

YOUR FORMULA FOR AMAZING RESULTS

6

WEEK
FOUNDATION
PROGRAM

SUCCESS
GUIDE



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INTRODUCTION

TRANSFORMING YOUR BODY IS MORE THAN JUST A WORKOUT AND DIET PLAN. IF YOU WANT TO ACHIEVE A TRUE TRANSFORMATION, YOU NEED TO HAVE DRIVE, COMMITMENT, MOTIVATION AND INTENSITY. THIS PROGRAM WILL HELP YOU BUILD THE FOUNDATIONS FOR ULTIMATE HEALTH AND FITNESS. I HAVE PUT THIS MANUAL TOGETHER TO HELP YOU IMPROVE YOUR PHYSICAL AND MENTAL WELLBEING.

There are

3 key factors that play into successfully completing this program:

#1

NUTRITION

#2

TRAINING

#3

LIFESTYLE

This program is going to be a little different to ones you might have tried before or what you might think a program needs to be to get great results. We are going to cut through all the fluff, give you just enough education to empower you to make **DRAMATIC** changes, and set you on a path that will allow you to adjust it to your life and make individual adjustments along the way.

WHAT YOU **WON'T** GET IN THIS PROGRAM...



You aren't going to get a meal plan.

I could give you one, but it wouldn't be catered to your personal food preferences, your schedule, or your individual nutrient needs.

Plus, in my experience, you probably wouldn't follow it all the time anyhow. We all like to think that we will stick exactly to the plan—until life gets in the way.

You also aren't going to get any extra training sessions that will crush you.

We aren't going to ask you to perform hours upon hours of exercise, or any of the typical things you may see in other programs. However, you will be required to put in hard work, maybe even a little on your own, so be prepared.

WHAT YOU **ARE GOING TO GET!**



This program is going to create a solid foundation of positive lifestyle changes, nutritional habits, and training.

We will create a baseline that will deliver results, and then the program is going to be adjusted to make sure that you are getting the results that you want. We will be working with you to hold you accountable for your actions, create a structured system to deliver great results, and start building positive habits that you can continue to use long after this program is completed.



WARNING!

A lot of the changes that we are going to ask you to make might seem incredibly simple—probably a little too simple to get the results you want.

HERE ARE OUR SECRETS...

THEY ARE SIMPLE!

USUALLY IT IS THE SMALL, SIMPLE CHANGES THAT WILL DELIVER THE BIGGEST RESULTS FOR US. WITH THESE SIMPLE CHANGES, WE ARE GOING TO REMOVE THE BIGGEST RED FLAGS AND HABITS THAT KEEP PEOPLE FROM LOSING THE WEIGHT THAT THEY WANT.

1

WE ARE GOING TO ASK THAT **YOU TRUST US!**

That is a big thing to ask from most people who have tried and failed previously when taking care of their mind and body.

If you don't trust us, this program won't work. Put your faith in us, give us your best effort, and believe that you will get the results you want. If you do this, we will work as hard as we possibly can to ensure that at the end of this program, you look and feel your absolute best and have put the foundations in place for you to keep moving forward!

Trust and belief are two very powerful pieces of this program's success.

2

THE SECOND THING THAT WE ARE GOING TO ASK YOU TO DO IS **BE ACCOUNTABLE TO YOURSELF.**

Sure, we are here to help you and give you guidance when needed.

But, ultimately, you have to take ownership of your actions. Ultimately, it is you who must make the decision to stick to the plan or fall off the wagon.



I GOAL SETTING 101

If you are like most people, you have set some goals before. The problem is that you probably didn't set them as well as you could have to set yourself up for success.

The first key to a goal being great is making sure that it means something to you. It has to motivate you, and there needs to be some internal or intrinsic motivation behind this goal to ensure that when things get tough, you stick to the plan.

There are lots of reasons to set a weight loss, fitness or lifestyle goal, and I am not here to tell you what your reasons need to be to ensure your success.

It might be that you are incredibly insecure or unhappy with how you look, it might be that you are worried your significant other doesn't find you attractive anymore, or it could be that you want more energy to play with your children after work.

There is power in a reason when

setting a goal. Make your reason big enough, and you will be diligent in your actions and success WILL HAPPEN.

If it just isn't a great time for you to be focused on your own transformation, that is still OK. Just be honest with yourself and know what kind of results to expect. The results are an outcome of your actions.

If you need a bit of help digging into your goals, let us know, and we will make sure to help you out.



HOW TO SET YOUR GOALS

- 1. Make it specific!** Use real numbers or sizes to give you a specific target.
- 2. Make it measurable!** You must have a way to measure your progress and know when you have reached your goal.
- 3. Make it action-oriented!** Make sure when you write out your goal it is a positive goal that is based on actions that you can take to reach it.
- 4. Make it reasonable!** This sounds silly because I want you to shoot for the stars, but you also have to set yourself up for success. You may not be able to reach your ultimate look or lose 50lbs in a few weeks, but you can get a good jump start on it.
- 5. Make it time-based!** You have to set some deadlines on your goal. This is why we run programs like this; your deadline is set for you.

WHEN YOU WRITE OUT YOUR GOAL, HERE ARE SOME EXAMPLES:

POORLY WRITTEN GOAL:

I want to lose some weight.

WELL-WRITTEN GOAL:

I will weigh 75kg (8kg less than I do now) in 6 weeks.

AMAZINGLY WRITTEN GOAL:

I will weigh 75kg in 6 weeks by improving my nutrition habits, getting more sleep, and exercising 3 times per week.

Feel free to add in emotions to your goal such as *“I will feel amazing when I weigh 75kg...”* as it adds some positivity to your goal when you read it.

The keys here are you are projecting that the goal will happen (I will vs I want to), you are being specific (the exact weight), you are being positive (list the weight you will be vs the weight you will lose),

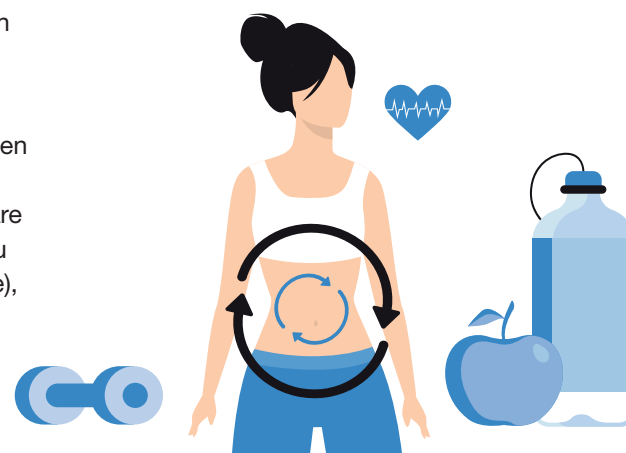
and you have actions to help you reach the goal (exercise 3 times per week).

Remember, setting great goals is a huge part of ensuring your success.

Go ahead and write out your goal. If you need help at any time we are here for you, all you need to do is ask.

If you run into trouble, try starting with a goal and then asking yourself *“Why?”* five times to keep digging to get the real answer to your *“What is my goal?”* question.

Please use the additional goal setting sheet.



WHAT IS THE CORE 4?

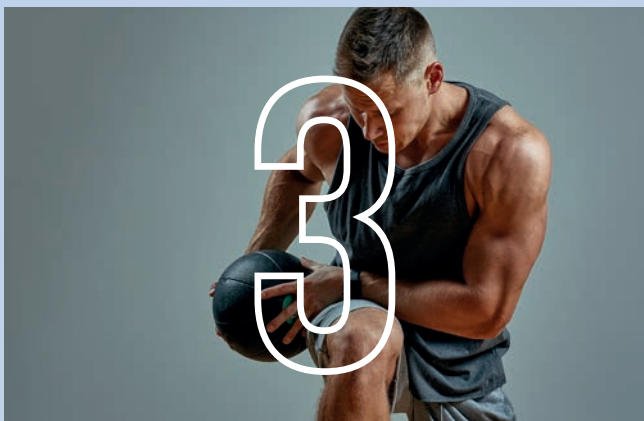
THE CORE 4 IS BASED UPON THE FOUR PILLARS OF HEALTH:



HYDRATION – drink a minimum of 2.5L of water a day. Your body will never let go of body fat if you're in a state of dehydration. Water is the foundation of your health.



GOODNESS IN – make sure you're eating plenty of fresh fruit, vegetables, lean proteins and good healthy fats. Do not do what most people do and start removing foods before you increase the good foods first. It'll only end in failure so make sure you're giving your body the nutrients it needs and once you do this we can then focus on taking away some of the bad stuff.



MOVE MORE – attend a minimum of 3 Online sessions per week. If you can't make three, top that up with home workouts.



SLEEP – rest, recuperation and recovery is just as important as push, push, push so make sure you get 7 to 8 hours sleep in any 24 hour period.

TO MAKE THIS MORE FUN I HAVE SET YOU A LITTLE CHALLENGE WITHIN THIS PROGRAM. HERE'S HOW IT WORKS:

Each component of the core 4 is worth 1 point, the goal is to get 4 points per day. There is no grey area and it is simply just a yes or no answer as to whether that component of the core 4 has been met. The maximum number of points a you can hit over the 6 weeks is 168. The aim is to hit 80% compliance which is 134 points.

Use the following Core 4 Checklist to complete this.

BODY CORE 4 CHECKLIST

NAME: MONTH:

DAYS	WATER IN Min 2.5 Litres	GOODNESS IN 80/20	MOVE MORE Exercise	RESTFUL SLEEP Min 7 hours	TOTAL
1					
2					
3					
4					
5					
6					
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When it's all said and done, the main goal is to help you reach your goals, but to do that we need to establish a nutritional starting point or baseline for you.

NUTRITION

Most people will start getting positive results by simply sticking to these recommendations. From there, you can make adjustments with us to make faster progress or overcome any plateaus that you might hit.

THE BASICS

The basics of this program are simple: eat real and wholesome foods, avoid junk food, bad fats, most sugars and hidden carbs. Simply concentrate on foods that nourish your body and give it what it needs to not just survive but THRIVE.

We will be reducing our intake of processed carbohydrates whilst keeping our protein intake relatively high while eating only the healthiest

fats. This means lean and healthy proteins, tons of vegetables, fruits and only natural sources of fat.

It is essential that you fulfill your nutrient palette. When we aren't doing this we tend to crave poor, sugary foods and this is because we have a deficiency in either our micro or macronutrients. We crave sugary foods when we are not getting enough fat within our diet. We must ensure we are getting adequate proteins, carbohydrates and fats in order to suppress cravings. This can be done by consuming as much fresh fruit, vegetables and salad as possible; lean proteins from both or either animal and plant based foods as well as healthy fats (you will see examples of these later in this section).

Many people avoid consuming fats because the media has scared us to believe that fat makes us fat but essentially you NEED fat in your diet. We hear it all the time, fat is BAD for you! Drink skimmed milk instead of whole. Get fat-free yoghurt instead of full-fat. Have an egg white omelette. Trim the fat off your meat and remove the skin before you eat it!

But is this really the best advice?

Here are the real facts about fat...





IT'S IMPORTANT TO UNDERSTAND THAT EATING FAT DOES NOT MAKE YOU FAT

Fat is really important and replenishes the cellular membrane and ultimately suppresses sugar cravings. Processed carbs, sugar and HFCS are what make us fat, so if we want to get leaner and healthier we've got to stop consuming these and consume more healthy fats.

PLAIN AND SIMPLE:
EATING SUGAR MAKES US FAT.

Now it's definitely important to not overeat on your healthy fats, as too much of anything will have an impact on your waistline.

Please keep in mind that the key word is healthy fats.

Healthy fats include things like coconut oil, olive oil, avocado, nuts

and seeds, grass-fed butter, animal fats (chicken, beef, pork), Omega 3's (found in fish), etc.

The "bad" kinds of fat you want to stay away from are trans fats.

Most trans fats that people eat have been cooked up in a laboratory kitchen where scientists "hydrogenate" certain oils so they have a longer shelf life.

Trans fats are found in a LOT of packaged foods such as, baked goods, doughnuts, biscuits, cakes, margarine, microwaveable meals and a lot of fried foods.

Basically look at your labels and if you see anything labeled "partially hydrogenated" or "hydrogenated" get rid of it fast.

In addition to trans fats, you also want to stay away from refined oils that tend to be high in Omega 6's (which throw off the ideal Omega-3 to Omega-6 balance) like peanut oil, canola oil and vegetable oil.

Now that you know what kinds of fat you should and shouldn't eat, let's talk about why the right kinds of fat are GREAT for your body.



HEALTHY FATS ARE
INCREDIBLE FOR YOUR BODY.
THEY ARE IMPORTANT FOR:

- | | |
|----|------------------------------------|
| #1 | MAKING HORMONES |
| #2 | REPLENISHING THE CELLULAR MEMBRANE |
| #3 | BRAIN HEALTH |
| #4 | ENERGY LEVELS |
| #5 | SUPPORTING YOUR THYROID |
| #6 | SUPPRESSING CRAVINGS |
| #7 | STRENGTHENING YOUR BONES |
| #8 | STRENGTHENING YOUR IMMUNE SYSTEM |
| #9 | REDUCING THE RISK OF CANCER |

and the list goes on...

It is clear from the list above how important it is to consume plenty of healthy fats.



THE POWER

OF PROTEIN

Protein is VITALLY important throughout this program. You see, our muscles are primarily composed of protein (once you take out the water) and we will be working our muscles hard in the training sessions during this program so we MUST supply the raw materials needed to rebuild and repair from the workouts.

Carb control is important for fat burning, but it is equally important that we keep our muscle and other lean tissues well nourished to increase metabolism.

Protein also takes twice as much energy to digest and assimilate than carbs and fat, and it can also help keep you feeling fuller for longer. In addition it stimulates cognitive function. Protein is good

stuff, and can make you feel good and look good.

Good sources of protein: meats, chicken, turkey, fish, eggs. Be sure to go organic whenever you can.

YEAH, WHAT ABOUT THE CALORIES?

The component of nutrition I care LEAST about is the calorie levels. More and more research every day says that calories are not as significant as we thought in the fat loss battle. What is important: the body's hormonal environment (i.e. low insulin levels).

Really, I am more concerned with you not eating enough (as that KILLS your metabolism) than I am with you eating too much. So again, calories are pretty low on my list of fat loss concerns.

Please fill out a food diary so I can review it and we can really start getting the nutrition correct.





The best part about this program is that we are going to take care of the training for you! Your goal is to show up to our online sessions and put in the hard work.

TRAINING

We shouldn't have to motivate you to do the exercises during the session; we will push you harder where necessary but turn up motivated and ready to work hard to achieve your goals.

It's vital that you have the right mindset when you attend a session, remember what you signed up for when you agreed to do this program.

We recommend a minimum of 3 sessions per week however remember that the timetable is unlimited, we understand that everyone has busy schedules, but

for a few short weeks, we are going to ask you to create the time and make training a priority.

For most people, we have found that 3-4 training sessions will do the trick and lead to great results.

Keep in mind that we are looking for progress and not perfection. We would rather see you be consistent with your training than burnout after a few weeks of training too much.

We suggest you take part in some form of physical activity everyday not just on the days you are taking part in one of our sessions. This

does not have to be vigorous exercise it can be something as simple as a walk and we strongly recommend you get outside for at least an hour a day.

Many of you will spend many hours sat at a desk in front of your computer with your head down giving yourself no rest to take care of yourself. Continue reading to see a number of ways you can look after your body and remain pain free for those long days at the desk.



MOBILISE TO KEEP PAIN FREE

Mobilising the body refers to moving the joints and muscles through a range of different movements and dimensions to lengthen and stretch muscles that get locked up and tightened due to our jobs and lifestyles. Spending lots of time in cars, behind desks, and sitting down ensures many of our muscles start to tighten and stiffen, very often creating pain, niggles and discomfort. The motilities contained in our training sessions are designed to hit all the major muscles and joints, move them through all planes of motion and take the stress off the joints. We will be doing these movements each session to keep you mobilised and pain free. They follow the very same functional training philosophy and strategies as the resisted movement section below.



RESISTED MOVEMENT IS A MUST TO GET LEAN AND MOVE PAIN FREE

You simply must do resistance training to help increase and maintain lean muscle mass. Your muscle is your bodies best friend to help you get in the best shape of your life, for every pound of muscle on your body you will burn an extra 50 calories of fat for free, so it is important that we activate as much of your existing muscle as possible, to do this we simply must do resistance training. To get your body in the best shape ever so that you can move well and function well you need to understand how the body functions.

Function refers to how the body was designed to move, and what we wish it to do each and every day. Traditional resistance training is not functional in that it does not perform exercises in a manner that we would use and cross over into everyday life, it tends to stiffen peoples bodies up, create niggles, aches and pains. This is because the exercises are designed to grow muscle rather than enhance the way you move each day. The exercises contained in our training sessions are unique in that they are designed to enhance the way you function and move each day, but at the same time you will get strong and lean, plus burn lots of calories each session!



STRATEGIES

MOVEMENT PATTERNS

Movement patterns refer to the sorts of ways you move your body during exercise, as we have previously mentioned tri-planar refers to movements in all directions, sagittal (forward and back), frontal (side to side), transverse (round the corner). All of the exercises that you will be doing incorporate movements in all 3 planes. The aim behind the program is to get the body to move better, if you can move in all directions you will have less pain, more mobility and better function which in turn will make you feel better and look fantastic.



1

CHALLENGE (WITH SUBCONSCIOUS REACTION)

All the movements in the training sessions aim to challenge the body and take advantage of something called proprioceptors. Proprioceptors are located all through out your body, in muscles, in joints, in ligaments, they feed information to your body outlining what is occurring so that your body may compensate by contracting muscles to prevent falls and collisions.

Proprioceptors instruct muscles when to turn on according to the position your body is in relation to the ground and gravity. This means most of our muscle contraction

is governed by a subconscious reaction in the body according to where it is in relation to everything else. This is great news when looking to work your muscles as you no longer have to think about consciously trying to contract a muscle when exercising, we have carefully selected movements and exercises that get you into positions so that the body's proprioceptors will fire and switch on muscles automatically. For example in a gym many people have great difficulty turning on the gluteus muscle (bum). They squat and lunge and still can't seem to fire their bum. Using the principles of function this never happens,

as we have carefully selected movements that guarantee to fire your muscles as the proprioceptors are feeding the muscles telling them they have to turn on, hence you working your muscles. For example to fire the bum, take a large step forward, turn your toe in and touch the ground with your hands. Your proprioceptors have just fed information to your bum telling it to turn on or you will fall flat on your face. We have done the hard work and worked out what positions you need to be in to take advantage of your proprioceptors, all you have to do is the movements, your body will do the rest.



ENCOURAGE — BUILD ON SUCCESS

This concept lies in the heart of the principles of the program, essentially this means just do the movements that your body feels comfortable doing.

If you feel any pain or niggles doing a movement in any of these three planes, just stop doing it and do the movement in the other two planes. This means if you get some pain forward or back (sagittal) in a lunge, just focus on side to side (frontal), and round the corner (transverse). Just by working these two movements you will automatically get a cross over and improve the pain in the forward and back (sagittal) lunge. You want to take advantage of your bodies successes in the planes of motion that it likes and build upon these, this will cross over and improve your weaknesses.



HIGH INTENSITY INTERVAL TRAINING

Fat burning does not burn fat! Training in your fat burning zone does not help you lose unwanted fat! Unless of course you have three hours to spend a day fat burning, the truth is no one has that amount of time to spend exercising. The fastest way to blow torch unwanted fat is to do high intensity resistance and cardio interval training.

SO WHAT IS HIGH INTENSITY INTERVAL TRAINING AND WHY DOES IT WORK?

High intensity interval training is when you exercise as hard as you can manage for a period of time for say 30 seconds or 1 minute have a short rest period, before repeating several times over. This has the impact of raising your metabolism for up to seventy two hours after your workout has finished. With normal fat burning when you finish your exercise your metabolism returns to its normal state within two hours so you don't get to shed so many extra calories unlike high intensity interval training. When we do these type of intervals using both cardio and resistance exercises the fat will disappear in double time.



The best part about this program is that we are going to take care of the training for you! Your goal is to show up to our online sessions and put in the hard work.

LIFESTYLE

HERE ARE A FEW TIPS THAT CAN HELP YOU OUT:

- 1. Aim to get at least 7-8 hours of sleep a night.** If you aren't anywhere close to that right now, try to create a pre-bedtime ritual that helps you prepare for bed and start working on going to bed 20-30 minutes sooner until you reach that magic 7-8 hours. You can make small, incremental progress on this as well over the course of the next 6 weeks.
- 2. Stress management will play a big part in achieving and maintaining mental and physical wellness.** A stressed body will fight you every chance it gets. Try some meditation or deep breathing a few times per week. Even 5 minutes of this a day can make a big difference or use your walks outdoors to practice breathing into your belly and taking your mind off all the things in your life.
- 3. Create a support system.** Use your family and friends to help you achieve your goals if they are aware of what it is you are doing they are more likely to be supportive throughout your journey or may be even join you.



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FITNESS

HAVE FUN & STICK TO THE PLAN!

IN ORDER TO GET THE BEST RESULTS AND THE MOST OUT OF THE NEXT 6 WEEKS, YOU HAVE TO STICK TO THE PLAN! TRUST IN THE JOURNEY ITSELF, AND TAKE IT ONE DAY AT A TIME.

WE'RE ALWAYS HERE TO HELP IF YOU NEED ANYTHING. NEVER HESITATE TO REACH OUT, THAT'S WHAT WE'RE HERE FOR.

COMMITTED TO YOUR SUCCESS

