most cases, bodyweight is your best bet.

And don't worry that it's only bodyweight: bodyweight training is a great method to boost athleticism, relative strength, mobility, and flexibility—all qualities that nosedive when you're sitting in airplane seats on the regular.

Below, are my Favorite Bodyweight, and

## Dumbbell Exercises for Traveling:

### **Best Exercises When Traveling**

#### **Band Pull-Apart**

How To: Hold a ¼ inch mini-band at shoulder height with your arms extended. Pull the band apart by squeezing your shoulder blades together, without bending the elbows. Lower under control and repeat.

<https://www.youtube.com/watch?v=cKbVmL7lhA>

#### **Lunges**

**How To:** Step forward with one leg, flexing the knees to drop your hips. Descend until your rear knee nearly touches the ground. Your posture should remain upright, and your front knee should stay above the front foot.

Drive through the heel of your lead foot and extend both knees to raise yourself back up. Step forward with your rear foot, repeating the

lunge on the opposite leg.

<https://vimeo.com/147194202>

### **Push-Up**

**How to:** Lie prone on floor with hands slightly wider than shoulder width. Raise body up off floor by extending arms with body straight. Keeping body straight, lower body to floor by bending arms. Push body up until arms are extended. Repeat.

<https://vimeo.com/147193294>

### **Bodyweight Squat**

**How to:** Stand with the feet parallel or turned out 15 degrees—whatever is most comfortable. Drop into a squat between your hips by pushing your but back and bending the knees until you reach full depth.

Bending the hips and knees until the thighs are at least parallel to the floor. Make sure the heels do not rise off the floor, and then return to full standing position.

<https://vimeo.com/146713286>

## **Mountain Climber**

**How to:** Starting on your hands and knees, bring the left foot forward directly under the chest while straightening the right leg. Keeping the hands on the ground and core tight, drive the right leg back, switching legs. The left leg should now be extended behind the body with the right knee forward.

<https://www.youtube.com/watch?v=gZHgWctqSIo>

## **Hand walkout**

**How to:** Beginning on all fours with the core engaged, walk the hands forward, staying on the toes but not moving them forward. Next, gradually walk the hands back to the starting position, maintain stability and balance.

## **Burpees**

**How to:** Start in a squat position with hands on the floor. Drop to a push-up position, complete

one push-up, then immediately return the feet to the squat position. Leap up as high as possible before squatting and moving back into the push-up portion of the show.

<https://vimeo.com/146842610>

### **RKC Plank**

**How to:** Regular plank suck, and you crush them like it's no biggy. Prepare for a regular plank, starting face down with forearms on the floor and hands in front of you. Extend the legs behind the body and rise up on the toes while holding a neutral spine.

Now the fun part: Squeeze your fists, your glutes, your quads, and imagine driving your elbows and knees together. Hold for 20 seconds, relax 20, and hold another 20 seconds. That's one Set.

<https://vimeo.com/146713567>

### **Pistol Squat**

**How to:** Stand holding the arms straight out in front of the body, and raise the right leg, flexing the right ankle and pushing the hips back. Lower into a single leg squat while keeping the right leg raised, and left heel on the floor. Return to standing.

These are no joke: For starters do pistol squats to a chair until strength improves.

<https://vimeo.com/146713365>

Pistol Squat to chair:

<https://vimeo.com/146713448>

## Single Leg Deadlift

**How to:** Start in a standing position with the feet together. Lift the right leg slightly and bend the knee. Hinge over while keeping your back straight, and pushing your right foot backwards. KEEP your back flat. Go until your hands are at the base of the knee, then return to standing position, squeezing your glutes at the top. Rinse and repeat.

<https://vimeo.com/146713365>

## Timed Step-Ups

**How to:** A bit self-explanatory: Find a chair or stable item in your hotel room, and stand up on it. Squeeze the glutes, and repeat while alternating legs. Go for a full range of motion and move quickly.

## Handstand Push-Up

Warning: Don't do this after a heavy meal, or long night of drinking. Oh yeah, and this one is pretty advanced.

**How to:** Find a wall in a crouched push-up position, and “summersault” into the wall while extending your legs straight up, then extend your arms. Bend the elbows at a 90-degree angle, doing an upside down push-up. Celebrate, take pictures with the cleaning lady, and brag your face off.

<https://vimeo.com/146842641>

## L Sit

**How to:** Hello scorching abs. Start in a seated position with your legs extended and feet



dorsiflexed (toes pulled up). Push your hands into the ground, extending your elbows and lifting your body off the ground for 5-10 seconds. Relax and repeat.

Note: If you have short arms, consider placing your hands onto of two even sized books to further elevate your body.

<https://vimeo.com/146842961>

## **Spiderman push-ups**

**How to:** Lie prone on floor with hands slightly wider than shoulder width. Raise body up off floor by extending arms with body straight. Keeping body straight, lower body to floor by bending arms, then bringing the left leg up towards the left elbow, then extended the left leg back towards the ground. Switch legs and repeat on the other side.

<https://vimeo.com/147198820>

## **Incline Plyo Push Up**

**How to:** Assume a push-up position with your hands on a bench. Bring your chest to the bench and immediately push-up as hard as you can so your hands come off the bench. When you come back to the bench brace the abs and be resilient to the force. Prevent swaying and bending of the trunk. Reset and repeat for reps.

<https://www.youtube.com/watch?v=1EvpK4OdPWI>

## **Hip Thrust**

**How to:** With your shoulders on a bench or bend, bend the knees to 90 degrees and extend the hips until you're facing the ceiling. Drop the hips towards the ground, then push through the heels and fully extend the hips at the top of the movement.

<https://www.youtube.com/watch?v=jyzEcRKih8E>

## **Dumbbell Jump Squat**

**How to:** Set your feet at shoulder width apart and the toes facing forward. Stand tall with your

arms holding two dumbbells at your sides. Push your hips back in a squatting motion while bringing the arms back simultaneously. Rapidly accelerate and jump straight up, dorsiflex your toes (the opposite of pointing them down), and fully extend the hips. Land even on your feet and stick the landing in a squat position. Pause the landing for 1-2 seconds and return to the standing position for remaining reps.

[https://www.youtube.com/watch?v=RK7\\_KP1vuDY](https://www.youtube.com/watch?v=RK7_KP1vuDY)

**Dumbbell Goblet Squat into Step Back Lunge:**  
**Warning:** This exercise with high reps will lead to two things:

*A. You Hating Life*

*B. Massive Leg Swollage and Subsequent Hypertrophy*

<https://vimeo.com/139355859>

**How to:** Holding a dumbbell at chest height, step back and drop your hips into a lunge position.

Keep the front heel planted, and then push off the back foot to return to a tall standing position.

*P.S. I know this is using a kettlebell; however feel free to use a dumbbell held upside-down underneath the "bell".*

### ***Dumbbell Push Press***

**How to:** Hold two dumbbells at shoulder height. Rapidly dip into a quarter squat, and then reverse momentum performing a push press, locking the press overhead then lowering the weight back to your shoulders.

<https://www.youtube.com/watch?v=YB9HX5WW8M4>

The dumbbell push press is an explosive overhead lift. You'll hammer the shoulders, triceps, and stabilizers from head to toe to stabilize weight overhead. Because this lift is explosive, you'll recruit a greater number of muscle units, as each lift requires maximum intent.

**In short, dumbbell push presses will build strong, stable shoulders and improve your ability to transfer force through the entire body.**

Basically, push presses help you go beast mode, directly improves your fist pump (GTL) and builds stronger shoulders.

### **One Arm Dumbbell Snatch**

**How to:** This is an awesome exercise for developing explosive power. Start with a dumbbell on the ground between your legs. In an athletic position holding the dumbbell, drive through your heels; fully extend the hip, and drive the elbow high, catching the dumbbell in an overhead position. Return to the floor and repeat.

<https://www.youtube.com/watch?v=XKR3TpkVHbI>

## **Renegade Row with Push-Up**

**How to:** Hold two dumbbells on the floor, about shoulder width apart with your feet wider than shoulder width. Perform a pull push-up, back to your starting position. Then, push one dumbbell into the floor while rowing the opposite dumbbell towards your chest and preventing the hips from rotating. Repeat on opposite arm. Push up plus a row on each side counts as one rep.

<https://vimeo.com/137507750>

**Basically, this works to bulletproof your spine by teaching muscles of the hips and spine to work together and prevent movements that could jack you up.**

## **Dumbbell Romanian Deadlift**

Okay, it's not that uncommon, but an awesome exercise nonetheless.

**How to:** Hold two dumbbells at your sides with the feet shoulder width apart. While keeping the shoulders retracted, push your hips back into a hinge position. When the dumbbells reach just below the base of the knee, push the hips forward and return to a tall standing position and squeeze the glutes.

<https://www.youtube.com/watch?v=l7eVgQPPPgA>

### **Dumbbell Split Row:**

**How to:** Dumbbell split rows are a row variation that adds an anti-rotation stress to the mix. With a heavy dumbbell in one hand, lock the opposite arm out on a bench and hold a flat back position. Keep the feet slightly staggered, and row the dumbbell up towards your chest, preventing your torso from twisting and rotating. Perform desired sets and reps, repeat on opposite side.

<https://instagram.com/p/9D0qkjwfg/?taken-by=bachperformance>

## **Dumbbell 1-1-2 Press**

**How to:** Set up for a normal dumbbell bench press, with both arms extended over your chest. Keep one arm locked out and your eyes on that dumbbell, while performing a one-arm press. Then, repeat the press on the opposite arm. To complete the first rep, finish with a regular dumbbell bench press, hence the name "1-1-2 Dumbbell bench press."

<https://youtu.be/AYkQcMHQFGE>

Using even 6-8 reps in a set creates a ton of metabolic and muscular stress, leading to more muscle growth while challenging shoulder and trunk stability.

## **Dumbbell Farmers Walks**

**How to:** With a heavy dumbbell in each hand, stand up as tall as possible, with the shoulders retracted and slightly shrugged. Walk slowly heel to toe, holding the tallest position possible and preventing swaying and lateral movement.

<https://www.youtube.com/watch?v=WqDDeAjPkf4>



## **Dumbbell Chest Supported Row**

**How to:** Lay face down on a bench inclined to 45 degrees with a dumbbell in each hand. For a count of two seconds, pull the dumbbells up to your chest, pause for a count of two seconds, and lower the dumbbells until your hands are extended for another two to three seconds. The slow tempo and longer eccentric will improve muscular recruitment in your muscles and break down more muscle fibers.

<https://www.youtube.com/watch?v=e6EmXl1Ux54>

## **Dumbbell Incline Biceps Curl**

**How to:** Lay back on an incline bench at 30-45 degrees and dumbbells in each hand. Let the elbows fully extend, then perform a bicep curl, then lowering back until the arms are fully extended at the bottom.

Curls on an incline place the biceps under an extreme stretch. This increase range of motion

puts your biceps at a disadvantage and thus, they need to work harder. Keep the weight lighter and emphasize a full stretch to damage more muscle fibers and get your pipes' growin'.

<https://www.youtube.com/watch?v=FpvM3F3dRU0>

### **Dumbbell Incline Press into Fly**

**How to:** Perform an incline dumbbell press, and then rotate to a neutral grip with the palms facing each other. Perform an arching fly motion, and then return to the regular incline press position.

[https://www.youtube.com/watch?v=JdEn\\_S4FfdI](https://www.youtube.com/watch?v=JdEn_S4FfdI)

## **Soft Tissue/Mobility:**

Active mobility exercises are imperative to mobilizing and activating tissues that are often shut down and restricted during long periods of travel. Below, I've added a couple of my favorite mobility drills, along with a few self-

myofascial release techniques from my good friend Dr. John Rusin.

### **Exercise: Groiner with T-Rotation**

**How to:** From a push-up position bring your left foot up towards your hand. Plant the heel down on the ground, slightly drop the hips, and rotate through your upper body, keeping your eyes on the rotating hand. Return to the starting position, and repeat on the opposite side. 2x5 reps of each movement

<https://instagram.com/p/9jNM6oqwcW/?taken-by=bachperformance>

### **Reverse Lunge with a Reach**

**How to:** From a standing position step back with your right leg, descending until the knee nearly touches the ground. Reach overhead with both hands and return to a standing position. Alternate sides and repeat for reps. 2x5 reps of each movement

<https://www.youtube.com/watch?v=vHT2vBHG Rzg>

## Quadruped hip extension

**How to:** Assume a position on all fours, keeping the spine neutral, hands directly under your extended arms, and feet dorsiflexed. While holding position in your trunk, fully extend your right leg back, squeezing the glute and pausing with full extension. Repeat on each side.

<https://www.youtube.com/watch?v=WT15SMFf>

[Q3s](#)

## 1-leg Hip Thrust

**How to:** Lie face up on the floor with your left knee bent and your right leg straight.

Place your arms out to your sides at 45-degree angles. Raise your right leg until it's in line with your left thigh. Brace your core—as if you're about to be punched in the gut—and hold it that way.

Keeping your right leg in line with your left thigh, squeeze your glutes tightly and raise your

hips until your body forms a straight line from your shoulders to your knees. Pause, then slowly lower your body and leg back to the starting position. Complete the prescribed number of repetitions with your left leg, then switch legs and do the same number with your right leg.

<https://vimeo.com/146842005>

## **Quadruped Fire Hydrant**

**How to:** Assume a position on all fours, keeping the spine neutral, hands directly under your extended arms, and feet dorsiflexed. While holding position in your trunk, hold a bent leg position and laterally abduct (bring your leg away) from your side, like you Beethoven taking a leak on a fire hydrant.

[https://www.youtube.com/watch?v=x\\_Wnh0TjdiM](https://www.youtube.com/watch?v=x_Wnh0TjdiM)

## **Overhead Extension Into Floor Slide**

**How to:** Laying face up, keep the lower back flat on the ground and extend the arms overhead. Perform five reps extending overhead, then keep

the back flat and bend the elbows at 90 degrees and hold overhead towards the floor.

While keeping your back flat, drive the elbows down, squeezing the traps, and extending the arms back overhead.

<https://www.youtube.com/watch?v=roDnPGdR-L0>

### **Subscapular Push-Up**

**How to:** From a push-up position, depress your shoulders (essentially, bringing them together) while keeping your abs engaged to prevent flexing through your spine. Then, push up as far as you can, fully protracting your shoulders at the top of the movement.

<https://www.youtube.com/watch?v=kdqR8efCeuo>

[o](#)

## **Self Myofascial Release Techniques by Dr. John Rusin**

Travel often results in long hours in cars and planes, exacerbating poor posture that shuts down muscles and leads to pain and

dysfunction.

To attack common trouble spots, my good friend and expert Dr. John Rusin has provided a number of soft-tissue release techniques to improve mobility and soft tissue quality on the road.

### PECTORALIS MAJOR AKA Pecs

VIDEO

LINK:

[https://www.youtube.com/watch?v=g6\\_fWdK96hU](https://www.youtube.com/watch?v=g6_fWdK96hU)

## The Science

Copyright John Rusin Fitness Systems, 2015.

## How to Make Any Exercise Harder:

With limited equipment and space, you'll need to get creative with your training on the road. Here are a number of methods I use with my Bach Performance clients to get more out of less when training and traveling:

**Metabolic circuits:** Metabolic circuits are my

favorite intensity booster while traveling. They get me out of my typical strength/power zone and blast me with short rest-periods on simple exercises. These are great when you're short on time and looking to maximize your workout.

**Try This:** Pick a push, pull, lower body exercise, and core exercise. Let's say push-up, pull-up, goblet squat, and plank. Perform 4 sets of 10 for each exercise and 30-60 seconds for your plank. Keep rest minimal between exercises.

**P.S.** These are a bad choice with technical lifts like cleans.

**Make Exercises unilateral:** Greater balance, proprioception, **stability, and strength requirements.**

**Try this:** Switch from a bodyweight squat to a pistol squat or an overhead press to a single arm press. This way, you'll increase muscle recruitment due to greater limb and trunk stabilization demands.

**Change Exercise Loading:** Dumbbells only up to 50? Don't sweat it muscles. Move



resistance away from your center of gravity.

**Try this:** Top- Dumbbell Lunges. Instead of holding dumbbells at your side for lunges “rack” them on top of your shoulders to challenge your body.

**Use Time under tension methods:** Instead of counting reps work against the clock. Timed sets are a powerful method to focus on the execution of each rep rather than aiming to finish the set. Besides, keeping muscles working for 30-45 seconds elicits tons of tension and metabolic stress on the muscles—perfect for muscle growth.

**Try This:** Stuck with only a dumbbell for squats? Hold a dumbbell in the goblet position and perform reps for time rather than a set number of reps.

**Combo exercises:** Combine exercises to increase efficiency and increase difficulty. Obviously a box jump and push press wouldn't be good, so use your head.

**Try This:** Instead of a lunge and overhead

press performed independently combine them into a step back lunge with a press. You'll be floored by the coordination these exercises require.

**Narrow base of support:** A narrow base of support requires greater balance and control for a wide range of exercises. Unilateral exercises are the first that come to mind, but even modifying typical bilateral exercises presents a challenge.

**Try this:** Instead of keeping your feet apart during push-ups and planks bring your feet closer until they're touching. This decrease base of support creates an extra challenge.

**Increase body angle:** Increasing your body angle will increase the load supported by your body.

**Try this:** Instead of 10 easy push-ups on the ground elevate your feet on a bench or nearby chair. Too tough? No problem, flip your hands and elevate them on the chair for a regressed push-up.

**Paused Reps:** By pausing each rep at mechanical weak points, you significantly increase the challenge of an exercise. Moreover, paused reps will build strength at your sticking points: the weakest point of any movement.

<https://vimeo.com/144279542>

## Sample Travel Workouts

Set these up in circuit fashion for 3-5 sets of 8-12 reps per exercise.

### Workout 1

- Dips
- Goblet squats
- L-Sits
- Spiderman push-ups
- Step back lunges w/overhead press

### Workout 2

- Push-ups
- single leg hip thrust
- pull-ups (varying grips)

- front planks
- bodyweight lateral squats

### Workout 3

- L-pull-ups
- side planks
- db clean and press
- dumbbell split row
- biceps curl

### Workout 4

- L sit 3x2 x10 seconds
- Hip thrust/glute bridge 3x12
- Spiderman push-up 3x12/side
- Mountain climber 3x20/side

### Workout 5

- Subscap push-up 3x10
- Pause Pushup 3x12
- Lunge 3x15/side
- Squat 3x20

### Workout 6

- Band resisted push up 4x8

- Single leg squat to chair 4x8
- Band pull apart 4x20
- RKC Plank 4x20 seconds

Exercise while traveling is best kept simple. There's no need to complicate workouts more than you need too.

Your body is the machinery behind the workout whereas equipment is only a tool. Master the machine and the tool becomes more effective.

## CHAPTER 3

### Nutrition on the Road

Nutrition is the biggest roadblock when you're on the road. That said, there are a number of ways to eat healthy and make continued progress.

Just like at home, keep your focus on high-quality food sources like organic grass fed meats, wild caught fish, and minimally processed food. It's not always possible, so you'll have to be realistic based on your location.

#### Find a Fridge and A Grocery Store

Whenever possible, book a hotel room a fridge and find a local grocery store. This is ideal. Natural Grocers like Whole Foods, Trader Joes, and Sprouts Farmers Market are your best option and are available in most major U.S. cities. This way, you can shop for high-quality foods, store them in your fridge, and actually save some money on your travel dining.

## **Restaurants**

Restaurants are notorious for filling their food with tons of heavy oils, marinades, and bastes' to maximize flavors that drastically exceeds their listed caloric intake.

While the flavor is great, the ensuing bulge on your waistline is not.

If you've seen the movie *Waiting with Ryan Reynolds*, the last thing you want to do is aggravate the people cooking your food. Be courteous and ask for marinades and dressings on the side, rather than smothered on your meal.

## **What to focus on**

Getting out and sampling the local food scene is one of the best parts about travel. You shouldn't be a slave to your diet, carrying a cooler full of chicken breast and broccoli wherever you go.

Instead, get out and enjoy yourself...responsibly.

## **The best types of restaurants to eat at are:**

- Japanese
- Thai
- Chinese
- Steakhouses
- Mexican
- Seafood

All of these options offer high-protein, low fat, and low sugar options combined with some real, fresh food.

**Entrees:** Look for whole grilled or broiled cuts of lean cuts of protein like steak, fish, shellfish, chicken, turkey, or duck. Avoid breaded and deep-fried cuts of protein at all costs—they're loaded in additional refined carbohydrates and fried in oil.

**Sides:** Keep the big picture in mind and avoid fried and overly breaded items. Nearly every restaurant has a list of sides like seasonal vegetables, sweet potatoes, potatoes (not loaded), a side salad, or coleslaw.



**Appetizers:** Most appetizers are unfortunately, poor choices for your diet. The overwhelming majority are deep fried calorie bombs that support a bulging waistline more than a high-performance body. When possible, aim for minimally fried, spicy options.

Think Bone-in chicken wings with a spicy buffalo sauce or hummus and veggies rather than sweet-chili blazed boneless wings and prosciutto wrapped mozzarella sticks.

Wait, does that mean I have to eat like this all the time?

No.

Enjoy your time traveling, and indulge on occasion if there's a local specialty or hot spot. Your diet is the sum of choices.

Eat with the clean options above 80% of the time, and feel free to indulge on the other 20% of your meals.

## Foods List on the Road

On the road, go as “Paleo” as possible. That means choosing foods that are minimally processed and instead, opting for as many vegetables, lean cuts of meat, and healthy fat foods as possible.

In addition, you should keep starchy carbohydrates lower than usual. Your training intensity is dialed back, and most restaurants are already loading your food with hidden oils, fats, and sweeteners.

**Proteins:** Grass-fed or lean cuts of red meat, skirt steak, sirloin steaks, pork, chicken, salmon, turkey, salmon, sardines, tuna, shrimp, scallops, cod, snapper, tilapia,

**Veggies:** All salad greens, carrots, tomato, all peppers, onion, broccoli, cauliflower, Brussels sprouts

**Starches:** Avoid all fried sources. Stick with rice, squash varieties, white potatoes, sweet potatoes, and 100% whole grain bread if tolerated.

**Fruits:** Berries are your best bet: blueberries, raspberries, blackberries, oranges, lemon, apples, limes, and grapefruit.

**Alcohol:** Vodka soda w/lime, Nor CAL Margarita, red wine. Double up on water, especially when flying.

## What to Pack

To maximize health and performance, you should prepare ahead of time and bring some of your own food.

[Protein Powder: Supplements are best on the road](#) when you're regular diet is thrown out the window. Bring a few scoops worth of protein to increase satiation before big meals to minimize damage, and preserve muscle. Think 1-2 scoops for every day of travel.

**Probiotics:** Depending on your travels (and food choices), probiotics can be a lifesaver to boost digestion and nutrient absorption. Further, gut health is essential to immune function, and we all

know how common it is to get sick when traveling. Use probiotics as your first step in defense.

**Apples:** An apple per day keeps the doctor away, right? Well, maybe. Either way, apples stay fresh longer than most fruits, making them a great high-fiber, nutrient dense travel food.

**Oranges:** Oranges are excellent travel foods due to their thick rind, protecting the fruit from leaking all over your bag. More importantly, oranges are high in vitamin C, a good source of antioxidants and fiber. Altogether, oranges are an excellent food to maintain optimal immune and digestive function on the road.

**Sliced Veggies:** When kept cool or stored away in your bag, sliced veggies will keep for a day or two. More than any other type of food, veggies are tough to get on the road. Fill up on valuable vitamins, minerals, and phytonutrients by bringing your own.

**Raw walnuts, pecans, and cashews:** Most nuts are excellent sources of great source of monounsaturated fats, phosphorus, copper,

manganese, vitamin E, and to a lesser extent, protein and fiber. The fat, protein, and fiber in nuts will keep you fuller longer during travel days. Just avoid roasted nuts.

**Canned Salmon:** Canned salmon is a great natural protein source, while also being high in vitamin B12, vitamin D, and selenium. It is a good source of niacin, omega-3 fatty acids, protein, phosphorus, and vitamin B6.

**Canned Sardines:** Hey now, don't knock it until you try it. Sardines are extremely high in Omega-3 fatty acids, protein, vitamin D, and B-12. Plus, they're great for making friends and exchanging strange glances with strangers on the airplane. Who doesn't like the smell of pre-packaged fish, right?

**Epic Bars:** Real food protein bars made of organic, grass-fed, and free-range animals. The only problem: I can't just eat one.

**Quest Bars:** Quest bars are high in soluble fiber and protein: two important nutrients most travel foods are sorely missing.

## **Foods to Avoid**

As mentioned, most airport foods are bad options. Most of them carry the “fake health food” label. Here are the most common travel foods you should avoid.

- Airport nuts (most are in cooked in unhealthy oils)
- Protein bars sold at airports. Look for high sugar counts.
- Fruit juices
- Granola
- Trail mix
- All pastries
- Sugary drinks from coffee stands
- Chips
- Dry cereals
- Sugary alcohol drinks
- Most foods labeled “low fat” or “low-sugar.” In most cases, a low fat label is a product with added sugar to make up for flavor, and vice versa.

## CHAPTER 4

### Own Your Travel Days

Eating well on your travel days is all about setting the environment.

We Know about Airport Food:

- Most of it is terrible, low-quality food.
- Everything is overpriced.
- There's an abundance of fake health foods.

Combine all this with the fact that you're bombarded by food advertisements at every corner, you must prepare ahead of time to simplify the process.

That's why on travel days I recommend you start the day, if an earlier flight, in one of two ways:

#### ▪ **Supershakes**

Supershakes take your favorite protein powder, a vegetable, fruit, and some healthy fat to give you a high-quality, on-the-go meal before departing. If you're anything like me, you're in a rush to get to the airport on time

and depart...why add “hangry” on top of being rushed?

Supershakes are the best way to sneak tons of high-quality nutrients into your body before departing.

## **Here’s what to Do**

Nutrient packed, tasty, and convenient, these simple shakes add 500+ calories per day without taking up time or room in your stomach. These are my top four muscle-building protein shakes to support your diet.

These are all Precision Nutrition inspired, **Bach Performance** tweaked and based on self-experimentation and feedback from thousands of clients. They all taste like a party in your mouth, and are filled with high quality ingredients.

P.S. I highly recommend you check out [\*\*Gourmet Nutrition for dozens of delicious and healthy meal options to support both muscle gain and fat loss.\*\*](#)



## What you need:

- A blender because, well, you need to blend the damn thing. Good luck hand-cranking some flax seeds and raspberries.
- Fruit for flavor, high quality nutrients, and carbohydrates for energy.
- Spinach or [Greens](#), you won't even taste it and the added veggies are vital to balance a high-protein diet.
- [Protein](#) to support muscle growth and tissue repair.
- Topper/Texture adder for additional nutrients to bring the whole recipe together
- Optional: Creatine monohydrate to support high performance training, or a greens supplement to fill nutritional gaps

It's much easier to make a few shakes at a time, throw your shakers in the fridge, and grab one or

two as you run out the door.

### **High Protein Piña Colada:**

This is an awesome post-workout shake, especially when the weather gets warm. This shake is packed with protein and high-performance super foods like coconut, and pineapple. I've found it's best to play around with fluid amounts until you determine how thick'n chunky you like your shakes.

### **Ingredients:**

1 frozen banana

1/2 cup frozen pineapple

1/2-cup coconut milk

1-cup ice

50 grams protein (2 scoop vanilla protein powder)

1 or 2 tablespoons of shredded, unsweetened coconut (texture and flavor overload added flavor)

1-cup water (Depending on your preferred texture)

### **Mixed Berry Blast:**

The Berry Blast is my go-to when I'm in a rush

with a 6 or 7:00 am flight. I'll whip up a batch and down one in the back on an Uber or while driving to the airport. If you're training for fat loss, drop out the Virgin Unrefined coconut oil to minimize fat intake.

- 1 cup frozen mixed berries
- 2 scoops [vanilla protein](#)
- 2 tablespoons milled flax
- 1 cup spinach
- 1 tablespoon raw, unrefined coconut oil
- 1 cup green tea or water (pick one)

### **Nutty Buddy:**

This a high calorie shake with a decent amount of fat. I use this lower-carb snack option used sparingly. That said, you might roll over and pass out with a smile on your face after downing this nutty beast.

### **Ingredients**

- 2 scoops [protein](#) (I prefer vanilla, but chocolate works here too)
- 1 cup spinach
- 2 tablespoons milled flax
- 2 tablespoons peanut butter
- ¼ cup pecans (cashews also work)

- 1 cup water or Green tea (pick one)

## **Raspberry Chocolate Goodness:**

Just try it. You're welcome.

### **Ingredients**

- 1 1 Cup Raspberries (frozen)
- 2 2 Scoops Chocolate Whey Protein
- 3 1.5 Cups Raw Spinach
- 4 1 Cup Coconut Milk
- 5 ½ cup water, ½ cup ice.

### **Directions: Yes, these are all the Same.**

Place all ingredients into the blender in this order. Seriously, this order works best:

- Ice first
- Frozen fruit over fresh
- Throw in veggies- spinach or Athletic Greens. It won't even be tasted but provides a huge influx of awesome phytonutrients for those lacking in the Veggie department.

- Protein powder—support workout recovery and make some gains. I recommend Exos Fuel protein.
- Nuts, Seeds, and Toppers– I add nuts and seeds to most shakes for flavor, high quality nutrients, and fiber. Nut butters work well, although the name still disturbs me.

Nut. Butters. Weird.

- Liquid—I prefer water or green tea between ½-1 cup. This is highly variable as more liquid means a thinner shake. Play around with your preference.

Blend for 30 seconds or until desired consistency.

Drink and enjoy. Finish with push-ups to increase anabolism. I'm kidding. Seriously. But really, do the push-ups anyways.

## ▪ **Fast**

This option is simple: Avoid eating until you're settled into your new location.

This is best when you're goal is fat loss.

By fasting 12-16 hours, you'll increase alertness and stimulate the release of fat burning growth hormone, while avoiding the plethora of diet killers at the airport. This saves you money and sanity by avoiding crappy food choices.

Load up on water, tea, and/or coffee and stay disciplined until you're in your hotel or back home. If hunger becomes a serious issue, chomp gum to trick your brain into thinking you're eating. Then, head out to a local restaurant and enjoy.

## **Own Mornings on the Road**

At home and on the road, how you start your day is indicative of how the rest of the day will go.

Get up right away, or hit the snooze?

Leftover pizza on the desk, or head downstairs for scrambled eggs?

Green Tea or a three-shot Screwdriver in the lobby??

Depending on the nature of your travel, the Screwdriver may be valid.

Back to my point: The small decisions and actions you make to start your day have a profound effect on the rest of your day.

To maximize your travel, whether it's pleasure or business, these tips will get the ball rolling in your court right from the start.

### **1. Get Up Right away**

This is far and away the most important thing to do, get up when you wake up, or your alarm gets going.

Then, walk into another room, turn on the lights or open the shades for natural sunlight.

Sunlight not only makes you squint and rub your eyes when you wake up, it helps the body's biological clock reset itself, a vital defense against jet lag.

This re-setting of your internal clock will help

you conquer your day, and adjust to a new time zone.

## **2. Drink a large glass of cold water**

You just spent 6-8 hours (hopefully) sleeping. Coupled with a dehydrating flight the day before, you're in dire need of water.

It's time to fight back by drinking a large glass of cold water (20 ounces). Besides making you feel 10x better, you'll jumpstart your metabolic processes that signal you're up for the day, and potentially increase your metabolism.

## **3. Get Moving**

Now that you're out of bed and exposed to sunlight, get your body moving.

It's as simple as walking down to the hotel lobby, outside for a few minutes, or stretching your arms overhead on your balcony overlooking the pool.

Hell, throw in a few push-ups, SMR techniques from Dr. John Rusin, and get the blood flowing. Simple activities to wake your muscles up will help you dominate the day.

## **4. Do Your Most Important Task (MIT), First**



Whenever possible, do your most important task first thing in the day. For me, it could be messaging my online clients, or spending one hour writing this eBook.

This leaves me the rest of the morning and day to...

- Do Fun stuff like exploring the beach
- Get in brief workout, followed by an epic breakfast with my wife.
- Meet up and network with friends and/or business associates.
- Sit on my ass and drink Pina Coladas, if that's what I want to do.

Travel is exciting and hectic. To maximize productivity, get up and get things done early to set the tone, and more importantly, enjoy your time.

## CHAPTER 5

### Travel Supplements and Gear

I'm not a huge proponent of supplements, but they are a valuable fallback option on the road. These products are focused on filling the nutritional gaps that inevitably appear on the road, and keeping you healthy.

**No-BS Disclosure:** Please note that I am affiliated with some of the products below. But, as you know, I only recommend things that I believe in and use myself.

#### [Athletic Greens](#)

True story, I had my greens powder in a small canister that resembled a marijuana grinder and got stopped by TSA.

After a thorough frisking, I'll keep Athletic Greens in its original packaging going forward.



Anyways, this is my only 100% must have supplement when traveling. Athletic Greens is essentially a multi-vitamin, digestive enzyme, and probiotic all in one to keep you functioning

at optimal performance and avoid the dreaded “vacation” sickness.

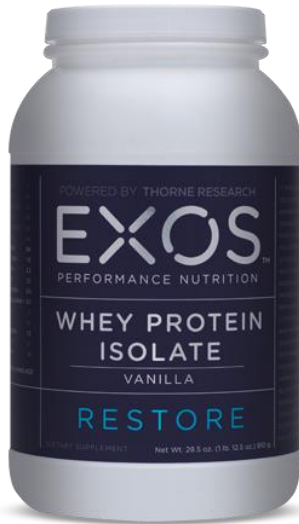
When you consider all of those supplements individually versus having them all in one small scoop, Athletic greens is a killer, all-in-one supplement.

Here’s a trial link for 50% off.

[-> Athletic Greens 50% Off Discount](#)

## **Protein Powder**

We both know most restaurant and airport food is higher in carbs and fat, and lower in protein. To lock in your protein intake, supplement [with Exos Whey Protein.](#)



Instead of carrying around a whole jug of protein, take a few scoops and double bag zip lock bags and throw your scooper inside. Make sure you pack enough for 25-50 grams each day.

[Try Exos Whey Protein Isolate Here.](#)

## [Virutech](#)

Raise your hand if you've ever gotten sick when traveling.

That's what I thought.

Virutech is my go-to immune system back up when I'm traveling. A blend of vitamin C and multiple antioxidants, I've used [Virutech](#) to stop

a handful of colds dead in their tracks the minute I feel a cold coming on.

Save 20% with your [first purchase here.](#)



[ONNIT Alpha Brain \(Nootropic\)](#) As a coach, writer, and entrepreneur I'm always looking for ways to stay mentally sharp, especially on the road when there's jetlag and long hours. Alpha brain keeps me sharp without the need for caffeine. <http://bit.ly/21HwFKt>

[Warrior Bar: http://bit.ly/1N5tUuN](#)

All natural, real meat protein bars for on the road. EPIC bars are also awesome.

## **Earth Grown Nutrients:** <http://bit.ly/1R40rW9>

1. **We don't get enough vegetables.** I don't, and you probably don't either. These high-quality blends pick up the slack and provide us with a super-nutrient dense combination of foods to improve digestion, performance, and all around health.
2. **Replace a Multi-Vitamin and Digestive Enzyme.** Greens supplements fill the gut with tons of phytonutrients to boost nutrition. This restores your immune system, helps you digest foods better, and turn into the incredible hulk.

Okay, not the incredible Hulk, but there tons of anti-oxidants, high ORAC potential, and overall is excellent for recovery. This is not a “Feel” supplement, you won't bounce off the walls, but this is essential for health and recovery.

### [GymBoss Interval Timer](#)

When you're traveling your workouts need to be higher-intensity periods and rest or recovery

periods give you better results. GymBoss Timers are programmable interval timers perfect for timing a single interval, or multiple intervals, all fitting easily in your pocket.

### The Stick Roller

The stick is a smaller, portable soft-tissue device you that will easily fit in your travel bag. Soft tissue work is incredibly important, especially after you've spent all day sitting in meetings or on airplanes.



## CHAPTER 6

### Helpful Travel Tools

[Yelp](#): Search “Healthy” or “Paleo-friendly” restaurants in the search-bar wherever you’re staying. You’ll get tons of feedback and reviews from health-conscious dieters.

[Four Square](#): Four Square provides another great search option for healthy dining options, while potentially hooking you up with a dining discount. Why not save money when the opportunity presents itself?

[MyFitnessPal](#): My FitnessPal allows you to track your dietary intake and has information for most restaurants. If you’re eating at a chain restaurant, this will give you the best “real” information on your diet.

[Gym Finder](#): Forget crappy hotel gyms, you just want to find a badass gym no matter the inconvenience. Well, I can help you there too. Gym finder helps you locate an every day gym your area by zip code.

## CHAPTER 7

### **Stay in Awesome Shape, No Matter Where you are**

Getting out of shape on the road is a serious hurdle—but this guide eliminates 99% of all issues.

I've given you all the tools, now it's up to you to avoid the "All or Nothing" philosophy and enjoy your optimized travel.

Using this guide, you'll be able to optimize your training and nutrition, without sacrificing the life-changing experiences on the road.

In the meantime, keep an eye on your email, because I'll have some incredible information coming 100% free on the upcoming Power

Primer.

I'll be sharing with you the best practices for improving your power to build more muscle, unleash athleticism, and shred body fat, all in the Power Primer Package.

Stay strong, stay lean, and stay athletic.

Stayed tuned, and safe travels!

Talk soon,

Eric