

# Icelandair Hotels

Dear guest,

This pamphlet is our contribution to support healthy living all year round. In it, you will find an exercise routine created by personal trainer Gauja Rúnarsdóttir. All Icelandair Hotels have a different workout guide, tailor-made with their location in mind and to highlight the gems of each location's natural environment. We encourage you to put the pamphlet in your pocket and try the exercises outdoors to make the most of the beautiful Icelandic nature. Enjoy!

## Exercise options in the neighborhood

- The Hamar 18 hole golf course is located on the hotel grounds.
- The Borgarnes Sport Center is located 4.5 km/2.8 mi from the hotel and features a 12.5 m/41 ft long swimming pool, three waterslides, a waddling pool for children, a hot tub and a jacuzzi, sauna and a steam bath with steam straight from Deildartunguhver.
- Einkunnir is one of the main outdoor areas in Borgarnes, located 3.5 km/2 mi from the hotel. The area has several walking/running trails and is an ideal spot to do the exercises on the back of the pamphlet.

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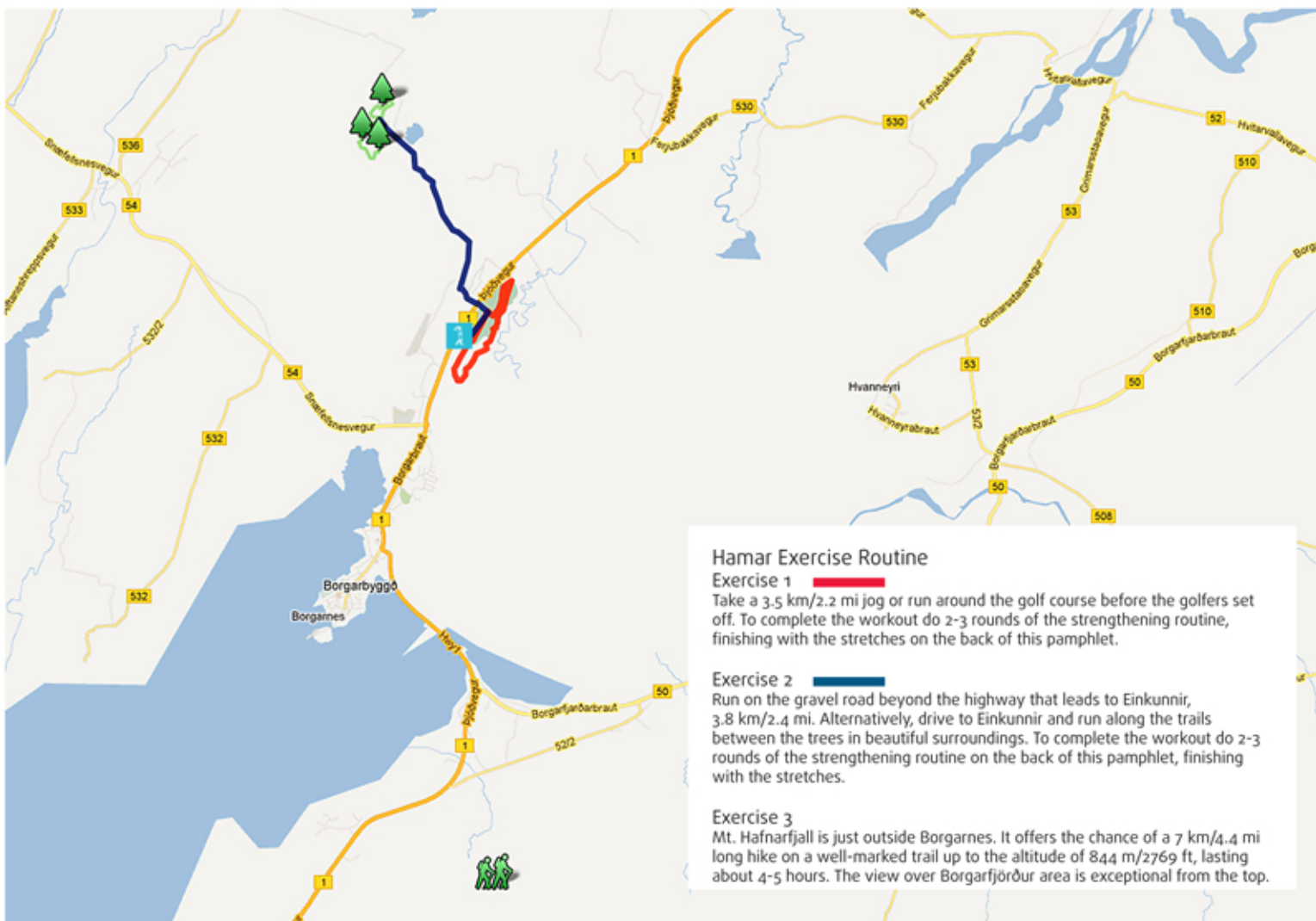


## YOUR WORKOUT TO GO

Exercise options in the neighborhood



HAMAR  
Icelandair Hotels



### Hamar Exercise Routine

#### Exercise 1

Take a 3.5 km/2.2 mi jog or run around the golf course before the golfers set off. To complete the workout do 2-3 rounds of the strengthening routine, finishing with the stretches on the back of this pamphlet.

#### Exercise 2

Run on the gravel road beyond the highway that leads to Einkunnir, 3.8 km/2.4 mi. Alternatively, drive to Einkunnir and run along the trails between the trees in beautiful surroundings. To complete the workout do 2-3 rounds of the strengthening routine on the back of this pamphlet, finishing with the stretches.

#### Exercise 3

Mt. Hafnarfjall is just outside Borgarnes. It offers the chance of a 7 km/4.4 mi long hike on a well-marked trail up to the altitude of 844 m/2769 ft, lasting about 4-5 hours. The view over Borgarfjörður area is exceptional from the top.

## STRENGTH EXERCISES

The following exercises are ideal for outdoor activity. Repeat the following exercises 2x3 times in a row. Keep abs flexed during all exercises.

1



- Shoulder length between the legs.
- Toes point forward. Put weight on heels. Knees not in front of toes.
- Sit in 90° angle with arms in front of you.
- Keep weight on heels the whole time.
- Stand up slowly and relax your arms.

**Muscles used:** Upper thigh and lower thigh  
Glutes, quads and hamstring

Squats 20x

2



- Keep body straight.
- Elbows close to the body.
- To make this exercise easier put hands on the lower level of a bench.
- Lower hand position to make more difficult.

**Muscles used:** Upper arm muscles  
Pectoral muscle

Push-ups 10-15x

3



- Stand with right foot forward, left foot back about 3 feet apart.
- Keep the front knee behind the toes and be sure to lower straight down rather than forward.
- Keep the torso straight and abs flexed as you push through the front heel and back to starting position.
- Don't lock the knees at the top of the movement.
- Perform 1-3 sets of 10 reps according to your fitness level and goals.

**Muscles used:** Hips, glutes and thighs

Lunges 10x each leg

4



- Sit on a bench or chair.
- Begin with hands slightly under hips.
- Transfer weight onto your hands and bring the hips forward.
- Bend elbows (no more than 90°) and lower the hips, keeping them very close to the chair. Keep shoulders relaxed.
- Push back up without locking the elbows and repeat for 10-15 reps.

Dips 10-15x

5



- Using a bench or a stable rock, bend your knee and hip to a 90° angle and lift up your body.
- Your back should be upright.

**Muscles used:** Glutes, squads and hamstring

Step up 15x each leg

6



- Lie face down on a mat, resting on your forearms, palms flat on the floor.
- Rise up onto toes and rest on elbows.
- Keep your back flat, in a straight line from head to heels.
- Tilt your pelvis and contract your abs to prevent your rear end from sticking up in the air or sagging in the middle.
- Hold for 20 to 60 seconds. Repeat 3-5 times.

**Muscles used:** Abs and lower back

Plank 20 - 60 sec.

7



- You can use a wall to help support your back while you slide into a squat position.
- Make sure the knees stay behind the toes and only slide down as far as you comfortably can.
- Hold the position for 40-60 sec.

**Muscles used:** Thighs and glutes

Wall slides 40 sec.

8



- Begin in a push-up position on hands and toes.
- Bring the right knee in towards the chest, resting the foot on the floor. Jump up and switch legs in the air, bringing the left foot in and the right foot back. You can also run the knees in and out rather than touching the toes to the floor. Continue alternating the feet as fast as you safely can for 30-60 seconds.

**Muscles used:** Cardio endurance  
Strength for thighs, back and abs

Mountain climber 40 sec.

## STRETCHES

Stretches are crucial to reduce soreness and maintain flexibility in muscles and ligaments. Hold the stretches for 15-40 seconds and then switch hand or foot.

1



- Pull your leg back gently.
- Knees tight together.
- Push your hip a little bit forward.
- Shoulders relaxed.
- Keep back straight.

**Stretches:** Quads

2



- Keep legs and back straight.
- Abs touch the thigh first.

**Stretches:** Hamstring

3



- Keep both legs almost straight.
- Push hips towards the wall.

**Stretches:** Calf

4



- Sit with back straight.
- Hold your thigh close to the abs.
- Turn torso slightly in the opposite direction.

**Stretches:** Glutes, thighs and lower back

5



- Push hips forward.
- Retract the navel.
- Adjust coccyx under the body.
- Don't arch your back.

**Stretches:** Hips

6



- Pull leg firmly towards the body.
- Press opposite knee outwards.
- Lie with back flat.

**Stretches:** Lower back, glutes and hips

7



- Keep shoulders back.
- Push arms upwards.

**Stretches:** Shoulders and shoulder blades

8



- Pull elbows up and over your head.

**Stretches:** Triceps