

Programme for Anna



Some context about 'Anna':

Anna is 40. Anna looks after two children, who are 5 and 7. She juggles this with a busy social life and family commitments. Anna came to me wanting to see real results and workout from the convenience of her own home, so make things easier with childcare. In our consultation, she told me that she currently exercises - she does some yoga and HIIT classes, that are fairly regular and she enjoys this method of training. She finds she is fairly fit, but hasn't seen the toned results she was hoping for. She eats fairly well, but also eats out and drinks quite a lot as she socialises. She notes she is a vegetarian, and tries to eat 'clean' and keep her calories down when she's at home and when she's out. She gets up very early, and often goes to bed very tired from the day. She recognises she may be susceptible to fad-like diet and exercise behaviour, but doesn't always know what's true and what's not. She has realised her bodily results could be improved, so wants more consistency with her workouts.

As Anna is a little more advanced with exercise, her **primary goal was to look more 'toned' (which is actually about building muscle) and feel stronger**. She thinks she wants to lose weight, too.

Anna chose the **12 week Silver plan - 1 home personal training session per week** with Georgia, to ensure she could still do the other sessions she enjoys. She decided to do this on a Tuesday due to her other fitness sessions. This is an example of what 2 weeks of her 10 week programme could look like (*NOTE: weights and reps are for illustrative purposes only. These are always worked out during the first session, to ensure they are right for the client*):

Week 1	Tuesday					Monday	Wednesday	Thursday	Friday
Full body	Weight (kg)	Reps	Reps	Reps	Notes	45 min HIIT session	Active rest day	Rest day	Yoga or pilates session
Warm up					Timed rest for whole session - 1 min max.		At least 7,000 steps	Stretch and roller if needed	
Dumbbell snatches	6	12	12	12		Other goals: * Eat 110g protein * Get at least 7 hours sleep	Other goals: * Eat 110g protein * Get at least 7 hours sleep	Other goals: * Eat 110g protein * Get at least 7 hours sleep	
Press ups		8	8	8	On knees or traditional				
Barbell curtsy lunges	10	10	10	10					
Dumbbell hammer curls	5	8	8	8					
Seated abductions	10	15	15	15					
Pike crunches		12	12	12					

Week 2

Tuesday						Monday	Wednesday	Thursday	Friday
Full body	Weight (kg)	Reps	Reps	Reps	Notes	45 min HIIT session	Active rest day	Rest day	Yoga or pilates session
Warm up					Timed rest for whole session - 1 min max.		At least 7,000 steps	Stretch and roller if needed	
Kettlebell swings	10	12	12	12		Other goals: * Eat 120g protein * Get at least 7.5 hours sleep	Other goals: * Eat 120g protein * Get at least 7.5 hours sleep	Other goals: * Eat 120g protein * Get at least 7.5 hours sleep	
Lateral raises	4	10	10	10					
Kettlebell goblet squats	10	8	8	8					
Tricep dips		10	10	10					
Barbell froggy pumps	15	20	20	20	(these are a variation of glute bridges)				
Standing side crunches		15	15	15					

Justification for this bespoke programme design:

- Full body workouts are a great place to start with limited time together each week.
- The sessions will have a similar feel to her weekly HIIT sessions which she noted she enjoys.
- Doing some unilateral work will help even any muscular imbalances and promote quicker muscle growth. Anna's experienced level allows for more weighted unilateral work.
- The sessions will help her develop muscular strength, which will help her reach her goals and support her during her HIIT and yoga/pilates sessions.
- The sessions include core work, which will help her with her yoga and pilates.
- Doing weight training alongside her other commitments, allows her to grow muscle more effectively than doing HIIT alone which is more cardio focused, to achieve the body she desires.
- Some functional training moves have been incorporated for enjoyment, development of sound hand-eye-coordination, balance and mobility, which will play into her yoga and pilates activities.
- A mix of high and low reps changes the tempo, so there is a blended feeling of functional fitness and weight lifting.
- NOTE: Anna will be observed closely and strong communication encouraged to assess if any exercises are uncomfortable or unsuitable.

Advice provided for Anna as part of her fitness coaching:

- A key focus for Anna's goals would be around upping her protein intake as a vegetarian, to help her achieve a 'toned' look; emphasising the importance of protein.
- The issue with the term 'toned' and what this actually means (building muscle).
- Why to not be afraid of building muscle as a woman.
- Importance of strength training vs. just cardio like HIIT; overwhelming evidence of benefits of strength training.
- Anna has mentioned maybe wanting to lose weight, but also says she wants to look more muscular ('toned') and see results from her workouts - this suggests reverse dieting may be appropriate. This would change the 'skinny-fat' look, and improve her body composition.
- How to get the best sleep possible.
- How her period will affect her workouts and diet; how to train WITH her period.
- What good form looks like, which will also help her in other sessions where she may not be getting this support.
- How to prevent injuries or tweaks with her exercise regime.
- How to properly match calories to activity output; looking into Anna's maintenance calories.
- How to fuel her workouts effectively.
- Learning techniques such as how to brace her core properly, to prevent injury and increase the chances of the right muscles being stimulated.
- Diet and exercise myth busting; what a balanced diet really looks like.
- Supplementing with creatine; information and benefits of this.

Areas for development:

- Some bodyweight exercises can show progress in alternative ways. e.g. moving from on-knees press ups to a traditional press up.
 - Step goals can be reduced slightly if Anna wants to grow muscle quicker.
 - Progress could also include a pyramid weight increase e.g. reps: 10, 12, 10 from 10 x3, or similarly, 10kg for 3 repetitions, upping to 10kg x1, 12kg x1, 10kg x1.
- Progression to a full hypertrophy-focused routine will balance out her cardio HIIT sessions elsewhere.
- Progress should mean Anna builds more muscle and her body composition changes.

Programme for Chris



Some context about 'Chris':

Chris is 59. Chris is an extremely busy man! Chris is a Senior Vice President in a stressful job, and he juggles this with a thriving social life and family commitments. Chris came to me wanting to know how he could workout more, in the most convenient way for him. In our consultation, he told me that he currently doesn't find time to exercise, nor does he prioritise this, so he doesn't know how much he'll enjoy it. He hasn't exercised much in the past, apart from kicking a football around with his son when he was younger. He often finds his lower back aches from being in a chair all day. When he's not eating out in beautiful restaurants for work he doesn't make time to eat properly, so he snacks on whatever is available here and there. He knows that because he is regularly stressed, drinks alcohol and doesn't rest enough, his sleep is also not as good as it could be. He has realised his work output, general health and mindset could be improved, so now he wants to prioritise getting fitter and wants to be more mindful of what he puts his body through day to day. He would like to become more in tune with his body.

As Chris is fairly novice to exercise, his **primary goal was to move more and feel and become fitter overall**. He was keen to **build muscle and lose some body fat** too.

Chris chose the **12 week Gold plan - 2 home personal training sessions per week** with Georgia. As his working from home days were Monday and Friday, this is when he would train. This is an example of what 2 weeks of his 10 week programme could look like (*NOTE: weights and reps are for illustrative purposes only. These are always worked out during the first session, to ensure they are right for the client*):

Week 1	Monday						Tuesday	Wednesday	Thursday	Friday					
	Lower body and core	Weight (kg)	Reps	Reps	Reps	Notes	Active rest day	Rest	Active rest day	Upper body and core	Weight (kg)	Reps	Reps	Reps	Notes
	Warm up					Timed rest for whole session - 1 min max.	At least 4,000 steps	Rest and stretch/roller	At least 4,500 steps	Warm up					Timed rest for whole session - 1 min max.
	Barbell squats	25	12	12	12		BONUS: 1 flight of stairs		BONUS: 2 flights of stairs	Barbell bench press	30	10	10	10	
	Dumbbell romanian deadlifts	20	12	12	12	10kg DBs x2				Barbell military press	15	12	12	12	
	Barbell reverse lunges	10	10	10	10					Seated wide grip resistance band rows	20	12	12	12	Superset
	Barbell glute bridges	20	15	15	15					Seated narrow grip resistance band rows	20	12	12	12	Superset
	Cable hip abductions	2	10	10	10					Dumbbell tricep kick backs	5	15	15	15	
	Dead bugs	2	12	12	12					Dumbbell twisting bicep curls	10	10	10	10	
										Kettlebell overhead hold and high knees	8	12	12	12	

Week 2	Monday						Tuesday	Wednesday	Thursday	Friday					
	Lower body and core	Weight (kg)	Reps	Reps	Reps	Notes	Active rest day	Rest	Active rest day	Upper body and core	Weight (kg)	Reps	Reps	Reps	Notes
	Warm up					Timed rest for whole session - 1 min max.	At least 5,000 steps	Rest and stretch/roller	At least 5,500 steps	Warm up					Timed rest for whole session - 1 min max.
	Dumbbell split squats	10	10	10	10		BONUS: 1 flight of stairs		BONUS: 2 flights of stairs	Deadlift	40	8	8	8	
	Resistance band hamstring curls	10	10	10	10					Dumbbell bench press	15	10	10	10	
	Elevated heel barbell squats	20	10	10	10					Seated shoulder press	12	10	10	10	Superset
	Seated banded glute abductions	15	20	20	20					Dumbbell forward raises	5	12	12	12	Superset

Hamstring sliders		10	10	10	
Weight pass	5	15	15	15	

Tricep pulldowns w/ resistance bands	10	12	12	12	
Dumbbell hammer curls	10	10	10	10	
Toe taps		20	20	20	

Justification for this bespoke programme design:

- Some light core work to help with lower back ache.
- A mix of exercises to target all areas of the upper and lower body for overall development.
- Most exercises are bilateral, to cater to Chris' lack of exercise experience.
- A focus on making the workouts enjoyable and informative will be key, considering there's a likelihood Chris won't *love* working out to begin with!
- Upper and lower split is simplest with 2 sessions per week, and allows for optimal muscle growth.
- A desire to build muscle means sticking to core compound movements to begin with (progressing past the first 10 weeks will allow for more development in this area).
- Some unilateral exercises for optimal muscle building and balancing out imbalances.
- Cable/resistance bands work for time under tension which is valuable for muscle growth.
- Back and shoulder supersets to work multiple areas of back and shoulders. This will strengthen the back which often gets weaker with age, and develop an even, more rounded shoulder.
- Active rest days include a moderate amount of steps to help with overall fitness and fat loss.
- NOTE: Chris will be observed closely and strong communication encouraged to assess if any exercises are uncomfortable or unsuitable.

Areas for development:

- Weights have started low and reps high. This is because Chris is a beginner to weights. As he develops, weights can be increased, then slowly reps can be brought down, too.
- Chris has room too to increase his step goal during the week, helping his edge towards burning more calories and feeling fitter.
- Progress could also include a pyramid weight increase e.g. reps: 10, 12, 10 from 10 x3.
- Progress should include better sleep, feeling fitter, increased metabolism, more muscle definition and fat loss.

Advice provided for Chris as part of his fitness coaching:

- How to improve his sleep.
- How to keep an eye on his diet (without rule-like restrictions) and make better good choices, particularly when he's eating out with work.
- How to help his lower back pain; guidance on stretches etc.
- How to support optimal muscle growth on his fitness journey.
- How to work on his snacking habit - how to reduce snacking and work on what snacks would be more beneficial.
- Help him get into a better eating routine; protecting time for this and setting boundaries.
- Fitness journey 'sparks' log - helping him keep track of moments of clarity, realisations or moments where he's understood his body better.
- How to help him fit exercise into his busy lifestyle.
- Increasing his NEAT (non-exercise energy thermogenesis).
- Healthier and more satisfying snacking choices.
- Supplementing with creatine; information and benefits of this.

Programme for Sofia



Some context about 'Sofia':

Sofia 36 and completely new to structured fitness! She is a receptionist at a local hospital, and she has a young family. She struggles to find time for herself amongst looking after a baby and one young child. Sofia came to me to express how she wants some 'me' time amongst her hectic family life and shift-pattern work. In our consultation, she told me that she doesn't exercise at all, and hasn't really done in the past either. She has become unhappy with her figure and weight over time, and she is aware she isn't as healthy as she could be. She finds shift work quite exhausting, but is determined to lose weight and feel fitter. She is finding playing with her children quite tiring, so wants to be fitter to help with this, too. Otherwise, she drives most places and sits at a desk for work so barely gets fresh air/walks. She eats when she finds a minute, and this is often high-calorie convenience food as she often doesn't make time to sit down and eat properly. She is aware she can comfort eat when she's stressed or tired, too. She regularly drinks alcohol, even though she recognises this makes her tiredness worse. Her sleep is short and she suspects not great quality. Sofia feels overall quite fed up with her routine, lack of care for herself and her perceived lack of 'willpower' and 'motivation'.

Sofia's **primary goal was to lose weight and feel fitter overall**. Sofia also mentioned that she'd like to **grow her glutes!**

Sofia chose the **12 week Platinum plan - 3 home personal training sessions per week** with Georgia. I talked to Sofia about perhaps starting on the Silver or Gold plan, to ease her in to exercise. But ultimately she decided Platinum was for her. She would do Monday, Wednesday and Friday to space out the exercise. This is an example of what 2 weeks of her 10 week programme could look like (*NOTE: weights and reps are for illustrative purposes only. These are always worked out during the first session, to ensure they are right for the client*):

NOTE: Week 1 will have a strong focus on easing Sofia in as she's new to exercise. There will be a big focus on stretching, warming up and cooling down. The first week at least will be learning and practicing the movements with good form.

Week 1

Monday					Tuesday	Wednesday					Thursday	Friday					
Full body circuit	Weight (kg)	Time	Rest	Notes	Active rest day	Full body strength training	Weight (kg)	Reps	Reps	Reps	Notes	Active rest day	Full body circuit	Weight (kg)	Time	Rest	Notes
Warm up				3 rounds	1,000 steps	Warm up					Rest for whole session is max. 1 minute.	1,000 steps	Warm up				3 rounds
Tricep dips	BW	30 secs	30 secs	Legs straight, heels on floor	Stretch and roller where possible	Seated rows - narrow grip		10	10	10	Medium strength resistance band	Stretch and roller where possible	Press ups	BW	30 secs	30 secs	On knees
Hamstring curls		30 secs	30 secs	Light resistance band		Romanian deadlifts	5	12	12	12			Step ups	5	30 secs	30 secs	
Dead bugs	1	30 secs	30 secs			Barbell curl & press	5	12	12	12			Straight leg bicycle crunch		30 secs	30 secs	
Standing shoulder press	4	30 secs	30 secs			Banded glute kick-backs		15	15	15	Light strength booty band		upper		30 secs	30 secs	
Bodyweight raised-foot glute bridges	BW	30 secs	30 secs	Feet on Reebok step		Tricep kick-backs		15	15	15	Light strength resistance band		Bodyweight quick squats	BW	30 secs	30 secs	
Leg flutters		30 secs	30 secs			Forward lunges	5	12	12	12			Side bends	4	30 secs	30 secs	
Kettlebell windmill		30 secs	30 secs	Full body exercise		Kettlebell swings	5	12	12	12	Full body exercise		Jumping jacks		30 secs	30 secs	Full body cardio exercise

Week 2

Monday					Tuesday	Wednesday					Thursday	Friday					
Full body circuit	Weight (kg)	Time	Rest	Notes	Active rest day	Full body strength training	Weight (kg)	Reps	Reps	Reps	Notes	Active rest day	Full body circuit	Weight (kg)	Time	Rest	Notes
Warm up				3 rounds	1,500 steps	Warm up					Rest for whole session is max. 1 minute.	1,500 steps	Warm up				3 rounds
One arm bent over row	8	35 secs	30 secs		Stretch and roller where possible	Seated rows - narrow grip		10	10	10	Medium strength resistance band	Stretch and roller where possible	Lying chest press		35 secs	30 secs	Light resistance band
Wall sit	BW	35 secs	30 secs			Romanian deadlifts	5	12	12	12			Arms up reverse lunges	BW	35 secs	30 secs	
Weight pass	4	35 secs	30 secs			Barbell curl & press	5	12	12	12			Lying toe taps		35 secs	30 secs	

Goblet side lunges	5	35 secs	30 secs	
Lateral raises	BW	35 secs	30 secs	
Plank walk outs		35 secs	30 secs	
Snatches	4	35 secs	30 secs	Full body exercise

Banded glute kick-backs		15	15	15	Light strength booty band
Tricep kick-backs		15	15	15	Light strength resistance band
Forward lunges	5	12	12	12	
Kettlebell swings	5	12	12	12	Full body exercise

Press ups	BW	35 secs	30 secs	
Resistance band glute pull-through		35 secs	30 secs	Light resistance band
Standing alternate bicycle crunches		35 secs	30 secs	
Skipping		35 secs	30 secs	Full body cardio exercise

Justification for this bespoke programme design:

- Success would be that Sofia *enjoys* exercise *long-term*, not that she sees it as something she merely does temporarily to lose weight. Therefore, the routine is focused on being enjoyable but suitably challenging.
- Doing full body, circuit style sessions is a great, stimulating intro for a beginner.
- As Sofia is completely new to exercise, the exercises have been chosen for their simple ability level.
- Strength training is included to increase her body's natural metabolism, and help her with practical tasks like playing with and picking up her children.
- Upper, lower and core work is split up to ensure less stress on the muscles early on in the programme.
- Functional activities have been included as these are enjoyable, practical, challenging and great calorie-burners. Some functional exercises are full body movements such as the 'kettlebell windmill'.
- A programme with less repetition and routine will provide more enjoyment to Sofia as a beginner, and allows us to determine which exercises work or don't work for her/any injuries or tweaks she may feel doing certain exercises.
- Bodyweight exercises are included for ease of execution, but also a great intro into strength training work.
- Friday is a cardio-focused session, aimed at raising the heart rate, to achieve the fat loss she desires.
- Leg exercises proportionally are more focused on glutes, as Sofia said she'd like to build her glutes.
- For optimal development and an important level of consistency, for at least 5 weeks the Wednesday strength training session would remain the same. This will also help us determine her progress.
- Core exercises are done on her back to avoid back overuse/pain (common for beginners).
- NOTE: Sofia will be observed closely and strong communication encouraged to assess if any exercises are uncomfortable or unsuitable.

Advice provided for Sofia as part of her fitness coaching:

- Low calorie swaps/diet 'hacks'
- How to improve her sleep and bedtime routine.
- Motivation vs discipline.
- How her period will affect her workouts and diet; how to train WITH her period.
- How to improve her eating routine and setting personal boundaries around this (in the home and at work).
- Coaching around how to make exercise a staple in her life and the numerous benefits of this.
- What 'healthy' eating could and should look like; how to implement key changes that will make a big difference; how to make this enjoyable.
- 'Volume Eating' concept.
- Changes she can expect as part of this transformation.
- How to up her protein intake; importance of protein; lean sources of protein.
- Recognising fitness/health/gym fads and the downsides of these (acknowledging they can be tempting to people like Sofia).
- Advice on healthier snacking.
- How to make better choices when eating non-home cooked food.
- How to fuel her workouts properly; guidance on the 101 of macros; work out Sofia's maintenance calories; calorie counting.
- Fitness journey 'sparks' log - helping him keep track of moments of clarity, realisations or understanding his body better.
- Sound stretching guidance, which is key especially as she's so new to exercise.
- Supplementing with creatine; information and benefits of this.

Areas for development:

- Weights have started low and reps high. This is because Sofia is a complete beginner to weights. As she develops, weights can be increased, then slowly reps can be brought down, too.
- Progress should look like an ability to train for longer during each work period on full body circuit days. E.g. If Sofia can only work for 15 out of the 30 seconds during the first week, but the next week she's able to work for 20 of the 30 seconds.
- Work time will ideally keep going up. Not necessarily every week, but by the end of 10 weeks c.45 seconds would be positive improvement.
- The programme would progress to one circuit session being structured as upper x2, lower x2, core x2, to increase load on muscles.
- All rest days are 'active' rest days, to get Sofia used to walking more. These step goals start very low and will gradually increase, as to not burn her out too quickly or change too much too soon.