

## Fitness Favorites: on Summer Vacations, What is Your Go-To Exercise

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Are you the type whose running shoes & clothes take up most of the space in your vacation suitcase? While some of us prefer to leave the exercise routines at home and take a break from everything but fun and sun, many scoop readers just transport their workouts to whatever exotic or sandy locale they'll be visiting this summer.



Oh, Hey Clary.

To them, it just seems easier not to let it all go, since the back-to-reality recovery is HARD. Our advice? Do something exercise-y every day, even if it's just a plank or push up series, or a long walk pre-happy hour. Stumbling home after dinner doesn't really count though.

We believe: don't make your workouts your mission, cause then it wouldn't be vacation break now would it? I'm pretty sure no ninety year old ever says "my one regret is that is I didn't spend more time running on the treadmill on my summer vacations".

We reached out to our favorite CLT fitness instructors for their best moves outside the studio to keep you in shape no matter what your destination. Watch their short videos for some fun ideas on squeezing in that daily dose of healthy living. And please tag us and your favorite studios in your photos of you and yours exercising on vacation at **@scoopcharlotte on Instagram!** There will be prizes.

## Hilliard Studio Method



The Hilliard ladies are bikini-body-ready every day of every month of the year. Their advice? to work your total body with no equipment on the go, complete this series 3 times on both legs for a perfectly strong and toned summer body:

1. Pull your abs in tight and sweep your right leg on the back diagonal into a curtsy lunge. Square your shoulders forward to work your obliques. To modify, you can hold a chair or counter. Bend your back knee into a deep lunge, then drive through your front heel and engage your glute and hamstring to lift back up. Repeat 10 times.
2. Step your right leg straight back into a lunge. Keep your front knee behind your toes and repeat the lunge 10 times.
3. Place your hands on the floor and sweep your leg back to a plank position. Bring your left knee in to your chest and extend your left leg through your body in line with your hip to create an L shape. Walk your hands wider than your shoulders and complete 10 push-ups.
4. Switch legs and repeat steps 1-3.

Workout with Hilliard Studio Method anywhere using our [streaming videos](#) and Be Powerful!

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