

## DESTINATION FITNESS

IMAGE CREDIT: [INTO THE GLOSS](#)

HOTEL BOUND AND NEED A WORKOUT? CELEBRITY PERSONAL TRAINER [RICARDO RISKALLA](#) SAYS FORGET THE GYM - ALL YOU NEED IS YOUR OWN BODY RESISTANCE AND A GOOD DOSE OF DISCIPLINE.

"Let go of the idea of the 60 minute exercise routine," says Ricardo. "I have no idea who came up with the idea that a great workout must run for a specified time. What really matters is technique and repetition."

"When travelling, always do your workouts in the morning so you make sure that you fit it into your schedule. I am giving you two different workouts so you can rotate them. You will see real results if you mix it up."

**WORKOUT 1: LEGS & ARMS**

In a ballet plie position, execute full squats for 5 minutes very slowly.

Standing up with arms fully extended, rotate them gently and slowly forwards and backwards for 3 minutes each.

**WORKOUT 2: WAIST & POSTURE**

Sitting down cross-legged, keep your knees still and bend your body sideways, touching your elbow on the floor on the alternative side. Do both sides for 10 minutes.

30 full push-ups, performed slowly. If you can't touch the floor, make sure you go at least half way down.

**POST-WORKOUT:**

5 minutes of deep breaths and meditation.

Cold shower to prevent fluid retention.

2 teaspoons of [THE SUPER ELIXIR](#) with 500ml filtered water to get that alkaline glow.

WANT MORE PROFESSIONAL WORKOUT ADVICE? READ MORE FROM RICARDO [HERE](#).

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