

**GET SH*T
DONE**

&

**LOSE YOUR
FIRST 5 POUNDS
in 30 days**



Eat more- move more

Who is this guide for?

This training plan is here for you if you find yourself procrastinating, wasting time on socials and comparing yourself to others rather than getting on with it to create the best version of yourself.

This plan is for you if you have been trying to lose weight for some time without being successful.

This plan is for you if you LOVE food and the idea of eating salads just to look good is sending you mad.

This plan is for you if you are lost in the gym, wonder around, using cardio machines and waste time by doing free HIIT classes.

This plan is for you if you feel nervous about going to gym because you have no idea where to start.

This plan is here to teach you patience. Because nothing worth having was achieved in 1 week. You are here for the long game.

This is a 30 day training plan utilising time under tension training.

It will get you started in the gym, work on your curves and help you build confidence. By utilising weight training, you get to have more flexibility with food and shift your first 5 pounds!

My work ethos: don't put off until tomorrow what you can do today.
Because every day COUNTS.

This plan is made for you using the simplest machines and free weights in the gym. You have to start with basics and master them before moving into more advanced lifts.

But don't forget. You have to work hard. If you are going to go gym to mess around on your phone don't bother.



Nutrition, Steps and Pictures

I advice you to make homemade meals and hit 1.5g of protein per kg of your body weight, DAILY. Not when you feel like.

Formula for daily calories which I use:

Your weight in pounds x 13 = number (then take off around 200 to get your avg daily deficit cal)

x 12 if you are sat on your ass all day

Do NOT slash your calories by an extra 500 because you want to get there faster. Trust me, it will not work. When I say count everything I mean **everything**, not what you feel like counting on any given day.

You want to create deficit through movement, NOT food. Because food is life and you do not want to be miserable.

Leave alcohol and take outs behind, just for **30 days**.

Steps: if you are currently getting 5k steps and bellow, make it 8k DAILY
If you hit your 10k daily already, great job keep on top of it!

Your goal is to add an extra 2k steps daily, as a MINIMUM. The more you move, better you feel.

I want you to take progress pictures, don't worry you don't have to send them to me. Keep them in your camera roll - no matter how ugly you feel, and re-take them weekly wearing exactly the same clothes.

On this day you also need to take your weight WEEKLY NOT DAILY.

This plan is here to teach you that even if your scale doesn't shift much, your body WILL look different. And THAT is the goal.

I am here to challenge you, not to cradle you and tell you it's okay to be lazy.

Get moving.



Time Under Tension Explained

What is TEMPO?

In the easiest way explained, it's basically how fast you perform each rep.

[Here](#) is a quick VIDEO on what it means.

Do NOT throwing weights around!

It consists of four numbers representing seconds, for example : 3011

All my clients have tempo in their training - do you now understand now why classes are waste of time?

First Number 3 - **Eccentric** - lowering phase - you going down into squat

Second Number 0 - **Isometric** - pause at the bottom of the squat

Third Number 1 - **Concentric** - coming back up from the squat

Fourth Number 1- **Isometric** - pause between reps before you go back down into a squat

Try this yourself next time you do 10 reps- and tell me how it feels.

Now I want you to perform each exercise in the gym using this technique.

Imagine how much more efficient your weight training becomes instead of endlessly throwing things around.

You will feel your muscles working and every rep will count towards your progress.



Day one - LOWER

EXERCISE	SETS & REPS	TEMPO	BREAK	LINK
Crunch	2 x 10	-	-	HERE
Lizard Lunge	2 x 10 per side	-	-	HERE
A1 Leg Extension	3 x 15	3021	straight into A2	HERE
A2 Wall Sit	3 x 60s	-	45s then back to A1	HERE
B Leg Press	3 x 12	3121	45s	HERE
C DB Split Squat	3 x 8 per leg	2111	45s	HERE
D Dumbbell / barbell Glute Bridge	3 x 15-20	2023	45s	HERE
Cardio machine of choice	30 mins	HEART RATE 120-140 BPM		

Workout Notes - Progression:

Start with smaller weight and slowly increase your weights with each week.

If by the end of working set you have energy for an extra 3-4 reps, your weight is not heavy enough.

Now don't be a wuss and start skipping exercises. That is not how you get the progress. Get everything done properly. You will thank me later.



Day two - UPPER

EXERCISE	SETS & REPS	TEMPO	BREAK	LINK
Quadruped Plank	2 x 30s	-	-	HERE
KB Bottoms Up	2 x 10 per side	-	-	HERE
A1 Shoulder Press Machine	3 x 15	3021	straight into A2	HERE
A2 DB Lat Raises	3 x 15	2020	45s then back to A1	HERE
B Smith Machine Push-Up	3 x 12	3121	45s	HERE
C Chest Press Machine	3 x 12-15	2111	45s	HERE
D Tricep Bench Dips	3 x 15-20	2011	45s	HERE
CV Prowler Push	3 x full length	as heavy as possible	60s	HERE

Workout Notes - Progression:

With prowler, make sure you challenge yourself and go heavy. This is a very low risk exercise so the chances that you will hurt yourself are low. Go big or go home. In this case, you don't get to go home until you finish this workout.

Push ups - each week if possible lower that barbell lower. I know what you like. Don't make it easy for yourself.



Day three - LOWER II.

EXERCISE	SETS & REPS	TEMPO	BREAK	LINK
Hip Bridge	2 x 10	-	-	HERE
Lizard Lunge	2 x 10 per side	-	-	HERE
A1 Lying Hamstring Curl	3 x 15	3121	straight into A2	HERE
A2 DB RDL	3 x 8-10	3122	45s then back to A1	HERE
B DB Reverse Lunge	3 x 12	2121	45s	HERE
C Hip Extension	3 x 15	3111	45s	HERE
D High Step Up	3 x 8 per leg	2011	60s	HERE

Workout Notes - Progression:

Remember you throwing weights around will do nothing. Learn how to control your exercises. Not only will your workout be more effective this way, you will also be able to progress faster without injuries.

And to answer your question: Yes, you do have to do the step up and no I don't care that they hurt.



Day four - UPPER II.

EXERCISE	SETS & REPS	TEMPO	BREAK	LINK
Kneeling Shoulder Rotations	2 x 10	-	-	HERE
Plank to pike	2 x 10	-	-	HERE
A Close Grip Pulldown	3 x 15	3021	10s	HERE
B Single arm DB bent over row	3 x 8-10	2011	45s	HERE
C Cable Row	3 x 12	3121	45s	HERE
D Cable Bicep Curls	3 x 12-15	3021	45s	HERE
E Cable Face Pulls	3 x 15-20	3121	45s	HERE
Cardio machine of choice	30 mins	HEART RATE 120-140 BPM		

Workout Notes - Progression:

Treat every set as your last set of the workout. This way you won't be 'saving' your energy for later and actually workout harder.

There is not such a thing as 'I will do it tomorrow'. No, you are here today so get on with it now.



Additional Takeaways

You know that you need consistency for any kind of progress. It's easier said than done.

You can have the best training plan, but without accountability it can be very difficult to get done.

You have to stop being soft on yourself all the time. To get results you have to put the work in on days when you really can't be bothered.
Your body will thank you for it.

I use this kind of plan with all my clients and it got them incredible results like these. The one big difference between what you have and them is that they have my support and accountability.

Now that you have snippets of The Curve Coach world, chop- chop. Those weights won't lift themselves.



When you use this guide, make sure to tag me in instagram [@thecurvecoach](https://www.instagram.com/thecurvecoach)

And if you want to work with me, find me on my website or Instagram.
I look forward to seeing your progress ! :)

