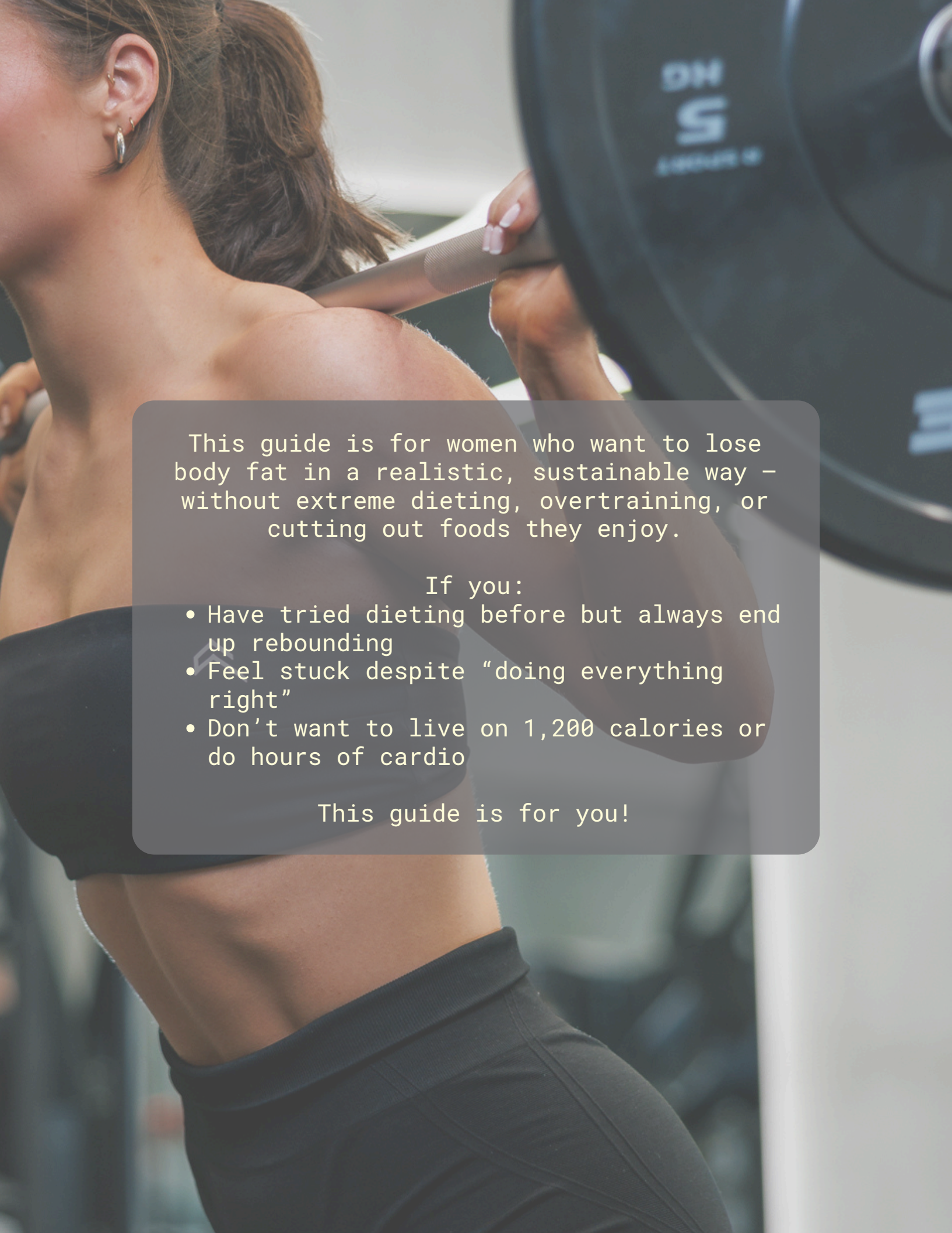


your guide to

# FAT LOSS



A woman with long brown hair tied back, wearing a black sports bra and leggings, is performing a shoulder press with a barbell in a gym. The barbell has a black weight plate with the number '5' visible. The background is slightly blurred, showing other gym equipment.

This guide is for women who want to lose body fat in a realistic, sustainable way – without extreme dieting, overtraining, or cutting out foods they enjoy.

If you:

- Have tried dieting before but always end up rebounding
- Feel stuck despite “doing everything right”
- Don’t want to live on 1,200 calories or do hours of cardio

This guide is for you!

# LET'S GET CLEAR

Fat loss takes time, effort and hard work.  
It is so much more than 'moving more and eating less'

## fat loss **DOES** require

- A calorie deficit
- Daily movement
- Nutritious food (protein is vital)
- Stress management
- Sleep management
- Patience + adherence

## fat loss **DOES NOT** require

- Straving yourself
- Cutting out whole food groups (ie. bread)
- Endless cardio
- 40 supplements
- Everyday to be 100% perfect

# UNDERSTANDING CALORIES

A calorie is simply a unit of energy

Your body uses calories to:

- breathe
- move
- think
- train
- recover

Fat loss happens when you consistently use more energy than you take in over time.  
IE. a calorie deficit

## CALORIE DEFICIT EXPLAINED

Fat loss doesn't come from:

- cutting out all carbs
- skipping meals
- overdoing cardio

**IT COMES FROM:**

Eating slightly less than your body needs or moving more. Ideally we would do **both**



# EATING LESS *VS* EATING SMART

Two meals can have the same calories but very different effects

500 cal of rice, chicken, veg = fuelled, nutritious, satisfied

500 cal of iced lattes and pastries = high in calories and hungry again in an hour

Being smart with calories means eating food that will **FUEL** your body, keep you **FULL** and make you feel **GOOD**.

Calories matter, but food quality affects hunger, energy & consistency.

# THE IMPORTANCE OF PROTEIN



## *Protein :*

- Keeps you fuller for longer
- Supports muscle growth
- Supports hormones
- Good for hair, skin and nails



In a calorie deficit, protein is non-negotiable.

Here is how to calculate how much protein is necessary for YOUR body :

Bodyweight (in kg) x 2.2 = protein goal

70kg x 2.2 = 154g protein

# TRAINING FOR FATLOSS

## WEIGHT TRAINING

Fat loss isn't all about cardio. Lifting weights helps build muscle while losing bodyfat, which will give you the 'toned' look.

3-4 sessions a week is plenty.

Remember, simple is best. It doesn't have to be complicated.

## DAILY MOVEMENT

Daily steps are more beneficial than your HIIT classes.

NEAT (Non-Exercise Activity Thermogenesis) refers to your daily activity, walking, cleaning, shopping, living your life.

To begin, try adding 2k steps on to your current daily step count and increase as you go. The key is to make it do-able and attainable at the beginning.

Start small and work your way up.

# CARDIO

Cardio is a useful tool when it comes to fat loss. It helps increase our energy expenditure without taxing our muscles (outside of the gym).

It is designed to be low intensity (LISS = Low Intensity Steady State) for this reason.

## BEST OPTIONS:

- Incline walking
- Cycling
- Stairmaster

You should be challenged but not to the point where you are out of breath or struggling.

Aim for 30-40 mins a week to begin and increase as the weeks go by.

## the fatloss training formula

- ✓ Lift weights
- ✓ Progress weekly
- ✓ Walk more
- ✓ Use cardio strategically
- ✓ Recover properly

# REST + RECOVERY

A **VERY** overlooked part of fat loss and fitness in general.

Sleep regulates your hunger hormones.

When you don't sleep enough:

- **Ghrelin (hunger) goes up**
- **Leptin (fullness) goes down**

Translation: you're tired, you're hungrier and you're craving sugar.

## WHEN YOU SLEEP WELL:

- You lift heavier
- You have more energy
- You recover faster
- You're less sore

Which means better sessions → better results.



# TRAINING *without* RESTING

Training breaks the body down.  
Recovery is when it rebuilds

## WITHOUT RECOVERY:

- Fat loss slows
- Muscle doesn't grow
- Performance drops

**BETTER SLEEP = BETTER WORKOUTS**

## SLEEP HABITS *to implement*

Aim for 7-9 hours of sleep

Keep a consistent bedtime

Limit screens 60-90 min before bed

Eat enough protein + calories

Take minimum 2 rest days per week





# CONSISTENCY *over* PERFECTION

Your Body Responds to Patterns, Not Single Days

One “off” day doesn’t change your body.

But what you do most of the time does.

## TRYING TO BE PERFECT LEADS TO:

- All-or-nothing thinking
- Guilt when you miss a workout
- Quitting after one bad day

## CONSISTENCY LETS YOU:

- Miss a day and still stay on track
- Adapt instead of giving up

# 4 DAY GYM PLAN

## UPPER BODY (A)

Lat Pull Down (3 x 8-12)

Machine Chest Press (3 x 8-12)

Low Cable Row (3 x 8-12)

DB Lateral Raises (3 x 12-15)

Machine Tricep Dips (3 x 12-15)

Bicep Incline Curl (3 x 12-15)

Leg Raises (3 x 12-15)

## LOWER BODY (A)

Lying Hamstring Curl (3 x 8-12)

Machine Leg Press (3 x 8-12)

DB RDL (3 x 8-12)

Quad Extension (3 x 8-12)

Seated Calf Raise (3 x 12-15)

Crunches (3 x 12-15)

## UPPER BODY (B)

Machine Row (3 x 8-12)

Machine Pec Fly (3 x 8-12)

DB Shoulder Press (3 x 8-12)

Cable Rear Delt Fly (3 x 12-15)

Overhead Tricep Extension (3 x 12-15)

Hammer Curls (3 x 12-15)

Decline Crunch (3 x 12-15)

## LOWER BODY (B)

Abductor Machine (3 x 8-12)

Hip Thrust Machine (3 x 8-12)

Seated Hamstring Curl (3 x 8-12)

Bulgarian Split Squat (3 x 8-12)

Cable Kickback (3 x 12-15)

Rope Ab Crunch (3 x 12-15)

# BUILD YOUR PLATE

*Veg*

2 fist full sized portions

*Protein*

Aim for 25-30g protein per meal



*Carbs*

$\frac{1}{4}$  or  $\frac{1}{3}$  of your plate

*Fats*

1-2 thumb sized portions per meal