



FITNESS

KEEP IT SIMPLE

**WELCOME
PACKAGE**

—



I first want to thank you for choosing me as your coach. I'm excited to embark on this stage of your fitness journey with you. Your success is what drives me and I will do everything I can to ensure that you succeed.

Not only do I want you to be proud of your accomplishments as we proceed, but I want you to enjoy the process. While online coaching is a relatively new concept, I know that you'll enjoy it.

Before we begin, I'd like you to please read through this short information package. In it is all of the information about your program and what you're about to get in the coming months. Please take some time to read through everything thoroughly. I've laid out what I'll be sending you and when you can expect to receive it, in addition to guidelines for support.

Included in this package is also information on how the workouts are going to be presented to you and an explanation of all variables.

Thank you again for choosing me to help you on your health and fitness journey. I'm here for you every step of the way.

Let the gains begin,

A handwritten signature in black ink, appearing to read 'Rob', is positioned below the text. The signature is stylized and fluid.

Rob



HOW THE PROGRAM WORKS

In order to give you the direction, accountability and support that you need there are a couple of different facets to this program. I'll briefly describe them here.

TRAINING PROGRAM

Welcome to the ultimate platform for Online Coaching. You should now have received an email with a link to register for my custom training app. Follow the link in the email to set up your login and password.

Take your time to look through this and to set up your personal profile. The more information you can include the better. Your training program will be delivered through this app so it's important to familiarise yourself with it. Training routines, check-ins, progress stats, pictures, orientation, nutrition and mostly everything related to your fitness program will be delivered through the KIS Fitness App.

Your workouts will be updated weekly and the app allows you to track and record every session, giving me live feedback so I can easily monitor your workouts. Please ensure you 'Track' each workout and hit save at the end otherwise the workout won't get logged. This is important. You can also contact me directly through the messenger feature within the app if needed.

If you're in a situation where your gym doesn't have internet coverage or wi-fi access I highly recommend checking through your workout at an earlier time in the day to familiarise yourself with what's required.

The app may take a few days to get used to, but like most things once you get used to it, it will be a breeze.



NUTRITION COACHING

(Private Coaching Programs Only)

You should now also have received a message within the app with instructions to register for the nutrition app 'MyFitnessPal'. We'll be using this app to track and monitor what you eat.

Please follow the instructions and create your account.

Once you have created your account, in your KIS Fitness app go to More > Connect Apps and Devices to connect both apps together.

Don't forget to "Make Diary Public" and turn on "Diary Syncing". This will allow me to see all the nutrition information that you log so I can monitor your progress each week.

For the first week, I want you to change nothing about the way that you eat. Instead, just eat as you normally do, and log everything in MyFitnessPal each day. After one week of doing this, I'll review your logs and then make recommendations on where you can improve going forward.

I will give you more specific guidance on your nutrition as we progress.



COMMUNICATION WITH YOUR COACH

I will always be on hand to support you as best as I can throughout your program. Given that I have many clients in different parts of the world, in order for me to give everyone the best service possible please see below for the best practices to communicate with me:

Messenger feature through KIS Fitness App

There is a messenger feature within your custom KIS Fitness app that allows you to communicate with me directly. Any questions you have related to your training program, exercise selection, progress etc can be directed through this app. I will be on hand every weekday from Monday and Friday to reply to answers and chat directly through this feature. I will usually reply to all messages within a 24-hour window.

KIS Fitness Inner Circle

You will also be added to our KIS Fitness Facebook Community.

If I haven't added you already you can request to join here...

<https://www.facebook.com/groups/1509865622508327/>

The KIS Fitness Inner Circle is a private community for KIS Fitness coaching clients.

This group is aimed at motivating and inspiring each other to live healthier, happier lives. Use it as a way to hold yourself accountable and as a sounding board for any queries or concerns you have related to all things Fitness, Nutrition & General Health. Share your successes and failures with like-minded people in order to help each other to achieve greatness.



Strategy Calls

(Platinum Program Only)

Members of my platinum program will have the opportunity to speak with me over the phone each week. This will be done either through whatsapp, skype or direct to your personal mobile number and will be arranged through the 'appointment' section in the app.

These calls will last around 30-40 minutes and will give us the opportunity to discuss how the program is going and any adjustments we might need to make. It also gives us an opportunity to strategize for the best chance of success as well as allowing you to ask me any questions directly and give any feedback on movements or exercises you might be struggling with.

During the first 4-week phase of your training these calls will be weekly. From there I find that bi-weekly is usually enough, though I will always be on hand to talk with you as much as you need me.

Business Hours

The Business Hours I operate on are 10:00 to 18:00 ICT (Indochina Time) Monday to Friday. Though I do travel in different time zones from time to time and will give you notice of when this occurs.

During the weekends, my time is usually dedicated to my rest and recovery where I try to switch off from work to allow me re-charge the batteries in order to serve you at my highest level throughout the week. If there is anything urgent you need from me I will do my best to respond.

Email

You will also receive emails from me at times. These are usually reserved for more of the back-end business matters like billing and program renewals etc. As you have also been added to my email list you will likely receive educational content and promotional offers from me that aren't necessarily connected to your current program

If you haven't already done so, please be sure to add my email address to your "safe list" to make sure you don't miss anything; rob@kis-fitness.com.



ASSESSMENTS & PROGRESS

Progress photos & Postural Analysis

As soon as you are able, please take the time to take some photos of yourself and upload into the KIS Fitness app. The photos should be done in a relaxed state and neutral lighting. One from the front, one from the side and one from the back. These photos will serve two purposes. Firstly it will allow me to identify any postural issues you might have and recommend solutions. Secondly, it will enable us to measure your progress and monitor any visual changes to your body during this program. I will be asking you to update these every 2 weeks within your profile so that I can identify any changes.

Weight

Record your starting weight in your profile at the start of the program. When measuring your weight, it's always important to have consistency. Make sure you have some accurate scales and always use the same one to weigh yourself. You should also always weigh yourself at the same time of day. First thing in the morning is usually best and gives the most accurate reading. Again, I will be asking you to update this every 2 weeks.

Please note, your body weight can fluctuate from day to day so weighing yourself every 1 to 2 weeks is ample in order to measure any significant changes. Avoid weighing yourself too often as this can end up having a negative impact on your mindset.

Body Measurements

There is a section in the app to track and record your body measurements. Please be sure to do this at the beginning and end of your program. I will also usually place a reminder in your calendar to do this every 2-4 weeks.

With a tape measure, you should record your body measurements as directed in the app. This will allow us to identify any changes that might be happening to your body composition that we don't see on the scale. Measurements should always be taken consistently in the same place in order to accurately measure any changes.



WORKOUT TERMINOLOGY

I wanted to quickly define some terms that will be used throughout your program. To give you the best workout possible, I give guidelines on a number of different factors beyond sets and reps. Below are definitions of some terms used that I use to describe the different aspects of the program.

Rep — One performance of a single exercise.

Set — The number of repetitions performed without stopping.

Tempo — The speed at which one repetition is performed. It's denoted with 4 numbers (ex. 4-0-1-0). Each of the 4 numbers is in seconds. The first number represents the speed of the movement that lowering/lengthening phase, the second is the pause at the bottom, the 3rd is the action phase of the movement through the lifting/shortening phase, and the 4th is the pause at the top. In the example of a squat, the first number denotes the speed at which the weight is lowered, the second is the pause at the bottom, the 3rd is the speed at which the bar is pressed, and the 4th is the pause at the top.

Rest — The rest is the time in seconds between two sets.

Abbreviations

DB — Dumbbell

BB — Barbell

KB — Kettlebell

Metcon — Metabolic Conditioning

LISS — Low Intensity Steady State (Cardio)

HIIT — High Intensity Interval Training

SL — Denotes a Single Leg Exercise to be performed on a single leg.

E/S — Denotes when you are to complete an exercise on both parts of the body.

E/L — Denotes when you are to complete an exercise on both legs.



POINTS TO NOTE

Weight Selection

You should choose a weight that challenges you for the amount of reps given. i.e if the target reps are 10 then you should be struggling to hit the last 1 or 2 reps. If you feel you're able to easily do a few more reps then it's time to increase the weight. If you're struggling to get 6 or 7 good quality reps out then the weight is likely to be too heavy.

Rep Ranges

Where a rep range is given (i.e 6-8) then you should aim to hit the highest number where possible. As you progress through the sets and increase the weight you will find you may no longer be able to hit the same amount of reps so the lower number in the range is acceptable.

Progressive Overload

In order for a muscle to grow, strength to be gained, performance to increase, or for any similar improvement to occur, the human body must be forced to adapt to a tension that is above and beyond what it has previously experienced. Each workout you should be looking to make incremental improvements. This is how we force the body to create adaptations. Whether you get just 1 more rep on 1 set, or add 1kg to all of your sets you should always aim to somehow beat what you did in the previous session.



SAFETY

Since I'm not physically there with you, it's important you build upon the skill of "listening to your body". If something doesn't feel right, don't push it; your body is usually trying to tell you something.

Good Pain vs. Bad Pain

Mild discomfort is part of the exercise process, and is necessary for the improvement of performance and physique.

The Burn is good pain. It should be short-lived and during the exercise only.

Fatigue after a workout should leave you exhilarated, but not exhausted. Fatigue that lasts days means you have been excessively challenged and your muscles and energy stores are not being replenished properly. Chronic fatigue is referred to as "over-training" and is not good.

Soreness is common, especially for muscles that have not been exercised for long periods of time, or when you perform an exercise you are not accustomed to. Soreness typically begins within a few hours, but peaks two days after exercise. This is referred to as DOMS (Delayed Onset Muscle Soreness) and is normal when beginning a new fitness program.

Bad Pain — Usually caused by the improper execution of an exercise. Nothing should really "Hurt". Immediately notify me and/or a physician of any sharp or sudden pains, swelling, or any unnatural feelings in your joints or ligaments.

It is recommended to perform every exercise with NO WEIGHT to familiarize yourself with the movement pattern, and to mentally and physically prepare you for the tasks ahead.

If you do experience any extreme soreness, then please notify me as we may need to alter your programming or advise on some recovery protocols.



Our Mission

To cut through the hype and confusion of the fitness industry and give you a simple, effective approach to health and fitness that anyone can use to live a healthier and more fulfilling life.

Your success is our success, and we know that anyone can achieve their fitness goals as long as you are ready to roll up your sleeves and do the work.