

YOUR NEW YOU STARTS TODAY.

30 DAY SHRED

IT'S YOUR CHOICE
OWN IT



THE LEAN BODY PROJECT

www.theleanbodyproject.co.uk

DISCLAIMER

THE ADVICE THAT IS GIVEN WITHIN THIS DOCUMENT BY DC-FITNESS LTD IS FOR INFORMATION PURPOSES ONLY AND IN NO WAY OVER RULES ANY PRIOR ADVICE GIVEN BY A MEDICAL PRACTITIONER, REGISTERED DIETICIAN OR NUTRITIONIST.

IF YOU CHOOSE TO FOLLOW THE ADVICE THAT HAS BEEN GIVEN THEN YOU ARE DOING SO OF YOUR OWN FREE WILL, WITHOUT ANY PRIOR INFLUENCE FROM US AND BEING FULLY AWARE THAT THE NUTRITIONAL ADVICE HAS NOT BEEN PERSONALLY DESIGNED FOR YOU, IF YOU SUFFER FROM A MEDICAL CONDITION OF ANY KIND OR HAVE CONCERNS THAT THE NUTRITIONAL ADVICE MAY CAUSE YOU A MEDICAL ISSUE OF ANY KIND AT ALL THEN YOU MUST CONSULT A QUALIFIED MEDICAL PRACTITIONER FOR GUIDELINES.

IF YOU FEEL ANY NEGATIVE SIDE EFFECTS FROM CHOOSING TO FOLLOW OUR NUTRITIONAL ADVICE THEN YOU SHOULD STOP IMMEDIATELY AND SEEK MEDICAL ADVICE.

BEFORE CONDUCTING ANY EXERCISE PLEASE CHECK WITH A MEDICAL PROFESSIONAL THAT YOU ARE IN GOOD PHYSICAL CONDITION AND DO NOT SUFFER FROM ANY DISABILITY THAT WOULD PREVENT OR LIMIT MY PARTICIPATION IN EXERCISE. YOU MUST FULLY UNDERSTAND THAT IF YOU SUFFER INJURY AS A RESULT OF YOUR PARTICIPATION IN FOLLOWING OUR EXERCISE PROGRAMS YOU ARE COMPLETELY RESPONSIBLE AND AND HEREBY RELEASE DC-FITNESS FROM ANY AND ALL LIABILITY NOW OR IN THE FUTURE,

30 DAY SHRED
IT'S YOUR CHOICE - OWN IT
WWW.THELEANBODYPROJECT.CO.UK



ABOUT

Stockport's Double Award Winning #1 Body Transformation and Personal Training Facility that have helped thousands of busy, on the go, men and women become happy, lean and confident

At LBP it is more than just a gym. We are a community and a family that offer a proven system whether you're a busy mum, a shift worker or in a demanding professional

CONTACT

info@theleanbodyproject.co.uk
1The Lean Body Project
12-16 Princes Street
Stockport
SK1 1SE

RULES

YOUR TRANSFORMATION OFFICIALLY STARTS NOW

Read this guide in full before starting the plan. This is strongly recommended so that you understand the process over the next 30 days to help you achieve the ultimate LEAN BODY. I have carefully put together this SHRED, which has helped transform the lives of thousands of women around the UK by helping them understand how to be healthier, happy & more confident

DROP THE EXCUSES

We are going to take you on a journey over the next 30 days (and beyond) that may test your commitment. The more excuses you drop the better your results will be.

DON'T QUIT

Our guide will take you through how to shift your mindset to achieve optimum focus and take you through diet & training guidance that aim to educate you along the way. It will be fun & enjoyable as you change your lifestyle for the better and most of all help to give you back more confidence

We love to know how you're getting on with the project so keep us updated on how your doing by tagging us in on social media;



LOVE YOURSELF FIRST

30 DAY SHRED

Your attitude and mind set are crucial to achieving results. You've made the first step to a new you by signing up to this project and now its time to toughen up and keep that CAN-DO attitude.

Don't be a victim of your own choices and actions, be smart and make the right moves that will take you forward

YOUR REASON

Know and understand your 'WHY' - Why do you want to get that body shape? Why do you want to feel healthier? Why do you want to feel 'happier'? GET SPECIFIC. Set realistic goals that will be measurable and pin a time to it. Make sure you have everything you need to help you achieve it and prepare you to succeed.

GRATITUDE

This is SO important to practice daily. It helps you to stay positive even on the tough days. Every day write down in a notebook or post in the Facebook community group one thing that you are grateful for in your life right now and the reason why. It must be different every day AND it must be positive!

LIMITATIONS

Find out more about my secret formula for weight loss by following my social planning guide later in this guide but primarily you must learn how to say NO. It's your choice what foods you eat, it's your choice what activities you go do, it's your choice how committed you're going to be in achieving the results you want. The more committed you are the better your results will be. There is ZERO point giving this 50% effort and eating well 'most' of the time as the wrong choices you make will lead to disappointment

YOUR REASON FOR DOING THIS

OK let's talk about you. I want you to dig deep and complete the section below so that you can specifically figure out your reason for taking this journey. If you don't fully understand WHY you are doing this then you will most likely be missing out on your focus that will drive you succeed throughout the first 30 days and beyond.

So this is where we must start before anything else - be as honest as you can

Q: How you feel about your self right now?

A:

Q: What results would you like to achieve over the next 30 days?

A:


Q: Imagine yourself 30 days from now, having achieved your goal. How would that make you feel?

A:

Q: What 3 things could you stop doing right now that are stopping you from reaching your goals?

A:

WHAT DO *YOU* REALLY WANT?



CONFIDENCE
STRENGTH
MORE ENERGY



WEIGHT LOSS
TONING
CLEARER SKIN



FITNESS
HEALTH
LIFESTYLE



POSITIVE
HABITS

Did you get specific in your goals? Good.

Now I'm going to flip it for you and be honest with you

Throughout my experience in Female Fitness & Body Transformations, I have learned that most girls have specific yet common goals whereby ultimately it's clear we must continue to focus on making changes to our daily positive habits so that we can begin to transform our bodies and our lives

Most trainers will aim to help you transform a certain body part - maybe it's a flatter tummy or a firmer bum - but what is needed for long term sustainable results is to work on the body as a whole and more importantly - the mind



PRACTICING **GRATITUDE** DAILY FOR HAPPINESS

Every morning I want you to practice writing down something that you are grateful for. It's so easy in life to let negative things overcome your mind and stop you in your tracks of reaching your goal. I don't want this to happen for you. Most people have a job they must get to 5 days a week, stress of having a family to support, kids to spend time with and cook for, financial stress, rush hour traffic stress - you name it we all have stress in our lives at some point or another. Stress is a killer and can be very hard to handle, remember that. But let's work together to focus on the positive things you have in your life so that you can stay focused on the journey and ultimately reach & maintain those goals!

Write down something you are grateful for here..

LOVE YOUR

LIFESTYLE

I believe that the key to a healthier long term sustainable lifestyle is by understanding how you can balance and be flexible but still get results

I'm not talking about having your cake and eating it. I am talking more about adopting a healthier lifestyle that allows for you to plan in the indulgences every now and again

Your lifestyle should reflect not only the results you desire but also the state of your current emotions and mindset. We've talked about your goals and what they mean to you, and we have talked about learning how to be grateful by focusing on the positives in your life

Now we need to turn to our control and figure out how strong and committed we are in achieving the goals we set out earlier.

GET FOCUSED

+

EAT WELL

+

TRAIN SMARTER

+

LOVE YOUR LIFESTYLE

+

BE CONSISTENT

=

GET RESULTS

SOCIAL PLANNING TO CONTROL YOUR LIMITATIONS

Social events are one of the biggest reasons why most people fail. It's the lifestyle you're used to & you don't want to be a bore - right?

We encourage you to adapt your lifestyle to that of a healthier & more positive one, rather than not ever going out with your friends again. Our secret formula to weight loss is to rank your social events that you already have in your diary over the next 12 weeks- This doesn't mean you have a free pass to start adding in events now, it means you can still enjoy those events you already have in your calendar. It's also a great tool to use after you finish the plan to maintain your results

So what is ranking your parties actually mean? Basically you cannot have it all. You have to decide, which of your parties are most important to you, which ones you take or leave and the ones you just can't miss.

A

You can only have one of these. This is where you go all out and eat and drink whatever you want! This is ideal for a big occasion such as a wedding to let of steam and have a giggle

B

This is where you go and eat healthy but have a few drinks. I would suggest you save your carb allowance allowing for the extra alcohol. By not going all out you will save unnecessary calories from over eating and will not feel like you are missing out as you can have a tipple.

C

This is where you don't drink but eat a little of what you fancy. This is ideal if you are forced to go to a family meal which you would rather avoid. Avoiding alcohol is always a good ideal when trying to keep your cool around family but you can still have a pudding after dinner!

D

This is where you keep on track. You want to go but you don't want your waist line to pay. So you go, have fun but you don't drink alcohol and you eat healthy. This is best when you are around friends, you will have tonnes of fun and no need to comfort eat as you're around people you choose to spend time with.



THE LEAN BODY PROJECT

IT'S EASY WHEN YOU KNOW HOW

Name	THIS MONTH'S GOALS:
Month	
Year	

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	Total Weight Loss:	Average No. Daily Steps	Average Daily Calories Consumed	No. Workouts Completed

RECORD DAILY

- KG or lbs Weight
- 10,000 No. of Steps
- 1,200 Calories Consumed
- ✓ Workout Completed
- X Did Not Workout

EXAMPLE

85kg
9,560 steps
1,200 cal

NOTES:



THE LEAN BODY PROJECT

IT'S EASY WHEN YOU KNOW HOW

Name	THIS MONTH'S GOALS:
Month	
Year	

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	Total Weight Loss:	Average No. Daily Steps	Average Daily Calories Consumed	No. Workouts Completed

RECORD DAILY

- KG or lbs Weight
- 10,000 No. of Steps
- 1,200 Calories Consumed
- ✓ Workout Completed
- X Did Not Workout

EXAMPLE

85kg
9,560 steps
1,200 cal

NOTES:



THE LEAN BODY PROJECT

IT'S EASY WHEN YOU KNOW HOW

Name	THIS MONTH'S GOALS:
Month	
Year	

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	Total Weight Loss:	Average No. Daily Steps	Average Daily Calories Consumed	No. Workouts Completed

RECORD DAILY

- KG or lbs Weight
- 10,000 No. of Steps
- 1,200 Calories Consumed
- ✓ Workout Completed
- X Did Not Workout

EXAMPLE

85kg
9,560 steps
1,200 cal

NOTES: