

PH PEPPER HUSTLE

BY LYNNE WARD



PROGRAM GUIDE

PEPPERHUSTLEONDEMAND.COM

“

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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BREATHE AND
REMEMBER
WHO YOU WANT TO BE

BODY BLAST 28 DAY PROGRAM

LET'S DO THIS

Are you ready for 28 days of fun!

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.

Where I will show you, you don't need a lot in order to get fit.

Lynne

BEFORE YOU BEGIN

This guide is aimed at healthy, sustainable fat loss. In order to maintain these changes you need to develop healthy habits that become part of your every day living.

Instead of fixation on a number on the scales or a dress size, give yourself the opportunity to do things a little differently this time around.

Focus on how you want to FEEL.
Who do you want to BECOME.

You want to walk away from this program confident in your skin.
Confident in your knowledge and knowing that you can and will succeed well past the 28 day program.

It's really helpful to create a good environment for yourself. One that supports rather than hinders your journey.

If you want to eat better but have cupboards full of junk...well...it's going to be harder to avoid the snacks.

If you don't have your workout clothes handy or equipment set out, it's easier to skip your workout.

Create a space that reinforces your intentions and watch yourself soar.

*When a flower
doesn't bloom, you fix
the environment in
which it grows, not
the flower*

Alexander Den Heijer





— 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 complements 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.

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.

Finally, as this is a strength based program you will also measure progress over your 5 training days and your overall 28 days of the program.

Are you able to lift heavier on day 5 vs day 1 and are you progressing in confidence and feel good as the challenge progresses!

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!

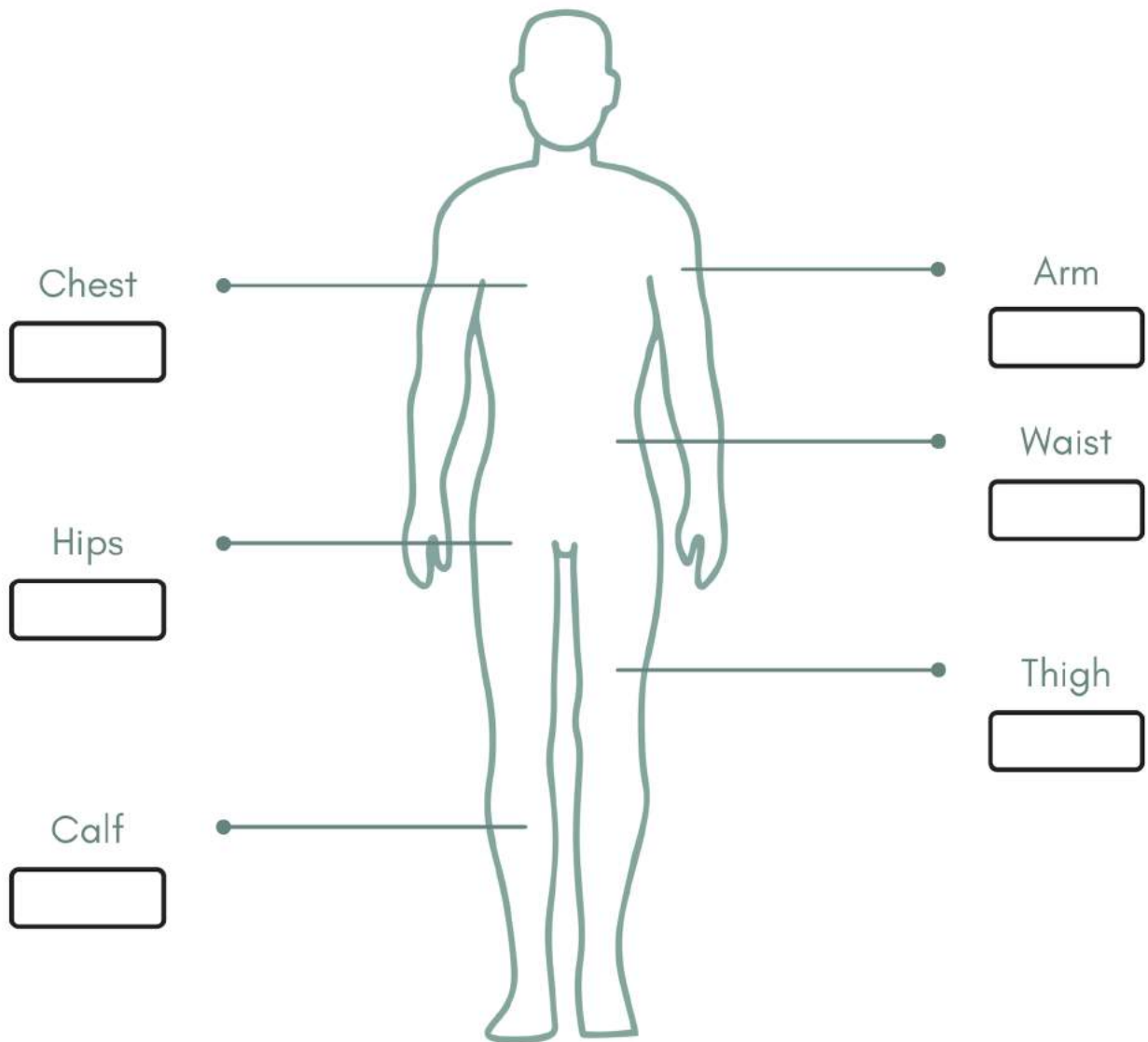
We don't want to be members of the quick fix brigade any longer. We are the change we want to see.

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

Every small step yields big results over time.

Measurement Tracker

Date: / /



Weight:

PROGRESS TRACKER

PROGRAM

EXERCISE

WEIGHT PROGRESSION: KG/LBS

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EQUIPMENT NEEDED

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

But for some exercises, we're using a light or a heavy pair of dumbbells as a form of resistance. If you don't have dumbbells, you can also use something else that's easy to hold and has the right weight.

Make sure to listen to your body and evaluate your form before adding weight.

If you're looking to purchase some dumbbells, get a pair that allows you to do exercises as lateral raises (around ten reps). This is usually a pair between one to four kg (or 2-10 lbs).

Additionally, get one pair that allows you to do exercises as the dumbbell shoulder press (around ten reps). This is usually a pair between 5 and 10 kg (or 11-22 lbs).

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 assistance if you need it

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 incase you want to switch your weight for certain exercises.



LET'S TALK
TRAINING

FORM & TECHNIQUE

Anyone who knows me and certainly anyone who has ever been trained by me knows that I am a total stickler for form and technique.

It is better to do one good rep than 10 bad reps.

Why is form so important?

The number one reason is injury prevention. If you ignore form and technique you are increasing the chances of hurting yourself which will be painful, uncomfortable and frustrating as your training will need to be put on hold while you recover.

Good form allows you to lift or perform and exercise through your complete range of movement whilst adhering to the movement pattern of a specific exercise. It's the ability to control the tempo and not use momentum when applicable.

When you go through your training always be mindful when increasing your weights.

I'd rather see you stay at a specific weight and perform an exercise correctly than for you to increase your weight and suddenly all form and technique goes out the window.

If you cannot maintain good form, your weights are too heavy. Take your time to perfect before increasing weight as this will lead to better gains down the line. There's no rush.

Check your form, workout in front of a mirror or remind yourself of the cues given.



LET'S TALK TRAINING

THIS PROGRAM IS BASED ON 5 WORKOUTS THROUGHOUT THE WEEK
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.

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.

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



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.

If Finishers Are Provided: . 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.

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 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.

HOW TO
GET THE BEST
RESULTS





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.

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



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.

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