

MaryAnnPT brings you

The Summer Body Shred Program 2021



Welcome Guide

*“Be the best version of you that you
can be. No excuses.”*

www.maryannpt.com



Congratulations on joining The Summer Body Shred Program!

Welcome to the journey that is about to change your life.....

Many hours have gone into creating this amazing program and I am so excited to finally share it with you.

In this essential guide you will find information on the program, including important information that you must read prior to the course commencing. It also contains information on your nutrition guide, how to sign up for your Facebook group, details on your workouts, equipment you will need, and some handy hints and tips to help you on your way.

I really hope you enjoy this program as much as I did creating it. This is something that is very close to my heart – helping people all over the world, particularly through very difficult times, to upscale their lives and realise what an incredible life we have when we have the gift of health and fitness.

If you have any questions at any point please do not hesitate to reach out to me.

Let's do this Team Body Shred- no excuses!

Mary Ann x



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PARQ

Prior to commencing any exercise program, you must fill in a physical activity readiness questionnaire (PARQ) form.

This is a strictly confidential form which asks questions on your general health, any medication, any underlying conditions, injuries, etc.

Please be as honest as you can in your answers.

Once you have filled this in please email it back to me ASAP.

You will not be able to commence the program without having done this first, so don't forget!



Your workouts

Each week, four workouts will drop into your inbox.

You don't need to download any special software in order to do the workouts. You just need a laptop, phone or iPad with an Internet connection.

Be sure to complete your four sessions every week. Remember the results will only be as good as the work that you are prepared to put in!

Stay consistent and aligned with your goals. Set which days of the week in advance you are going to do your exercise and which will be your rest day/s so that you can plan ahead. Carve out the time in your diary for each day- min of 5 days a week for 30 mins each day. Pick a time that works best for you and stick to it- forward planning is key!

Example of a typical week on Summer Body Shred

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	Body Shred Workout A	Body Shred Workout B	Running And Yoga	Body Shred Workout C	Body Shred Workout D	Cycling	Rest day/ relaxing walk/ yoga/ meditation

You should supplement your Body Shred workouts with at least 3-4 x per week of other exercise, such as going for a run, cycle or brisk walk. Try doing exercise that you enjoy most. Getting outside in the fresh air every day is super important for mental wellness too- it's all about balance and self care.

Your workouts are progressive and structured to complement each other, working different body parts in different ways on different days, allowing sufficient time for the body to recover. Stretching, warm-ups and cool downs are all really important parts of your sessions to help avoid injury, and will feature in each one- so please don't skip these vital elements.

If you struggle with any of the exercises, please feel free to modify, or contact me at any point for support or guidance.



Your progression

You will have the option at the beginning of the program to do a fit test to track your progression. It is also recommended that you take photos for your own personal reference, (ideally in underwear or swimwear- you won't be showing them to anyone but yourself!). You can also take measurements (or ask someone in your household to take them!) from key areas of chest, waist, hips and thigh. Be sure to note exactly your point of measurement for continuity.

Using scales to track your progress isn't a good idea, as muscle weighs more than fat, and you will naturally be gaining lean muscle during your training program. Weighing yourself can be disheartening if you aren't watching them go down as fast as you would like! A much more accurate way is to measure body fat, circumference measurements, and track with progress photos.

Measuring your progress is super important for every client as it gives a clear benchmark to work with. All too often when we are in the midst of making a big change in our lives, we don't realise how far we have come, and can become down on our selves and lose momentum. These milestone benchmarks are vital to remind us where we were before and to give us the drive to keep pushing forward to greatness.

Naturally your own individual progression will depend upon many factors, including your metabolic rate, stress levels, hormones, age, medication, the amount of sleep you get, how committed you are with making changes to your food, and how hard you work during your sessions.

There is no one size fits all ever- so it is literally impossible to predict how quickly someone's body will respond to any training program.

Just know though, even on the days when you feel you aren't as strong or fit or energetic as others, as long as you are trying your best, and as long as you show up to every session, then you are still moving closer towards your goals- keep on hustling and the results will come!



Equipment

Yoga mat (the grippy sticky thin kind- not camping mat variety!)

Water bottle

Internet connection

iPad/phone/laptop

Towel

You may on occasion need small free weights/dumbbells – in their place you can simply use water bottles or cans of soup!

Resistance bands are also optional but not essential

What to wear...

Comfy workout clothes- leggings, vest top, t shirt, hoodie etc

Good supportive trainers



Nutrition Blueprint

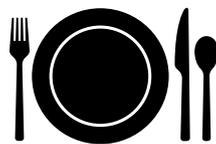
My nutrition blueprint is a labour of love and something very close to my heart.

It contains tips and hints that I have used consistently with my PT clients, from Team GB athletes to pro footballers to lawyers to top tennis players to housewives.

For over 12 years this blueprint has evolved and been perfected time and again. It has been used to increase physical and mental performance, to help fight disease, to aid injury recovery, to boost energy levels, to promote fat loss, to increase lean muscle and gain strength, and to give the right tools to live a longer and happier life.

It is jam-packed full of useful advice that you will take with you for many years to come- read it once, read it twice, read it again, come back to it, use it for reference and use it for support whenever you need it.

It really is your own Nutrition Bible!



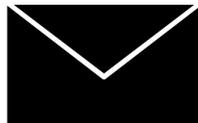
Accountability

Every week you will receive emails from me checking in to see how you're doing on the program.

This gives you a chance to ask any questions, iron out any issues, and to report back on how the exercise and food is going. It's important that you are honest, and open with yourself.

The email check-in is a great way to provide accountability and to make sure you are staying on track with your fitness journey!

Remember you are not alone – I am always here for you whatever you may need, from realigning your goals to asking for squat modifications, to simply sharing your joy at feeling fit again!



Facebook group

I have created a private Facebook group for The Body Shred Program- where members can interact if they wish.

You don't have to do this- it just creates a great feeling of community. People can share recipes, work out ideas, support for each other, and make new friends. Just knowing that other people are there on their fitness journey too, can create a lovely air of togetherness.

Use it as much or as little as you like – it is made for you!



Other bits n bobs....

Purpose

Making a positive change is great, but making positive change with *purpose* is like putting rocket fuel in your engine!

Working with purpose is essential for change to take place and for the results to stay with you long-term. If you aren't getting what you want out of life, feeling that enough is enough, or you're sick and tired of feeling sick and tired, it's your own voice telling you that you need to get up and do something every single day that sets your soul on fire. This is about creating purpose. It's about moving out of comfort zones and moving closer towards where you really want your life (and body and mind!) to be.

Having purpose means getting clear about what you want in life- your body, your relationships, work, health, friends, hobbies, and your goals and milestones.

It is absolutely paramount to working towards living a full and happy life.



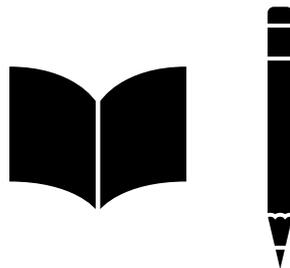
Journaling

It might sound cliché, but journaling your fitness journey really is so empowering.

Simply writing down each day how you are feeling, any highs and lows, any big wins or challenges can be such a valuable tool and bring clarity on every level. It has been scientifically proven that those who journal are far more likely to commit to any program and stay consistent in working towards their goals than those who don't.

Just taking an old notebook and writing a few notes is all it takes to get you into this awesome habit. Have fun with it- you can use it for work, study or your personal life too- you will be amazed at how liberating it is to write stuff down!

Remember this is your own personal journey to greatness- get to know yourself, and you're halfway there already!



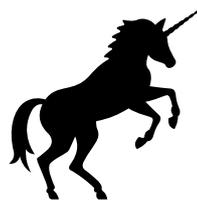
Your vibe is your tribe....

You might of heard this a million times over, but you really are the average of the five people that you spend the most time with.

When it comes to making life changes, big or small, make sure you surround yourself with people who are supportive. Family and friends who know what you are doing, and who are there to help you. This is crucial to your success in pursuing any goals long-term.

Be sure to share with them your health and fitness plans- you don't need a lot of friends, but one or two really good ones will provide you with the positivity and motivation you need to stick it out through the tough days.

Get a happy, positive team behind you- your vibe really is your tribe!



Over and out....

I hope you have found this introductory guide useful.

There are simply not enough words or superlatives to describe the journey that you have in front of you- the emotional waves that you will ride on, and the happiness and joy that you will experience in eight weeks time when you realise how far you have come!

Remember this is the start of a lifetime change for you – it's not a diet, not a quick fitness fad, but something huge that you can take with you for the rest of your life. The fact that you have come this far demonstrates that you are ready to make this change and upscale your life with purpose.

Please feel free to reach out to me at any point- you know where I am.

So excited to share this journey with you!

Enjoy Team Body Shred – and remember, no excuses!

Healthy wishes always,

Mary Ann x



Ps keep the faith, and believe in yourself. Work hard, but be patient and kind with yourself too- the greatness of body and mind will follow! :)