



PEPPER HUSTLE
ON DEMAND
FITNESS STUDIO

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PEPPER:/

VERB

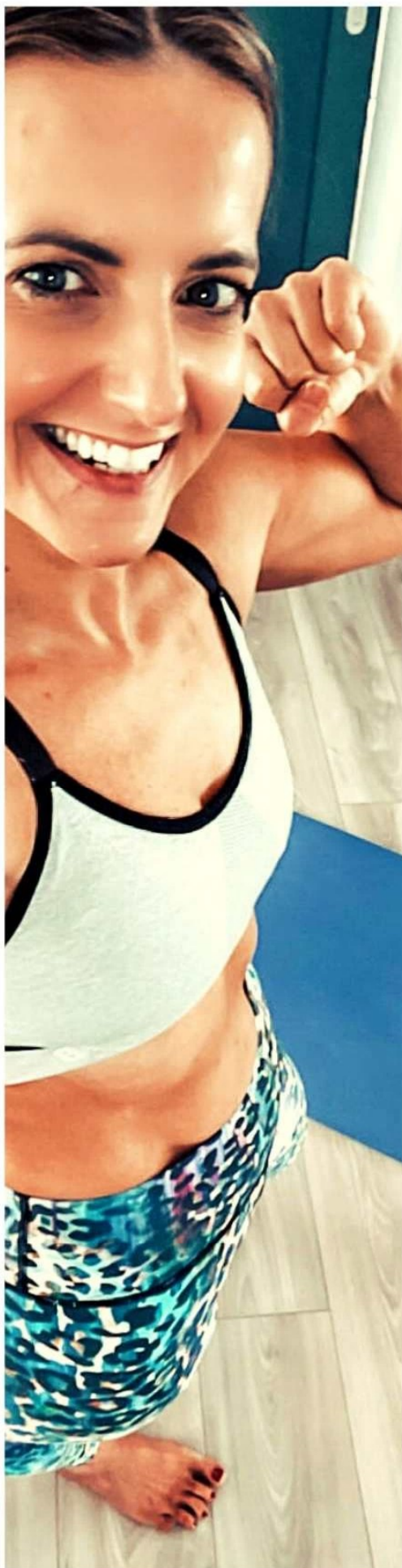
to sprinkle or cover as if with pepper

HUSTLE:/

VERB

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

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WELCOME

This program was created to help you transform your health and fitness in just 20 short minutes a day.

You don't need access to a gym and you don't need any fancy equipment.

I have been working for over 9 years in the fitness industry and have designed these programs with format that have proven results for thousands of clients.

My method is scientifically backed and contrary to what many believe, it is the fastest way to build muscle, confidence and ability with your training platform.

Lynne x



LET'S TALK
TRAINING



Fitness Elements In A Nutshell

- You will choose one workout from Workout Of The Week or another program
 - Workout Of The Week is updated weekly and accessed through the Fitness tab
- Repeat this workout for 5 days with 2 rest days
 - Aim for 3 workout days if 5 is not possible
- On your rest days wlk for 20 minutes outdoors if possible on a treadmill if not.

FLEXIBLE FITNESS Choose Perform Monitor

Each week you will choose a workout - whether it is from Workout Of The Week or Another Program you will follow the same format.

CHOOSE

A Time That Suits You, Morning, Mid Afternoon or Evening. It has to be a time that suits you and doesn't stress you.

PERFORM

The SAME workout for 5 days of the 7, 2 rest days.

You will continue your nutrition and mindset on these days, and partake in gentle exercise like walking.



MONITOR

Your progress throughout the week based on your performance.

Every day you will become more familiar, more confident and stronger in your workout and may find your time decrease towards the end of the week as your stamina increases. This may mean you perform better on your finisher or feel stronger on your strength exercises.

This is a healthy measurable, not the scales.

Learn Improve Progress

Repeating one workout for 5 days allows your muscles to grow and strengthen with repetition. With familiarity comes confidence and improved technique and ability.



THE SCIENCE



Why Do We Repeat The Workout For 5 Days?

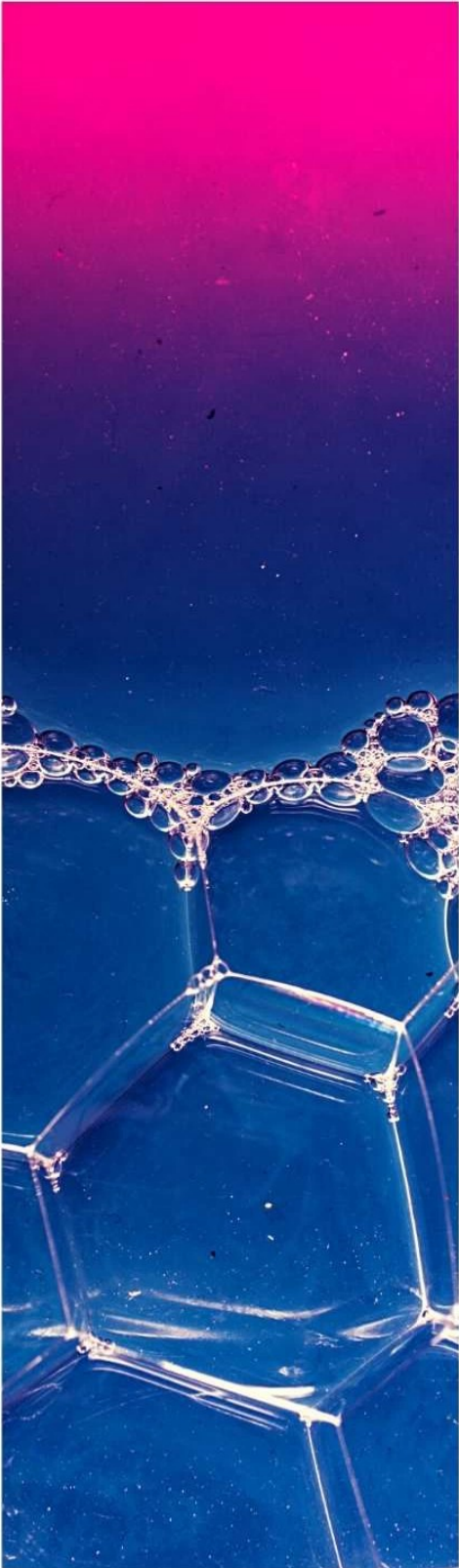
Learn Improve Progress

Throughout the course of the week you will monitor your progress through your performance.

- Day 1: You **Learn** The Workout
- Day 2: You **Improve** On What You Have Learned
- Day 3-5: You Push & **Progress**

THE SCIENCE:

Workouts 5 Days In A Row



Research shows that lifting on consecutive days (~24 hours between sessions) produces similar strength and size adaptations as resting ~48-72 hours between workouts.

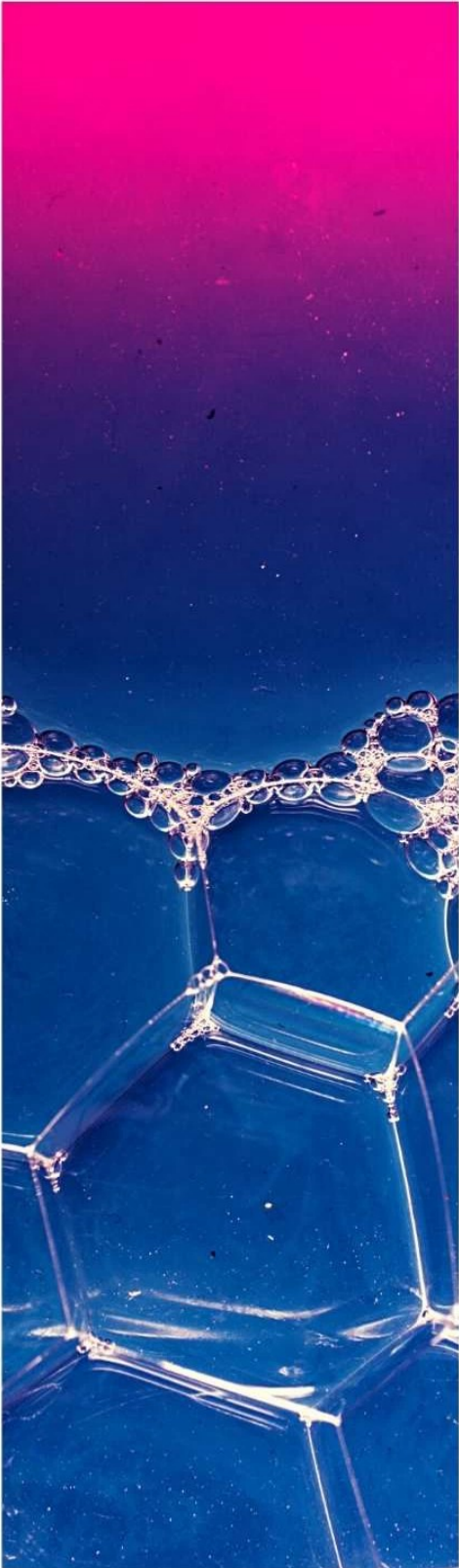
Research also shows that suggest that lifting back-to-back isn't the disastrous idea it's often made out to be. In fact, at least in the short term, consecutive-day training seems to stack up equally against alternate-day training.

Statistical measurements indicate a pretty clear advantage for the higher frequency routine.

Research shows that total-body routines are superior to a one-muscle-per-week split for building muscle. All of the muscles investigated showed greater growth from a higher training frequency.

THE SCIENCE:

Total Body vs Split Training



Subjects significantly increased hypertrophy in the arm and leg muscles. Interestingly enough, muscle mass increased significantly more in the biceps/brachialis for the group performing total body training compared with those in the split routine group.

There was a trend for greater increases in the quads (i.e. vastus lateralis) and the effect size highly favored the total body group.

Another recent paper by Ochi et al. found that training each muscle 3x per week as you do in a full-body split was more effective at improving strength in untrained individuals when compared to lower training frequencies.



WORKOUTS & PROGRAMS



YOUR WORKOUTS

You Have Access To The Following Programs:
Finding Them Under The Fitness Tab.

Workout Of The Week

Taking the work out of it for you, this is designed each week for you to simply choose your workout from without feeling overwhelmed. It will be updated every Friday to prepare you for the incoming week ahead.

HIIT

This is High Intensity Time Based Workouts designed to get your blood pumping! You can choose individual classes or follow the weekly program as set out.

Pyramids

These are full body workouts which utilise rep based sets starting at 10 reps working down the pyramid to 1 rep. You can choose individual classes or follow the weekly program as set out.



PROGRAMS

EMBARK - Beginners

This is the perfect program to start with if you are new or are re-introducing yourself to exercise. It is a 6 week program with time based workouts that allow you to set your own pace.

With 15 minute classes you should have no problem fitting this into your day.

It is recommended you complete the full 6 week program before 'embarking' further



PILATES

It is a dream come true for me to be able to deliver this eight week Pilates course to you.

My journey with Pilates began over 10 years ago, when I realized how powerful the practice of Pilates was for both the body and subsequently the mind.

This led me to become a fully qualified instructor so I could add Pilates to my repertoire of classes to help people who really needed to feel the benefits of a strong body for their everyday living.

To me Pilates is a miracle practice that everyone should schedule as part of their weekly routine.

The studies I have performed delivering Pilates to clients with rehabilitation needs have not only blown me away but also my clients who never believed they could feel better.

This includes a vast array of clients suffering from a vast array of illnesses and ailments. From cancer recovery, spinal issues, multiple sclerosis, stroke and much much more.

I have yet to meet one person who's life hasn't improved when training within the Pilates method of exercise.

What Is Pilates?

Pilates is a method of exercise and physical movement that stretches strengthens and balances the body. These exercises coupled with focused breathing patterns Pilates is proven invaluable both within fitness sports and physical rehabilitation of all kinds.

Practiced faithfully, Pilates yields numerous benefits.

- increased lung capacity and circulation of blood
- increased strength and flexibility
- increased coordination
- improved posture
- improved balance
- improved core strength
- increased bone density and joint health



PROGRAMS

STRONGER - WEIGHTS BASED

This weights based program is amazing and although filmed with a barbell can be done using dumbbells or kettlebells is this is what you have access to.

You can choose individual classes or follow the weekly program as set out

BOUNCE - REBOUNDING

This mini-trampoline based program give you the high of a super energetic workout without the impact! It's fun filled and great for your health!

You can choose individual classes or follow the weekly program as set out - this program includes HIIT based classes also!

CHALLENGES

We run challenges throughout the year

BUT!

You also have access to a few challenges that are permanently available:

Dumbbells
Body Weight

Can be found under the challenges option and you will see these are accompanied with full nutrition plans and wellness elements

Challenges run either on a 21 or 28 day schedule.



HOW TO GET
THE BEST
RESULTS



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.

It's very important that you stick to the same workouts for 5 days per week, as this allows you to use the numbers from the previous sessions as a benchmark. Next to that, it gives you the time needed to develop skills to perform the exercises

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 efforts on particular exercises if you can. Likewise, at any time you can reduce your efforts 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. .

The important thing is to always keep correct form.

A photograph of a wooden desk with a smartphone, a striped tumbler, and a green dumbbell. The text 'HOW TO GET THE BEST RESULTS' is overlaid in white, bold, sans-serif font. A small white horizontal line is positioned above the word 'HOW'.

HOW TO
GET THE BEST
RESULTS

TRACKING YOUR PROGRESS

Keeping track of your progress is one of the most undeniable factors in ensuring you continue to go in the right direction.

My favourite way to track progress is this:

Progress Photos: take a photo at the beginning of your journey and then fortnightly as you go through. Why? Because on the days you feel you aren't making progress these photos will show you that you are.



21 DAY TRANSFORMATION

Next up will be body measurements.

With a good old fashioned tape measure and pen to paper. I have provided a template on the next page that you can download and use to track your measurements bi-weekly. Take your starting measurements now and repeat every 2 weeks.

Don't forget things like better sleep, more energy, good mood and more are also signs that you are going in the right direction.

Tracking progress with your training will leave you feeling so empowered!

We don't want to be members of the quick fix brigade any longer. We are the change we want to see.

Anything that is worth having takes time to achieve and stick around longer.

Every small step yields big results over time.

Measurement Tracker

Date: / /

The diagram shows a green outline of a human figure. Seven horizontal lines with dots at the ends point to specific measurement locations on the figure. Each line is associated with a label and an empty rectangular input box. The labels and boxes are arranged as follows:

- Chest:** Line points to the upper chest. Input box on the left.
- Arm:** Line points to the upper arm. Input box on the right.
- Waist:** Line points to the waist. Input box on the right.
- Hips:** Line points to the hips. Input box on the left.
- Thigh:** Line points to the thigh. Input box on the right.
- Calf:** Line points to the calf. Input box on the left.
- Weight:** A single line points to a large input box at the bottom center.

THINGS TO REMEMBER

- Breathe When engaging your core
- Aim for full range of motion
- Focus on quality over quantity
- Stay hydrated
- Warm up and cool down
- Adjust your training to your energy levels
- Track your progress

You will:

- Skip workouts because you forget to adjust your training plan to your busy schedule
- Eat more than you should but this will settle down
- Be tempted to skip your warm up or cool down but please don't
- Feel unmotivated at times but you will find a way to move your body anyway



THE MOST IMPORTANT...

It is really important that you prioritise form and technique over speed.

Don't ever be afraid to go a little slower for the first few reps if it makes you more comfortable in the movement.

I recommend you become intentional about your workouts and activate your mind to muscle connection throughout.

This will improve your performance and benefit your training greatly.

Support & Community



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