



HOLIDAY ADVICE

KFL FIT

WELCOME TO KFL FIT

GENERAL ADVICE

REMEMBERING YOUR GOALS

Holidays of course is a time to unwind and spend time with loved ones, exploring, relaxing or adventuring whatever type of holiday it may be. Some chose to completely relax with food and movement but keeping mindful of your goal and why you reached out to me in the first place will make it so much easier to return home and slot back into your normal routine without undoing all of your hard work.

Here are some tips, example foods and workouts you can refer to whilst away to help you stay on track.

GENERAL ADVICE

- 3L water per day
- 12K steps per day
- Aim for a few workouts/runs to keep routine
- Protein sauce with every meal
- Limit creamy sauces with foods (pastas, steak sauces etc)
- Keep carbohydrates low
- If suitable skip lunch or breakfast to allow for a bigger evening meal
- Avoid over consumption of liquid calories (smoothies, cocktails, wine etc)

CONTACT WITH ME

You can contact me via WhatsApp 24/7 even when your away so never feel like you cant reach out. If you're going to a restaurant on a specific night and want to send over the menu for us to discuss the best optuons don't hesitate.

NUTRITION



BREAKFAST IDEAS

- Omlette
- Yoghurt & fruit
- Oats
- Poached eggs on toast
- Fresh fruit

LUNCH IDEAS

- Chicken salad
- Fish and veg
- Wraps
- Omlette

DINNER IDEAS

- Steak and potato
- Salads
- Fish & veg
- Grilled meats/fish

These are some examples of food that would be good for your digestion, lower in calorie and keep your protein high.

TRAINING



HOTEL GYM WORKOUT

This is a dumbbell (DB) only workout which most hotel gyms will have
Any exercises you may not know have a YouTube link. If there are any
others please let me know.

Circuit 1: Repeat 5 times

30 secs DB goblet squats

30 secs press ups

30 secs DB walking lunges

30 secs Renegade row

2 minute rest

Circuit 2: Repeat 3 times

15 X static lunges each leg (back foot on step)

15 X shoulder press

15 X DB devil press

15 X over head tricep extension with one DB

15 X DB swings

1 minute plank

2 minute rest

TRAINING



NO EQUIPMENT WORKOUT

This is a body weight only workout so can be done anywhere!
Any exercises you may not know have a YouTube link. If there are any others please let me know.

Circuit 1: Repeat 5 times

30 secs squats

30 secs press ups

30 secs walking lunges

30 secs plank get up

1 minute rest

Circuit 2: Repeat 3 times

30 secs static lunges LEFT LEG

30 secs static lunges RIGHT LEG

30 secs shoulder taps

30 secs wall sit

30 secs tricep dips

30 secs squat jumps

1 minute rest

WELCOME TO KFL FIT

TRAINING



CARDIO IDEAS

20 mins treadmill (1 minute sprint / 1 minute walk)

30 min outdoor run (2 min run / 1 min walk)

5k run in your best time (indoor/outdoor)

1k run, 500m row, 25 burpees X 3

1 minute sprint, 1 minute max row, 1 minute max bike X 5