



PEPPER HUSTLE

# STRONG & LEAN PROGRAM

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## **PEPPER:/**

**VERB**

*to sprinkle or cover as if with pepper*

## **HUSTLE:/**

**VERB**

*to have the courage, confidence and self belief to go out there and do things to get you closer to the point you want to get to*

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*STRONG & LEAN PROGRAM*

## ARE YOU READY

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Are you ready for 28 days of fun!  
Are you feeling excited about feeling  
STRONG & LEAN.

This program is based on training I do  
with my clients and a deep passion I  
have developed relating to the health  
benefits of strength training.

I want you to feel confident and  
accomplished by the end of this  
program and if you are a beginner I  
want you to feel like you can command  
your training like a boss, whether at  
home or in the gym.

You are going to feel determined,  
focused. You'll doubt yourself, then  
you'll refocus, push through and  
overcome.

You are stronger than you think.

I welcome you into my home to train  
along side me, together, as a team.

*Lynne*

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YOU ARE  
**STRONGER**  
THAN YOU THINK



# PROGRAM OVERVIEW

THIS PROGRAM IS BASED ON 5 WORKOUTS THROUGHOUT THE WEEK INVOLVING STRENGTH WORKOUTS WITH FINISHERS.

EACH WORKOUT TARGETS TOTAL BODY TO HELP BUILD A STRONG BODY WITH EFFICIENCY TO HELP YOU FEEL BOTH STRONG & LEAN

Each workout will be approximately 20-25 minutes long including your warmup and cool down.

The finishers will be an additional element to the workout.

Please feel free to do additional warmup or cool down elements if you feel you want to.

This program is tailored to all levels as it will be the chosen weight that you work with which will determine the intensity of your session.

The workouts are time based so you complete each set at a pace that suits you. Never feel pressured to keep up and always work to your individual energy levels which are guaranteed to fluctuate at times over the course of the program.

I also encourage you to work with whatever weights you have access to.

Especially if you are a beginner, start with what you have and only invest in additional weights if you will use them.

I have chosen to incorporate as many compound movements within each workout as I can.

Squats, Lunges, RDL's, Shoulder Press, Chest Press, Rows and the many variations we can incorporate within these wonderful base note strength training exercises.



# HOW TO GET STARTED

I suggest that you read this guide carefully so you are familiar with the structure of the 28 day program.

Plan how you are going to incorporate your workouts into your week.

- Are you a morning or an evening workout person?
- Will you do your 5 days consecutive or will you have a break in between by spacing them out?

Plan out some cardio that compliments your training.

- I like to walk but you can switch this out for skipping, sprints or whatever other heart raising activity you enjoy doing.
- If you choose to walk but only have 20 minutes, make sure it's a brisk walk!

Have all your equipment ready each day.

Plan your meals and hydration, even if you don't meal prep make sure you know what you're going to be eating throughout the day, including having healthy snacks.

Don't forget to take your first photo at the beginning of the 28 days as this will be used by you throughout the program as a visual to track progress with.

This won't be the only change you feel though. The best will be the strength, the confidence and so much more you will notice as the program progresses.

Prepare yourself to work hard. We are in this together, as a team.



# PROGRAM EQUIPMENT

HAVING AS MUCH TO HAND AS POSSIBLE AT THE BEGINNING OF YOUR TRAINING SESSION WILL HELP SET YOU UP FOR SUCCESS

## ESSENTIAL

- 1 x pair of dumbbells – ideally 2 pairs of dumbbells (one lighter and one heavier)
- 1 x non slip exercise mat
- 1 x bottle of water
- 1 x resistance band
- A towel
- A Sturdy chair for bulgarian split squats which come later in the program

There are some exercises you can switch out to kettlebells or barbell if this allows you to go heavier than the dumbbell set that you have so think about having these in close proximity just in case you want to switch your weight for certain exercises.



# HOW TO GET THE BEST RESULTS

Balance and consistency is key. And, this looks different to each and every one of us.

We are all different.

So, if I was to advise you in anything it would be this:

- Consider your daily activity levels including your steps throughout the week aside from your specific workout.
- Walk during your lunch break at work, cycle to work if you can, swim or go hiking with a friend.

This ALL adds up, your daily activity has the biggest impact so if you feel yourself lounging around or sitting for longer than is desirable think about getting and getting moving.

It is important the you do take your rest days as these help your body recover and repair. Ultimately rest days help improve performance and reduce muscle fatigue.

Your rest day can look like whatever you want it to. Some people enjoy gentle yoga, sort walk or indeed a short cycle, Active recovery is a wonderful way to reduce stress on the body whilst gently moving.

I will provide a finisher for each workout. It is an option. It is simply there to increase the time spent working out and bringing your body to it's end point, especially on days you have more to give. These are generally isolation exercises and may incorporate weights or compound movement depending on what I feel will compliment a particular workout well.

Each training session should be taxing. So please don't hold back.

Once you are comfortable and confident with a certain exercise, then PUSH yourself.

This is the beauty of repetition within your week.

- Day 1 you learn
- Day 2 you improve on what you have learned
- Day 3 you PUSH and PROGRESS

At any time during your 5 days, increase your weights on particular exercises if you have them available. Likewise, at any time you can reduce your weight if you feel your form is compromised as your training session develops.

During the workouts it is important you work within your own pace and ability. Only you will know if you're working to your max throughout.

You will find that if you are using a heavier weight your pace may be slower and vice versa using a lighter weight.

The important thing is to always keep correct form.



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HOW TO  
GET THE BEST  
RESULTS

# PROGRAM SUPPORT



Join your **PRIVATE**, women-only support group on Facebook. You will be inspired and receive support, motivation and lots of useful advice

Group Name: The Pepper Hustlers



Not on Facebook - that's ok! Connect with us on Instagram. Tag us in your stories and use the hashtag:  
#PHAYC

Insta Handle: @ThePepperHustleMethod



Got a specific question or want to discuss something privately - pop us an email.

Email: [info@pepperhustle.com](mailto:info@pepperhustle.com)



# PROGRAM DISCLAIMER

If you are new to exercise or planning on embarking on a new fitness programme, you should consult your physician.

This program may offer health, fitness or nutritional information and is meant for personal & informational purposes only.

Exercise is not without its risks and this or any other exercise program may result in injury. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy or have physical discomfort you should stop immediately and consult a medical professional.

This information is not meant as an alternative to seeking professional medical advice or suggested treatment.

There is no advice relating to prescribing, diagnosing, treating or curing. Please know that performing any exercise or programme is solely at your own risk.

The program cannot and does not guarantee that you will attain a specific or particular result, and you accept the risk that results differ for each individual.

The health, fitness, and nutrition success depends on each individual's background, dedication, desire, and motivation.

As with any health-related program or service, your results may vary, and will be based on many variables, including but not limited to, your individual capacity, life experience, unique health and genetic profile, starting point, expertise, and level of commitment. The information in this exercise guide and nutrition programme should be used in conjunction with the guidance and care of you, the reader's health care provider to determine the appropriateness of the information for your own situation, as it is not taking into consideration an individual's objectives or current situation. Under no circumstances will Pepper Hustle or Lynne Ward be responsible for any loss or damage resulting from your reliance on nutritional or general information given by this guide. By using this program, you agree to these terms.