



**K FIT
WORKOUT LIBRARY**

K *s p a*
HOLISTIC SPA & FITNESS CLUB

Our workouts are designed to help you keep fit whilst maintaining your new social distancing habits. Simply pick and choose from our workout library to train in our gym or from the comfort of your hotel room.

Our 'bodyweight workout' options are the perfect choice for those wishing to exercise in their room with no equipment.

Enjoy!



WORKOUT 1

Suggested Warm-up ([Watch video here](#))

Complete 2 rounds of:

- 30 sec Jumping Jacks
- 30 sec Air Squats
- 30 sec Shoulder Taps

Workout ([Watch video here](#))

Equipment: Yoga mat, Kettlebell 10kg, Medicine ball 5kg

Complete 5 rounds x 3 min each (15 min total) of:

In 2 mins

- 15 Kettlebell Swings
- 15 Russian Twists with the ball
- 15 Glute Bridges
- 15 Sit Ups holding the ball
- **Max burpees** in remaining time

1 min rest

Suggested Cool Down ([Watch video here](#))

Complete 2 rounds of:

- 45 sec Dynamic Child's pose
- 45 sec Up/Down Dog
- 45 sec Quad Stretch

Aim for consistency in the number of burpees in each round.

Your score is total number of burpees.

Our trainer's score is **49 burpees**. Beat the score and get complimentary 25 min treatment.

Complete the workout and get free Spa access.

(To get the prize recording is required. Applicable for K West hotel guests and K Fit members only).

BODY WEIGHT WORKOUT 2

Suggested Warm-up ([watch video here](#))

Complete 2 rounds of:

- 30 sec High Knee
- 30 sec Heel Flicks
- 30 sec Hollow

Workout ([Watch video here](#))

Complete 5 rounds (14 min) of:

In 2 mins

- 15 Air squats
- 15 Russian twists
- 15 Glute Bridge
- 15 Sit Ups
- **Max burpees** in remaining time

1 min rest

Suggested Cool Down ([Watch video here](#))

Complete 2 rounds of:

- 45 sec Child's pose
- 45 sec Pigeon stretch
- 45 sec Camel pose

Aim for consistency in the number of burpees in each round.

Your score is total number of burpees.

Our trainer's score is **71 burpees**. Beat the score and get complimentary 25 min treatment.

Complete the workout and get free Spa access.

(To get the prize recording is required. Applicable for K West hotel guests and K Fit members only).

WORKOUT 3

Suggested Warm-up (Watch video here)

Complete 2 rounds of:

- 30 sec Jumping Jacks
- 30 sec Gorilla Squats
- 30 sec Shoulder Taps

Workout (Watch video here)

Equipment: Yoga mat, Pair of dumbbells 10kg, Kettlebell 10kg

Complete 4 rounds in 20 mins, Every Minute On the Minute: (40 sec work, 20 sec rest)

- Min 1 - 40 " max Lunges holding dumbbell in each hand & 20 " rest
- Min 2 - 40 " max alt Kettlebell Russian Twist & 20 " rest
- Min 3 - 40 " max alt Dumbbell Push Press & 20 " rest
- Min 4 - 40 " max Kettlebell Goblet Squat & 20 " rest
- Min 5 - rest

Suggested Cool Down (Watch video here)

Complete 2 rounds of:

- 45 sec Glute Stretch
- 45 sec Up/Down Dog
- 45 sec Dynamic Child's pose

Your score is total number of reps.

Our trainer's score is **475 reps**. Beat the score and get complimentary 25 min treatment.

Complete the workout and get free Spa access.

(To get the prize recording is required. Applicable for K West hotel guests and K Fit members only).

Record your score using the table below.

Rounds	1	2	3	4	
Max DB Weighted Lunges					
Max KB Russian Twists					
Max DB Push Press					
Max KB Goblet Squats					
Your Score/Total reps					
Trainer's Score/Total reps	119	126	123	107	475

BODY WEIGHT WORKOUT 4

Suggested Warm-up (Watch video here)

Complete 2 rounds of:

- 30 sec Jumping Jacks
- 30 sec Half Burpee
- 30 sec Walkouts

Workout (Watch video here)

Complete 4 rounds in 20 mins, Every Minute On the Minute: (40sec work, 20 sec rest)

- Min 1 - 40 " max Lunges & 20 " rest
- Min 2 - 40 " max Sit Ups & 20 " rest
- Min 3 - 40 " max Military Plank & 20 " rest
- Min 4 - 40 " max Air Squat & 20 " rest
- Min 5 - rest

Suggested Cool Down (Watch video here)

Complete 2 rounds of:

- 45 sec Pigeon Stretch
- 45 sec Up/Down Dog
- 45 sec Table pose

Your score is total number of reps.

Our trainer's score is **398 reps**. Beat the score and get a complimentary 25 min treatment. Complete the workout and get free Spa access.

(To get the prize recording is required. Applicable for K West hotel guests and K Fit members only).

Record your score using the table below.

Rounds	1	2	3	4	
Max Lunges					
Max Sit Ups					
Max Military Plank					
Max Air Squats					
Your Score/Total reps					
Trainer's score Total reps	100	101	99	98	398

WORKOUT 5

Suggested Warm-up ([Watch video here](#))

Complete 2 rounds of:

- 30 sec Mountain Climbers
- 30 sec Push Ups
- 30 sec Walkouts

Workout ([Watch video here](#))

Equipment: Kettlebell 10kg, Weighted Ball 5 kg

In 16 mins complete as many rounds as possible of:

- 12 alt Kettlebell Goblet Lunges
- 10 Sit Ups holding Weighted Ball
- 8 Kettlebell Swings
- 6 Push Ups

Suggested Cool Down ([Watch video here](#))

Complete 2 rounds of:

- 45 sec Glute stretch
- 45 sec Up/Down Dog
- 45 sec Camel pose

Your score is total number of rounds plus reps of last round if not completed.

Our trainer's score is **12 rounds and 16 reps**. Beat the score and get a complimentary 25 min treatment.

Complete the workout and get free Spa access.

(To get the prize recording is required. Applicable for K West hotel guests and K Fit members only).

BODY WEIGHT WORKOUT 6

Suggested Warm-up ([Watch video here](#))

Complete 2 rounds of:

- 30 sec Jumping Jacks
- 30 sec Air Squats
- 30 sec Shoulder Taps

Workout ([Watch video here](#))

In 16 mins complete as many rounds as possible of:

- 12 Air Squats
- 10 Sit Ups
- 8 Burpees
- 6 Push Ups

Suggested Cool Down ([Watch video here](#))

Complete 2 rounds of:

- 45 sec Dynamic Child's pose
- 45 sec Up/Down Dog
- 45 sec Quad Stretch

Your score is total number of rounds plus reps of last round if not completed.

Our trainer's score is **10 rounds and 31 reps**. Beat the score and get a complimentary 25 min treatment.

Complete the workout and get free Spa access.

(To get the prize recording is required. Applicable for K West hotel guests and K Fit members only).

CREATE YOUR OWN WORKOUT

Warm-up:

Chose any 3 or 4 exercises to get your heart rate up and complete 2 rounds of 5 reps or 30 sec each.

Workout

Chose any 4-5 exercises with or without equipment alternating lower parts of the body, upper parts of the body and core muscles.

Complete 10-15 reps (depend on level of difficulties) of each. That would be one round. Repeat for another 2-3 rounds.

Cool Down:

Chose any 3 or 4 stretches and complete 2 rounds of 30 – 45 sec each.

Use our Workout Library for inspiration and as a guideline.

Post your workout on Instagram and tag @kwesthotel to claim your complimentary spa access.