



**H**E CARRIES ONLY ONE BAG, WEARS NO BELT AND UNTIES HIS SHOES BEFORE getting in the airport security line. He bypasses the calorie-laden cinnamon buns taunting him from the food court and opts for almonds—raw, of course. In his moderately priced and centrally located hotel room, he does 50 sit-ups and 50 push-ups before going to sleep at a completely reasonable hour. The battery charge on his phone never creeps below 25 percent he can say “Nice to meet you” in 15 languages; he hasn’t filed a late expense report since the birth of his first child. He is the ultimate road warrior—a business traveler so practiced in the art of working on the go that he could make a sales pitch while ascending Everest. He’s not a robot, though; just smart. Learning to conduct business travel like a ninja in a two-piece suit takes no innate ability. It just takes practice.

BY ADAM K. RAYMOND  
PHOTOGRAPH BY MALCOLM BROWN  
ILLUSTRATION BY BARRY DOWNARD

BY SHUKLA TILM  
PHOTOGRAPHS BY MALCOLM BROWN

## GET MOVING

Best Hotels Gyms

BY HANNAH GREEN COLETTI



## MIAMI

The David Barton Gym at the Hotel Garsenvort South ([davidbartongym.com](http://davidbartongym.com)) is well-equipped—there are two floors of cardio machines alone and 45,000 square feet of gym space devoted to Krua Yoga, spin, Pilates, and nine different kinds of yoga.



## NEW YORK

The fitness center, Gravity at Le Parker Meridien ([parkermeridien.com](http://parkermeridien.com)), includes not only the requisite pool but also individual nutrition consults, private fitness classes, and training through a remote coaching system called Fitlines.



## CHICAGO

Embassy Suites Chicago Downtown Lakefront ([chicagoembassy.com](http://chicagoembassy.com)) boasts fitness equipment facing panoramic windows with spectacular views of the lake, an indoor swimming pool and open air tennis courts that could seal any deal.



## MINNEAPOLIS

The Life Time Athletic Club's branch at the Grand Hotel Minneapolis ([grandhotelminneapolis.com](http://grandhotelminneapolis.com)), houses a six-lane pool, running track, gymnasium, racquetball, handball and squash courts. Your racquet skills will never be rusty, even on the road.

TRYING TO EAT HEALTHY, with the temptations of all-you-can-eat breakfasts, fast food lunches and expensive account dinners, is a challenge matched only by the daunting prospect of burning off all those calories within an itinerary mostly spent in the seated position. No matter how well appointed a hotel gym, it's always easier to find a reason not to work out than to spend 30 minutes sweating on the elliptical. For the ultimate road warrior, though, staying fit on the road is as easy as cutting a million-dollar deal. Here's why:

## SWEAT-PROOF SOUNDS OF SUCCESS

BY BRONKH JONES  
PHOTOGRAPH BY DANIEL COOPE

■ Only a wimp would pause the treadmill to catch the conference call. These mic-enabled, ultra-durable headphones boast inventive designs and executive-class sound quality.

SENNEHEISER ADIDAS  
MB800 \$100

**Why buy?** Innovative "ear fins" keep them glued in, and an inexpensive price tag buys you an extra share of that hot stock you've been watching.

**Why not?** Good luck calling coordinating your gym gear with the fluorescent yellow Kevlar-coated cable.

## WESTONE TSL \$129

**Why buy?** The braided, anti-tangle cable feels strong as steel but light as a feather, and a right-angle connector is far less obtrusive than the straight jacks on the other two.

**Why not?** No volume controls on the cable mean you'll have to fumble with your phone to pump up the Rocky theme song.

KLIPSCH SR \$130  
EDITOR'S PICK

**Why buy?** Large controls are easy to adjust on the fly, and the hi-fi sound is worthy of the Klipsch name. Plus, there's an LED flashlight built into the case.

**Why not?** That large control becomes a pendulum as you're bouncing up imaginary buildings on the StarMaster.

## REST IS FOR WIMPS

■ Get stronger while traveling in a cab, waiting in the terminal for your plane, and after checking into your hotel room, all without stepping foot in the gym while you're on the road. Sitting long hours while traveling will only cause your muscles to tighten, develop sore

joints and swell, and result in poor circulation throughout your body. These exercises are designed to stretch your hip flexors and psoas major muscle while providing better circulation in your body. Now, there's no excuse for neglecting your health, even while traveling!

## AIRPORT



**SUITCASE LUNGE** At the terminal, grab your suitcase with your left hand. Next, perform a lunge with your left foot forward, lowering your right knee a few inches to the ground. To finish, bring your right foot to meet your left. Execute four sets total with two reps on each side.



**STANDING ON ONE LEG** Bring one leg off the ground, without leaning or hiking up your hip. The foot that is up in the air only needs to be a few inches off the ground and locked at the knee. Aim to hold this pose for 20 to 60 seconds. Perform four sets total, two on each side.



**WALL SITS** Firmly press your back against a terminal wall. Perform and maintain a squatting position while bending your knees at 90 degrees. Your feet should be shoulder-width apart with both heels down. Hold this pose for 20 to 60 seconds and perform three sets.

## TAXI



**MARCHING** Cross your arms comfortably across your chest. Next, bend one knee and bring it up higher than 90 degrees while your other foot is on the floor of the cab. Alternate your legs as if marching and try to maintain a consistent solid speed. Three sets of 30–50 reps.



**DYNAMIC TENSION** Raise one arm up at shoulder level and cover the wrist with your other hand. Try to push your extended arm down while maintaining opposing tension. To finish, push your extended arm upward to shoulder level. Attempt eight repetitions for five seconds.



**CORE** Sit upright in the cab and "draw in" your abdominals, activate your glutes. Maintain this position and controlled strength while breathing peacefully out your nose, all while the cab moves, changing speed and direction. These isometric holds should be held for 30 seconds for three sets.

## HOTEL ROOM



**THE PLANK** Get into the prone plank position with your elbows bent and your forearms stabilized on the floor. Next, raise one straight leg about two inches above the floor and hold for 10 seconds. Repeat, alternating your legs for four complete rounds totaling 30 seconds per side.



**ROMANIAN SPLIT LUNGE** Find a chair with a seat about one foot in height and place it a few feet behind you. Prop your foot onto the chair while stabilizing your standing leg on the ground. Next, lunge downward. Perform 12 repetitions twice on each side totaling four sets.



**STAGGERED PUSH-UPS** Start in a traditional push-up position, but stagger your hands keeping them shoulder-width apart. Once you rise up from one push-up, execute the next repetition with the alternate hand position. Execute two to three sets of 10–20 repetitions.