

LADIES WHO WANNA LIFT

Hi ladies,

You wanna learn how to lift some weight, put on some lean muscle and slim down?

This is the program for you!

Now, I know that women don't like the idea of weight training because they think that they will bulk up and get big, but don't worry, that does NOT happen.

Firstly, in order to bulk up, you need to be eating way above your maintenance in calories, otherwise there is no chance in hell that you're going to bulk up.

Also, when you lift weights, you are actually breaking muscles down under the tension, and the more you perform weight training in a session, the more you are breaking the muscle down.

If you are following a 3 sets of 10 protocol but stopping when it gets difficult, not only are you not allowing any growth response in the muscle, but you are also actually limiting your ability to develop that lean muscle you are after, so yes, keep pushing and pulling for the burn.

This program is designed on a 3 days a week protocol, whereby the exercise selection, rep and set range will be chosen by me and we will implemented on a 3 days a week basis.

No more than 2 ladies per program and it will be during a 30 minute consultation where we will decide whether two of you will train together or just one per program.

Target Areas

The target areas most females look to develop in the gym are the stomach, butt and legs, arms and back.

The program will look to target these parts individually on a 3 day a week basis.

Of course if you have a preference of a specific exercise you would like to train or body part you would like to develop, we can discuss this during the consultation.

Pre and Post-Natal

This program is only for females who have not yet had children, as childbirth can place tremendous changes in the body and can affect the way muscles interact.

If your doctor however advises that you can train then you will need to detail this in the PARQ (along with the name of your doctor) which will be filled out prior to your training.

If you would like to take part in this program, please contact me on 07749765012 to arrange a consultation.