



**hustle
hard.
recharge.**

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If you are a beginner to weight training, you will likely experience some soreness in the days after exercise. Delayed onset muscle soreness (DOMS) is the name given to the pain you experience after training. You should find that you are sore 24 hours after training, with the worst of the pain occurring at 48 hours. It should improve then. If it doesn't, you have likely trained too hard in the previous session. Please note, DOMS is not a good indicator of the quality of your workout. As you get fitter, you will find the DOMS gets less. This is a good thing. Don't chase the DOMS as it can lead to overtraining and injury.

If you are wanting to improve your body composition (i.e. build muscle and burn fat), the weight training component of the program should be your focus. Be mindful of undertaking too much cardio, especially HIIT as it can interfere in the muscle building process and it can also impede your recovery between sessions. You need to consider what is more important to you - building muscle/improving body composition or improving your cardio fitness and then base your exercise choice on your preference. Remember, it is also completely ok to do things just because you love them. If you love a HIIT class or just doing weights, you should do these. We do encourage you to follow the program as closely as possible as it is designed to help you get the best from both worlds.



Some days you are going to feel flat (women tend to experience this more frequently in the luteal phase of their cycle). If this is the case, lower the intensity of your workout or make it a rest day and try again the next day. Feeling flat is a good indicator of not being fully recovered or needing some rest. Listen to your body. If the flatness continues, consider your diet quality and macros, and possibly getting some blood tests to make sure you are not deficient in any micronutrients (especially iron if you are a woman and still menstruating).

You will notice that our programs do not change a lot and this is on purpose. The best way to increase your muscle mass and strength, is by being able to load the exercise appropriately. The only way to add load safely is through familiarity of a movement. If you do not become proficient at each exercise, then you will never be able to put enough weight on the exercise and you will not achieve the result you want. This is why I believe that changing your program too often can actually be detrimental. In my experience, I have found that most people need to simply become better lifters to get the result they want. The best way to become a better lifter? Do the reps over and over again! Practice, practice, practice.

If you consistency stick at your training and eating for 6 months, the results will be there. You will be a better lifter and you will be stronger with more muscle mass. So stay focused, and be willing to put in the hard work.



About the Programs

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Our programs are all inclusive strength & conditioning programs. Both the at home & gym programs are 5 structured sessions per week, with 3 days of strength training and 2 days of conditioning. We have also included some fun little skills on to learn on Saturdays.

Strength training can be described as exercise that is designed to increase muscle mass and improve muscular strength and endurance. In other words – we are going to lift some weights!

Conditioning can be described as High Intensity Interval Training (HIIT), it is usually short intense periods of exercise with minimal/short recovery periods. In other words – we are going to sweat!

We will have two programs available:

HHR – At Home Program

HHR – Gym Based Program

Both of these programs have beginner to advanced options and both programs can be modified to suit any injuries or conditions.



Common Questions:

1. Can we train at home or do you have access to a gym?

We have both at home programs where you will need minimal equipment. We recommend a set of dumbbells, a resistance band, a booty band and a kettle bell if possible.

2. What level of training experience do you have to have?

Our programs will cater to all levels of fitness. There will be options for beginners to advanced. Each movement can also be scaled back or even made a little harder for each person's training level.

3. I have never exercised before or lifted weights, can I still join the program?

Yes you can still join. Naomi and I will be with you every step of the way.

If you have more specific questions relating to you, feel free to contact us for more information.