DISCLAIMER

PLEASE READ CAREFULLY

COPYRIGHTS

All the content, videos, and materials provided in this program are the property of Chara Nicholas and are protected by copyright laws. Unauthorized use, reproduction, or distribution of any of the content is strictly prohibited. By accessing this program, you agree to respect the intellectual property rights and not to share, sell, or modify any of the materials without explicit permission.

Safety First

While all the exercises in this program are designed to be safe and effective, it is important to consult with your healthcare provider before starting any new exercise routine, especially if you have any pre-existing medical conditions or injuries. Chara Nicholas is not responsible for any injuries or health issues that may arise from participating in this program.

Listen to your body and modify exercises as needed. If you experience pain or discomfort, stop immediately and consult with a healthcare professional.

Results May Vary

Individual results may vary. The exercises and nutritional advice provided in this program are intended to help you achieve your fitness goals, but there is no guarantee of specific outcomes. Your success will depend on various factors, including your commitment, consistency, and individual body response.

Limitation of Liability

Chara Nicholas and her team are not liable for any direct, indirect, incidental, or consequential damages that may arise from the use of this program. This includes but is not limited to injuries, loss of data, or any other damages.

By purchasing and accessing this program, you acknowledge that you have read, understood, and agree to the terms and conditions outlined in this disclaimer.

> Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never ever have enough.
>
> — Oprah Winfrey

ABOUT CHARA

Hey Love's Chara, Thanks for downloading my eBook!

I'm a Personal Trainer and Nutritionist who has a passion for helping women transform by teaching myself way to live a healthy lifestyle. I've been in the fitness industry for over 10 years and have helped thousands of women around the world with their fitness and nutritional transformation journeys. If I can help you too!

My mission is to inspire women to build confidence, gain a stronger mind and body that they can be proud of. I believe that fitness is not just about physical appearance, but also about feeling strong, confident, and empowered. I'm here to help you achieve your goals, whether they're big or small, and to provide you with the support and guidance you need along the way.

I'm excited to share this program with you and I'm confident that it will help you achieve amazing results. Let's get started!

For more information about what's included in my programs and to see some transformations from my clients, check out my website.

Where to find me

- Chara Nicholas
- @charanicholas87
- @charanicholas

FEW THINGS TO KNOW BEFORE WE GET STARTED

What kind of workout will I be doing each week?

You will be doing full body workouts each week. Each week you will be doing 3 workouts, 2 cardio workouts and 2 rest days. Each week will have a slightly different focus to help you to achieve your goals.

What is strength training?

Strength training is where you exercise the muscles in your body against resistance, which can be in the form of weights, resistance bands, or your own body weight. This type of exercise helps to build and tone muscle, increase bone density, and improve overall strength and endurance.

It's important to focus on form and technique when strength training to avoid injury and to get the most out of your workouts. Start with lighter weights or resistance bands and gradually increase the weight or resistance as you get stronger. It's also important to give your muscles enough time to rest and recover between workouts, so be sure to include rest days in your workout routine.

What is cardio?

Cardio, also known as aerobic exercise, is any exercise that raises your heart rate and makes you breathe harder. It's important for overall health and fitness because it helps to improve cardiovascular endurance, burn calories, and reduce the risk of chronic diseases such as heart disease, stroke, and diabetes. Cardio can also help to improve mood and reduce stress. Some examples of cardio exercises include running, cycling, swimming, and dancing.

What is a rest day?

A rest day is a day in which you do not engage in any structured exercise or physical activity. It is an important part of any fitness routine because it allows your body to recover and repair itself after a workout. During exercise, your muscles experience small tears and damage, and rest days give your body the time it needs to heal and rebuild stronger muscles. Rest days can also help prevent overuse injuries and burnout, and can improve overall performance in the long run. It's important to listen to your body and take rest days as needed, especially if you're feeling tired or sore.

What is Active Recovery?

Active recovery is a type of exercise that is done on a rest day or after a workout to help your body recover. It involves low-intensity activities that help to increase blood flow to your muscles, which can help to reduce soreness and stiffness. Some examples of active recovery exercises include walking, stretching, foam rolling, and yoga. It's important to keep the intensity of active recovery exercises low, so that you're not putting too much stress on your body. The goal is to help your body recover, not to get a workout in.

WHEN ARE YOU GOING TO SEE RESULTS

Remember, the best route of success is how you feel.

Results don't happen overnight. It takes time and consistency to see changes in your body.

While it is normal to be eager to see results, it's important to remember that everyone's body is different and may respond to exercise and nutrition at different rates. Some people may see changes in their body more quickly than others, and that's okay.

It's also important to focus on how you feel during and after your workouts, rather than solely on how you look. Exercise can have many benefits for your mental health, such as reducing stress and improving mood, so pay attention to how you feel after each workout.

Finally, it's important to be patient and consistent with your workouts and nutrition. Results may not happen overnight, but with time and effort, you will see progress. Don't get discouraged if you don't see results as quickly as you would like, and remember that every small step you take is moving you in the right direction.

How to do the workouts

Below is a breakdown of each workout session in this program.

Make the most out of each session in this plan!

Warm Up

Each workout starts with a warm up to help prepare your body for exercise. Warming up helps to increase your heart rate, improve blood flow to your muscles, and reduce the risk of injury. Some examples of warm up exercises include jumping jacks, high knees, and arm circles.

Lower & Upper Body Strength

Strength training is where you exercise the muscles in your body against resistance, which can be in the form of weights, resistance bands, or your own body weight. This type of exercise helps to build and tone muscle, increase bone density, and improve overall strength and endurance.

HIIT Method

HIIT stands for high-intensity interval training. It's a type of exercise that involves short bursts of intense exercise followed by periods of rest or low-intensity exercise. HIIT can help to improve cardiovascular fitness, burn calories, and build muscle.

Full Body Strength

Full body strength training is a type of exercise that works all of the major muscle groups in the body. It can help to improve overall strength, endurance, and muscle definition. It can also help to burn calories and improve cardiovascular fitness.

Cool Down

Each workout ends with a cool down to help your body recover after exercise. Cooling down helps to gradually lower your heart rate and prevent dizziness or lightheadedness. Some examples of cool down exercises include stretching, foam rolling, and yoga.

Progressive Overload

To make continuous progress in your fitness journey, it's important to incorporate progressive overload into your workouts. Progressive overload is the practice of gradually increasing the amount of weight, resistance, or intensity of your exercises over time. This helps to challenge your muscles and prevent plateaus, which are periods where you stop making progress. By progressively overloading your muscles, you can continue to see improvements in strength, endurance, and muscle definition.

There are several ways to implement progressive overload into your workouts. One way is to increase the weight or resistance you're using for your exercises. Another way is to increase the number of reps or sets you're doing. You can also increase the intensity of your workouts by decreasing the amount of rest you take between sets or by adding more challenging exercises to your routine.

It's important to remember that progressive overload should be done gradually and safely. Increasing the weight or intensity too quickly can lead to injury, so it's important to listen to your body and make sure you're not pushing yourself too hard. It's also important to give your muscles enough time to rest and recover between workouts, so be sure to include rest days in your workout routine.

Weekly Planner

WHAT TO DO WHEN

WARM UP

Equipment: No Equipment
Duration: 5 min

Lower Body Strength

Equipment: No Equipment
Duration: 30 min
Intensity: High
Resistance: Bodyweight

WEEK 1

Lower Body Strength

Equipment: No Equipment
Duration: 30 min
Intensity: High
Resistance: Bodyweight

WARM UP

Equipment: No Equipment
Duration: 5 min

COOL DOWN

Equipment: No Equipment
Duration: 5 min

WEEK 1

Upper Body Strength

Equipment: No Equipment
Duration: 30 min
Intensity: High
Resistance: Bodyweight

WARM UP

Equipment: No Equipment
Duration: 5 min

COOL DOWN

Equipment: No Equipment
Duration: 5 min

WEEK 1

Full Body Strength

Equipment: No Equipment
Duration: 30 min
Intensity: High
Resistance: Bodyweight

WARM UP

Equipment: No Equipment
Duration: 5 min

COOL DOWN

Equipment: No Equipment
Duration: 5 min

COOL DOWN

Equipment: No Equipment
Duration: 5 min

WELL DONE FOR MAKING IT THIS FAR

Before I let you go, I just wanted to say a few last words of encouragement.

Remember that consistency is key when it comes to achieving your fitness goals. It's important to stick to your workout routine and make healthy choices most of the time, but it's also okay to have a treat meal or take a rest day when you need it.

Don't get discouraged if you don't see results as quickly as you would like. Everyone's body is different and may respond to exercise and nutrition at different rates. Be patient and trust the process.

Finally, remember that you are capable of more than you think you are. Push yourself to try new things and challenge yourself, but also be kind to yourself and celebrate your progress along the way.

HOW TO ASSESS YOUR RESULTS

Before and after photos are a great way to track your progress and see how far you've come. Take photos of yourself in the same clothing and in the same lighting at regular intervals, such as every 4 weeks. This will help you to see changes in your body that you may not notice on a day-to-day basis.

Measurements can also be helpful in tracking your progress. Take measurements of your body, such as your waist, hips, and thighs, and record them in a journal or spreadsheet. This will help you to see changes in your body composition, even if the scale doesn't move much.

Finally, pay attention to how you feel during and after your workouts. Are you feeling stronger and more energized? Are you able to lift heavier weights or do more reps? These are all signs that you're making progress, even if you don't see it on the scale.

Let me recommend that you are updating your progress photos every 4 weeks. Here is a template you can use to track your progress.

See You Next Week

The Number1 Beverage Company Limited
London WC2B 5BL

© 2020