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WHAT'S YOUR WORKOUT

Seth Combs of SOL Republic Finds Screen Time for Exercise

While on the Go, the SOL Republic Co-Founder Makes Time to Work Out With a Trainer via Skype

By JEN MURPHY

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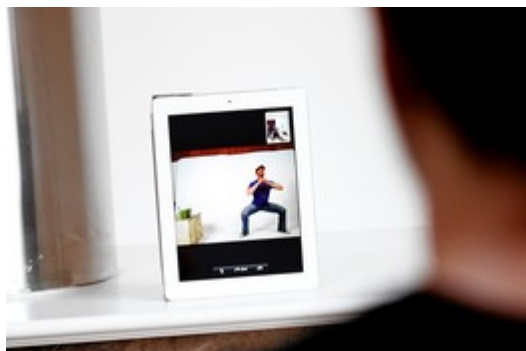


When Seth Combs is traveling, he works out via Skype with his personal trainer. *Sarah Rice for The Wall Street Journal*

It's tough to have a workout routine when you're only home about four days a month. That's often the case for Seth Combs, the 39-year-old co-founder of SOL Republic headphones in San Francisco.

Mr. Combs says he used to be "super fit" in his 20s while working as a personal trainer and spin instructor. But leading up to the launch of Sol Republic in September 2011, he began to notice his jeans were feeling tight.

After the launch, Mr. Combs found himself on the road promoting his new brand. "I'd wake up and not know what time zone I was in. My sleep was off and I wasn't eating properly," he says. "I gained 40 pounds



Combs watches his trainer Angelo Poli during a Skype workout session on his iPad. *Sarah Rice for The Wall Street Journal*

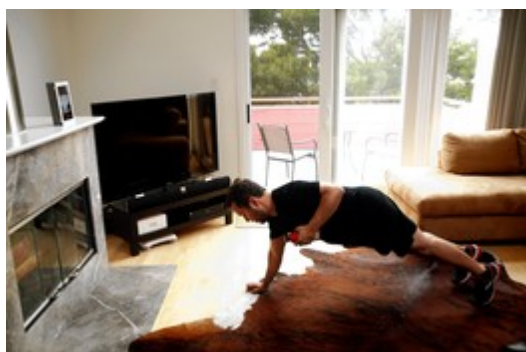
between 2008 and 2012, when my travel schedule went bonkers," he says.

During a routine checkup in late 2012, his doctor told him he would need to go on blood-pressure medication if he didn't change his lifestyle. A company investor who was into fitness also intervened. "She hadn't seen me in two months and I'd noticeably gained weight," he said. "She very seriously said, 'I don't want to lose you' and connected me with trainer Angelo Poli."

In March, he started working with Mr. Poli, founder of Whole Body Fitness in Chico, Calif., two to three days a week.

Within 30 days, Mr. Combs dropped nearly 15 pounds. "The difference for me was making small changes and forcing myself to have some type of routine," he says.

The Workout



Seth Combs is the co-founder of Sol Republic headphones. *Sarah Rice for The Wall Street Journal*

Mr. Combs tries to work out at least 30 minutes, three days a week. Mr. Poli gives him full-body workouts that engage the muscles through squat, press, push and pull movements. When Mr. Combs is in San Francisco, the two work out at Mr. Combs's apartment.

When he is on the road, he uses Face Time and Skype to have a training session with Mr. Poli in his hotel room or be part of a group class.

Mr. Poli shows him basic movements that can be scaled and strung together, such as a squat that transitions into an overhead press or a side plank that moves into a push-up. Mr. Poli tries to address muscular balance by combining exercises that increase strength while improving function.

"Someone who spends a lot of time sitting on planes ends up with externally rotated hip flexors and forward-rolled shoulders," he says. "I have to offset those muscular imbalances."

Workouts are always different and combine 30 minutes of nonstop circuit-like exercises. Rather than rest between sets, Mr. Combs will do core work, such as crunches, as a transition to his next exercise. The nonstop pace helps keep his heart rate up.

The Diet

Mr. Combs's biggest nutritional pitfall was skipping meals. Mr. Poli solved that problem by having him carry Quest protein bars in his bag. Mr. Combs has one when he wakes up and another if he misses lunch. He picks good carbs such as whole grain bread and brown rice. He cut out almost all red meat and is mindful of portion sizes. Lunch is usually a salad and dinner is often fish or chicken. "Last night I ordered seafood fettuccine but picked out the seafood" to eat, he says.

When Mr. Combs is on the road, his trainer often checks in via text to ask, "Are you off your diet?"

The Gear

Mr. Combs does most of his workouts in his hotel room. "All I need is a water bottle, my towel, and my laptop or iPad," he says. For gear, he usually wears Nike clothing and Brooks running sneakers. He pays \$90 per training session. Generally Mr. Combs stays at hotels where Wi-Fi is complimentary for members of their rewards programs so Skype sessions are free.

Travelers Don't Have to Leave Home Without Their Fitness Routines



Kimpton Hotels' yoga mat roll-out service includes fruit and flavored water. *Kimpton Hotels & Restaurants*

Frequent fliers trying to avoid luggage fees and hassles often leave their exercise gear—and routines—at home. Many hotel chains are trying to help their guests travel light and stay fit by stocking workout gear to borrow. Here are a few offerings from some popular chains:

Bagging It

Sheraton Hotels & Resorts offers guests a complimentary Gym-In-A-Bag that contains a workout manual detailing exercises, an exercise mat, stretch band, massage stick and exercise foam roller. Through a partnership with Core

Performance, guests also have free access to in-room, on-demand fitness videos and training programs.

The Fitness Room

Guests at Omni Hotels & Resorts can request a free Get Fit Kit that includes a set of 2-pound dumbbells, a resistance band, a floor mat and a bottle of water. Select properties also offer a Get Fit Room, which is equipped with a treadmill, for around \$15 a night extra.

Runners, Be Our Guest

Westin Hotels guests can receive New Balance sneakers and apparel to borrow for \$5 during your stay. Free guided runs are offered at the chain's New York hotel on Tuesday and Thursday mornings.

Dressed to Exercise

Fairmont Hotels & Resorts' Fit program supplies Reebok workout apparel and sneakers, an MP3 player, a yoga mat and a stretch band. The program is free for the chain's Premier or Platinum members or available for a fee (\$10 in most locations) to members of the Fairmont President's Club, which is free to join.

Down to the Mat

Rooms at Kimpton Hotels are stocked with yoga mats. Guests can call the concierge to request a "roll out" service, which involves setting up a yoga area in the room, with towels, flavored water and fresh fruit. The TV will be set to Kimpton's free on-demand yoga or Pilates channels.

—J.M.

Corrections & Amplifications

An earlier version had Kimpton Hotels & Restaurants incorrectly spelled as Klimpton in a photo credit.

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