

DDT Traveling/Vacation Tip Sheet

We understand that Traveling and going on Vacations are part of life, luxurious, fun, and a great way to build memories with friends and family. In no way would we ever say it is an excuse to go on a binging spree or not adhere to your current training and nutrition plan and say “Oh well I am on vacation.” Indulging some, here and there on Vacation/Traveling, that is definitely more like it. Preparing yourself is key to adhering to your current plan. Here is a tip sheet to use before going on a vacation or traveling. No Excuses, Only Solutions!

Essential Tools to Bring:

- Food Scale
- Scale to weigh yourself daily on
- Mini Blenders
- Mini Skillet to cook on
- Tupperware
- Protein Shakes and Protein Bars
- Easy/convenient foods (oats, cereals, cottage cheese, nut butters, beef jerky, etc)
- Cooking Utensils
- Resistance Bands
- TRX

Hotel Accommodations:

- Ask for a Refrigerator
- Ask for a Microwave
- Ask if there is a Kitchenette
- Ask if there is a gym or research one within your radius and ask for a trial/guest pass

Icon Meals

Icon Meals delivers pre-packaged meals to your home, hotels while traveling, etc. They also have all of the macros on their meals which makes it very easy to budget into your macro allotments. Check them out here <http://www.iconmeals.com/>

Discount code: DynamicDuo10

FAQ's

Q: What if there is no hotel gym or no gym within my radius?

A: Bring some resistance bands and do a full body circuit with them. You will want to use higher reps within the ranges of 20-30 reps and rest periods of 30 seconds or less to keep your heart rate elevated. We certainly can't max out with bands ;) Worst case scenario you can always do a bunch of body weight exercises to failure (squats, lunges, push-ups, dips, etc)

Protocol:

- Arm Curls followed by Tricep Kickbacks
- Push-Ups
- Overhead Presses followed by Lateral raises
- Banded Squats followed by Reverse Lunges
- Lunges followed by Glute Bridges
- Total of 3 Rounds and rest 30 seconds

Q: What if I miss a Work out one day?

A: Double up your workout the next day. For example, say Monday was Lower body and you missed it. Come Tuesday, just double up the session with Upper Body and do either a circuit-like workout or a bunch of Drop-Sets going back and forth from different muscle groups.

Q: Where do I do my HIIT and what Modality and Protocol?

A: If you don't have gym access then you will have to get creative. HIIT can be performed in many ways such as: Sprints on a beach or street or hills, Jump rope, Jumping on and off a rock or platform, etc.

Protocol: 5 minute warm-up, 5 intervals for 15-30 seconds, active rest 1-2 minutes, and 5 minute cool down. Or just do some LISS Cardio for 20-30 minutes.

Q: How do I stay on my Macros?

A: If you bring a food scale, cook your own food, and pretend like it's an average day then you will be just fine. If you go out to eat, simply bring your food scale or eye ball your portions and call it a day ☺

Macro Recommendations: Instead of partitioning macros around pre/post workout meals, simply just divide your total macro numbers by the number of meals you will have that day and just space them out evenly 4-5 hours throughout the day like a "Rest Day" OR save a little extra carbs and fats in case you eat out

Q: What if I don't Work out any days?

A: Try and base it on your activity level. For example when traveling most people tend to sight see a lot and walk around everywhere or even go on hikes. In this case just reduce 10% of your total carbs and fats, protein stays the same. If you are not going to be active at all and just sit around all day and lounge, then reduce carbs and fats by 20%.

Example: Total carbs for the day are 200g, so $200 \times .10 = 20$, $200 - 20 = 180$ g carbs. Same goes for fat intake.

Q: What if I am out all day long?

A: Pack a few meals the night before in some Tupperware or bring meal replacement shakes, protein bars, yogurts, beef jerky, nuts, etc.

Q: What about consuming Alcohol?

A: If you know you are going to partake in some adult water then plan ahead. For example, if you know you are going out to dinner and will have a few drinks, try and save some extra macros from your carbs and fats, say 5-10g of each per meal so that later when you drink you don't feel guilty over consuming empty calories and going over your macros. Vice versa if you decide to drink during the day, cut macros from carbs and fats off your meals later on.

Video's to watch:

- *How To Count Macros on Vacation*
<https://www.youtube.com/watch?v=HiqYliWKy8k>
- *Macro Counting while Eating out at a Restaurant*
<https://www.youtube.com/watch?v=EGVweMX7MnI>
- *Vacation, Macros and Having Fun*
<https://vimeo.com/129153039> (Password: vacation)

**ENJOY YOUR VACATION OR TRAVELING ☺
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