

# Coaching Welcome Guide

## CHECKLIST

01

### WAIVER

Health waiver signed



02

### QUESTIONNAIRE

Lifestyle application complete



03

### TRUE COACH

Follow link to create Truecoach account (App).



04

### JOIN FACEBOOK GROUP

"Little Lady Lifts Community" group



05

### DOWNLOAD MFP

Download "my fitness pal" app and connect your account to true coach



06

### TAKE PROGRESS PICS

Take your first pictures ASAP!



You are ready to smash this beauty!



# Congratulations

Congratulations on being an action taker, you have taken the first steps to achieving your goals; feeling, looking & just being bloody amazing! Thank you so much for choosing me as your coach!

In this welcome pack you will find loads of useful information on how to get going in this journey.

My aim is for you to not only achieve your goals but to be able to sustain your results in this crazy busy world, with the knowledge and education that you gain over the coming months.

Please start by completing all of your documents required including your health waiver & PAR-Q.

Please read through this guide for the next steps and information that will set you up for success!

REMEMBER - I am only ever a message away, I am to respond to every message within 24-48 hours maximum!

I am so excited to be a part of your journey.

Fran X



# Progress photos

Action this TODAY!

Please update your photos to the "progress pictures" section of the App.

We want to measure your progress from day dot so that you can see your results :)

Please ensure that you follow the below guidance:

- Take 3 pictures - front, back & side profile
- Full view
- If possible not a mirror selfie, get someone to take one
- Wear underwear or swimwear (we can measure progress better)
- Same day and time each week
- Same location & lighting

## Metrics

Under your "metrics" section, you will be able to log your body measurements if you would like to. Guidance on how to do this in that section of the App.



# Weekly Check-in

Once per week we will do a check in to review the previous week, to analyse what has been good and what could do with a bit of work. This is your opportunity to ask me any questions on your programme, nutrition, have a chat or even a rant to me about how you've had enough of home-schooling ;)

This check-in will be in your "workout" for that day, underneath your actual workout for that day!

Please let me know if the form your preferred method of me feeding back; for example written, video. I will then provide you with any feedback within 24-48 hours. This can be exercise, technique feedback, coaching points to work on, programme adjustments ect.

Anything you nee please ask :)

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PERSONAL TRAINING

Progress

## TRAINING DAYS



Warm up: ALWAYS begin a workout with a 5-10 minute warm up dependant on what you are doing.



Cool down: Always complete 5 minute cool down and stretch. Stretch the major muscles groups that you have trained within that workout.



Form: Perform the exercises with good technique, feel free to send me a video of you completing the exercise if anything doesn't feel quite right; i can then feedback coaching points for you to work on.



Weight: Choosing an appropriate weight, you want your weight to be CHALLENGING you on your last few repetitions of the exercise. Where possible start by completing your first set with lighter weight and then build up (if applicable to your programming).

### CANCELLATION POLICY

I hope that you will not want to, but of course if you would like to cancel your subscription you can give written notice provided at least 2 weeks' ahead of time. Your payment is reoccurring taken on the 1st of every month.



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PERSONAL TRAINING

# Reps & Sets

I'd like to quickly define some terms that will be use throughout you programming so that you know exactly what I'm talking about with your programme.

With the reps and sets please remember that these are set as a target only, please add a comment within your workout as to how many you actually completed, please log your weight also.

## REP

One performance of a single exercise.

## SET

The number of times that you complete the repetitions.

For example if you have 3 sets of 10 reps, for squats; you would do 10 squats, 3 times through with a REST period in between.

## TEMPO

Tempo is the speed at which you perform the exercise. It is denoted with 4 numbers (for example, 4-0-1-0).

Each of the 4 numbers are in seconds.

- 1) The 1st number is the lowering phase of the movement
- 2) The 2nd number is the bottom of the movement
- 3) The 3rd number is the lifting
- 4) The 4th number is the starting point

For example, in a squat with a tempo of 4-0-1-0, we would lower for 4 seconds, hold for 2 seconds, come up for 1 second, and go straight back into the exercise. But please, do not worry about this to start with it will all come within your progressions!

## REST

Rest is the time in between the sets of exercise.



# Safety

Seeing as I am not there with you, I want to ensure that you are not only getting the most from your training but that you are doing it in a safe and effective way.

When training at home, please ensure that you have adequate space, with no tripping hazards and that your kit is in good working order.

**Get to know your body**- I need you to identify "good pain" from "bad pain". Naturally you will feel that burning like sensation in your muscles when training, that should be short lived and disappear once you have rested.

If you experience any sharp explosive type pains please stop immediately and consult a Doctor and myself. Also if you experience any conditions listed on the PAR-Q form you must STOP exercising. Likewise any sudden new pains that are unnatural, in your joints, ligaments, tendons, any swelling please stop exercising and contact a physio/ Dr and myself.

**Muscular soreness**- This is common and generally expected when carrying out a new programme, over time this will generally subside. This is referred to as DOMS- or delayed on-set muscle soreness, which tends to come about 24-72 hours post training.

It is recommended that you perform all exercises with **NO WEIGHT** initially, to allow your body to go through the movements and adapt.

**Warms up's** - are crucial for injury preventions to getting your body both physically as well as mentally prepared for exercise.

**Sleep** - Please ensure that you are getting adequate sleep of around 6-8 hours per night at a minimum. I cannot stress enough how much this will improve your results as well as your recovery! If you need any help with improving on sleep quality please give me a shout so that we can come up with a routine!



*Are you ready?!!*

Now you know what you need to do,  
your workout programme will be  
populated for the start date that we  
discussed on our call.

Any questions, please drop me a  
message :)

You are going to do so well, I have every  
belief in you!

I am here to support you every step of  
the way!