

trainedbyagirl's

60 DAYS OF CONSISTENCY

2 LITRES
OF WATER
A DAY

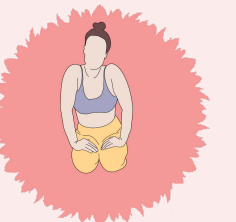
2 X STRENGTH
WORKOUTS
A WEEK
BODYWEIGHT @ HOME +
FRIDAY CLASS

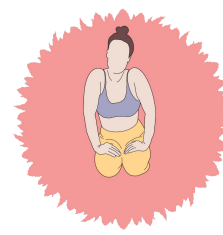
PHONE AWAY
30 MINS BEFORE
SLEEP
READ A BOOK OR JOURNAL
WRITING

MEAL PLAN
FOR EVERY WEEK
5 DAYS A WEEK PLAN WITH
SHOPPING LIST

2 X CARDIO
WORKOUTS A WEEK
MONDAY & WEDS CLASS /
RUNNING / BRISK WALKS

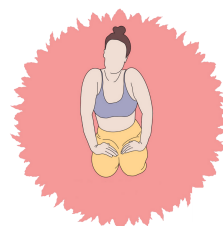
GINGER SHOT/
ALTERNATIVE SHOT
EVERY MORNING
RECIPES TO BE PROVIDED





60 DAYS OF CONSISTENCY CHART – JANUARY

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
2 LITRES WATER	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
STRENGTH WORKOUT #1	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
STRENGTH WORKOUT #2	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
CARDIO WORKOUT #1	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
CARDIO WORKOUT #2	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
GINGER SHOT	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
READ OR JOURNAL	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	
MEAL PLAN			☐								☐							☐							☐					☐	



60 DAYS OF CONSISTENCY CHART – FEBRUARY

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28
2 LITRES WATER	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
STRENGTH WORKOUT #1	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
STRENGTH WORKOUT #2	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
CARDIO WORKOUT #1	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
CARDIO WORKOUT #2	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
GINGER SHOT	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
READ OR JOURNAL	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
MEAL PLAN			☐								☐							☐							☐			

trainedbyagirl's
SHOTS, SHOTS, SHOTS!

ALTERNATIVE SHOTS

APPLE CIDER VINEGAR SHOT

- 1 SHOT OF APPLE CIDER VINEGAR (WITH THE MOTHER – GOOD QUALITY) BEFORE SUBSTANCE IN THE MORNING

FLAXSEED SHOT – HIGH FIBRE

- 1 TSP FLAXSEED IN 100ML WARM WATER, SWISH AROUND IN GLASS AND SHOT DOWN QUICK.

GINGER SHOT RECIPE

4 LARGE PIECES OF GINGER

3 LEMONS

4TSP HONEY

1TSP TURMERIC POWDER

50ML APPLE CIDER VINEGAR

400ML WATER

(MAKES 10 SHOTS)

1. PEEL LEMONS AND GINGER AND CHOP ROUGHLY.
2. ADD ALL INGREDIENTS INTO A BLENDER.
3. BLEND FOR 1 MINUTES.
4. USING A SEIVE STRAIN MIXTURE THROUGH AND INTO A BOWL AND PRESS PULP TO GET THE JUICES OUT.
5. POUR SHOTS INTO A GLASS JAR/ JUG AND KEEP IN FRIDGE.
6. HAVE 1 X SHOT A DAY



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BODY WEIGHT WORKOUT FOR HOME

THIS IS A PROGRESSIVE 4 WEEK HOME BODY WEIGHT WORKOUT. EACH WEEK YOU CAN CHOOSE TO MOVE TO THE NEXT PROGRESSIONS OR YOU CAN STAY WHERE YOU ARE. DOWNLOAD AND INTERVAL TIMER ON YOUR PHONE AND OFF YOU GO!

WEEK 1: FOUNDATION

DO EACH CIRCUIT 3 ROUNDS, 40S WORK / 20S REST PER MOVE.

BODYWEIGHT SQUATS
PUSH-UPS (STANDARD OR KNEE)
REVERSE LUNGES
PLANK SHOULDER TAPS
GLUTE BRIDGES
MOUNTAIN CLIMBERS (MODERATE PACE)

GOAL: BUILD VOLUME & FORM.
TOTAL: ~22 MINUTES

WEEK 2: STRENGTH & STABILITY

DO 3–4 ROUNDS, 45S WORK / 15S REST

JUMP SQUATS OR TEMPO SQUATS (3S DOWN)
DECLINE PUSH-UPS (FEET ELEVATED)
BULGARIAN SPLIT SQUATS (USE CHAIR)
SIDE PLANK WITH REACH-THROUGH
HIP THRUSTS (SINGLE-LEG IF ABLE)
SLOW MOUNTAIN CLIMBERS OR PLANK KNEE DRIVES

GOAL: INCREASE DIFFICULTY AND MUSCLE CONTROL.
TOTAL: ~25 MINUTES

WEEK 3: POWER & CONTROL

DO 4 ROUNDS, 40S WORK / 20S REST.
FOCUS ON EXPLOSIVENESS.

PLYOMETRIC LUNGES (SWITCH JUMP)
CLAP OR EXPLOSIVE PUSH-UPS (OR FAST TEMPO)
PISTOL SQUAT PROGRESSION (ASSIST WITH CHAIR)
TUCK JUMP TO SQUAT HOLD
PLANK TO PIKE PUSH-UP
BURPEES (CONTROLLED, STRONG FORM)

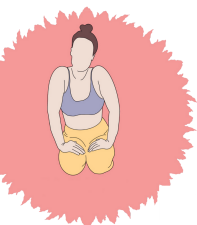
GOAL: EXPLOSIVE STRENGTH & COORDINATION.
TOTAL: ~27 MINUTES

WEEK 4: ADVANCED FLOW & ENDURANCE

PERFORM 4–5 ROUNDS, 45S WORK / 15S REST.
NO LONG RESTS BETWEEN EXERCISES.

SQUAT → LUNGE → JUMP COMBO
PUSH-UP → SIDE PLANK ROTATION
SINGLE-LEG GLUTE BRIDGE MARCH
HOLLOW BODY HOLD OR V-UPS
HANDSTAND HOLD (WALL-SUPPORTED) OR PIKE
PUSH-UP
BURPEE + TUCK JUMP FINISHER

GOAL: MOVE LIKE THE LEGEND YOU ARE
— STRONG, STABLE AND EXPLOSIVE.
TOTAL: ~30 MINUTES



SERVICES I OFFER THROUGHOUT THE YEAR



ONLINE COACHING – ACCOUNTABILITY THAT WORKS

NEED A PLAN AND SOMEONE WHO ACTUALLY CARES IF YOU HIT YOUR GOALS? WITH ONLINE COACHING, YOU'LL GET PERSONALIZED HOME OR GYM WORKOUTS, TRACKED NUTRITION, AND WEEKLY CHECK-INS TO TWEAK WHAT'S NOT WORKING AND CELEBRATE WHAT IS. THIS IS MORE THAN A PLAN—IT'S ACCOUNTABILITY, GUIDANCE, AND SUPPORT ROLLED INTO ONE.

- 3-MONTH MINIMUM
- £55/MONTH

LET'S CRUSH YOUR GOALS TOGETHER—AND I'LL BE THERE TO CELEBRATE EVERY SUCCESS WITH YOU!



12 WEEK PLANS WITH 1-1 IN PERSON TRAINING

ARE YOU READY TO FINALLY FIND A LIFESTYLE THAT WORKS FOR YOU—WITHOUT RESTRICTIVE DIETS, QUICK FIXES, OR BURNOUT? MY 12-WEEK PROGRAM IS DESIGNED FOR WOMEN WHO ARE DONE TRYING EVERY DIET UNDER THE SUN AND ARE READY TO CREATE LASTING, SUSTAINABLE CHANGE.

THIS ISN'T JUST A FITNESS PLAN—IT'S A COMPLETE LIFESTYLE TRANSFORMATION. YOU'LL GET:

- WEEKLY BESPOKE MEAL PLANS TAILORED TO YOUR WORK, LIFE, AND PREFERENCES
- HABIT-CHANGE COACHING TO HELP YOU BUILD ROUTINES THAT STICK
- 1-ON-1 PERSONAL TRAINING SESSIONS AND OPTIONAL ACCESS TO CLASSES
- 24/7 SUPPORT FROM ME, YOUR COACH, EVERY STEP OF THE WAY

TOGETHER, WE'LL FIND OUT EXACTLY WHAT WORKS FOR YOU—MAKING IT DOABLE, REALISTIC, AND SUSTAINABLE. ALL OF THIS IS YOURS FOR £648 FOR 12 WEEKS.



CLASSES AND PERSONAL TRAINING SESSIONS

PLEASE SEE THE WEEKLY CLASS TIMETABLE AT WWW.TRAINEDBYAGIRL.COM – MONTHLY MEMBERSHIPS AND PAY AS YOU GO OPTIONS AVAILABLE.

PERSONAL TRAINING SESSIONS – AVAILABILITY ON REQUEST. £180 FOR 6 X 1 HOUR SESSIONS.

