



Step 1 Foundation

Learning, adjusting, and rebuilding your foundations.



Love R Bodies

Your Journey to Happiness

Step 2 Formation

Forming good habits, muscle, and nutrition systems.



Step 3 Functionality & Freedom

Functioning beyond weight loss. Freedom to live happily AND healthfully.



Foundation

Weeks 1-6



Fitness

- Core Stability
- Focus on form and proper core engagement
- Low impact cardio
- Body weight resistance paired with some light resistance, and higher repetitions



Nutrition

- Whole food education & incorporation
- Portion sizes & basic food groups
- Ridding the diet of C.R.A.P. (chemicals, refined sugars, artificials, processed foods)
- Effects of alcohol on weight loss
- Eating with macros education



Mindset

- Speaking to yourself in a positive voice
- Importance of goal setting
- Discovering your “why”
- Daily gratitude practice
- Daily self- acknowledgement practice



Formation

Weeks 7-12



Fitness

- Core Strength
- Focus on core engagement throughout wider ranges of motion with compound movements
- Introduction of higher impact cardio options
- Body weight resistance paired with light-medium resistance, and higher repetitions



Nutrition

- Implementing your personalized macro plan
- Meal prepping
- Creating grocery lists
- Meal scheduling
- Incorporation of Flex Meals



Mindset

- Practicing self-love
- Importance of sleep
- Creating a morning routine



Formation

Weeks 13-18



Fitness

- Strength Endurance
- Focus on building lean muscle mass using circuits, supersets, and interval training.
- Higher Impact cardio with low impact options
- Body weight resistance paired with light-medium resistance, and higher repetitions



Nutrition

- Dialing in macro ratios and calorie needs
- Supplements
- Adjusting macros for plateaus
- Knowledge on weight fluctuations



Mindset

- Meditation
- Affirmations
- Mindfulness walking



Functionality & Freedom

Weeks 19-24



Fitness

- Strength Endurance
- Focus on strengthening lean muscle mass using circuits, supersets, and interval training.
- High impact cardio with low impact options
- Light-heavy resistance paired with body weight cardio, and higher repetitions



Nutrition

- Mastering macros
- Introduction to maintenance calories (if applicable)
- Adjusting macro ratios based on physique goals



Mindset

- Importance of recovery
- Building healthy relationships
- Permanent changes





Fitness

- Build and strengthen lean muscle mass to help boost natural metabolism and increase body's functionality.
- Increase cardio vascular health.
- Create a healthy habit and relationship with movement.

Program Goals



Nutrition

- Know how to nourish your body without doubts.
- Understand how diet affects the way you feel and function.
- Know how to enjoy life and stay healthy.
- Know how to adjust macros to fit your needs/wants



Mindset

- Rid your mind of negative self-talk
- Break past limiting beliefs
- Lower stress levels
- Increase authentic happiness

