

BODIES  
by Rachel

BIKINI,  
BOOTY  
SHRED  
+  
*are back!*



# Thank you

FOR DOWNLOADING MY  
FREE EBOOK, AND  
WELCOME TO TEAM BBR!

My mission is simple; to create the ultimate environment for females to transform and unlock the happiest, healthiest, and most confident versions of themselves. There is no better time than right now to take control of your fitness journey and achieve your goals!

My BBR Challenges have helped thousands of women from across the globe to completely change their lives (and mine too!). This year, I've created a brand new Challenge like never before, and this eBook will let you know exactly what I've created for you!

BUILD YOUR CHALLENGE IS BACK! My 6 Week Booty, Shred and Bikini Body Challenges have been my most popular to date, and they are back like never before! With all new updates + features, you are now able to create the perfect Challenge based on your preferences and goals.

Whether your goal is to shred unwanted body fat + lose weight, sculpt lean legs + grow your glutes, or create a bikini body with a small waist and hourglass figure - I've got you covered! I'm so excited to share this Challenge with you!



# How To BUILD YOUR CHALLENGE

THE MOST EFFECTIVE WAY TO ACHIEVE THE RESULTS YOU DESIRE IS TO DEFINE YOUR GOAL, AND FOLLOW A PROGRAM THAT SPECIALISES IN ACHIEVING IT. THAT'S EXACTLY WHAT I'VE CREATED WITH THIS CHALLENGE! YOU GET TO SELECT YOUR GOALS AND PREFERENCES, AND FOLLOW A 6 WEEK PROGRAM THAT IS CREATED TO HELP YOU SUCCEED.

## STEP 1 - CHOOSE YOUR GOAL

Select between Team Booty, Team Shred, or the infamous Team Bikini!

## STEP 2 - CHOOSE YOUR NUTRITION

Access your choice of Macros and a Meal Guide, outlining exactly what you need to eat on a daily basis! I cater for all restrictions (Vegan, Vegetarian, Gluten Free, Red Meat Free, Lactose, Dairy Free etc) + you have the power to consume the foods that you prefer!

## STEP 3 - CHOOSE YOUR ROUND

Challenge. If you're returning to continue with BBR from a previous Challenge, Round 2 is for you! I have also included a brand new BIKINI 3.0, with a new option to select Round 3 for Bikini. This is only for ladies who have completed Bikini Round 2 already! You're going to LOVE this!

# The App

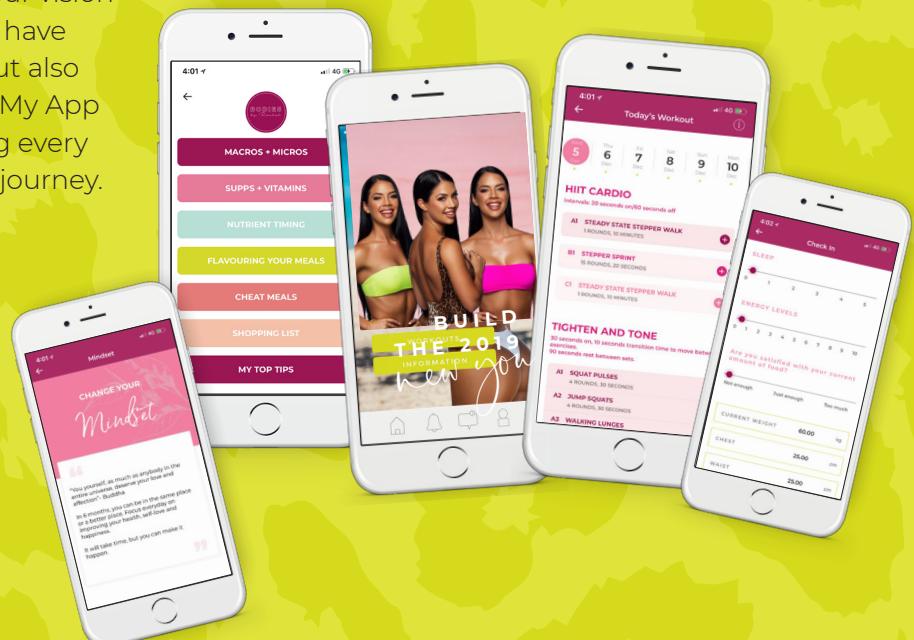
**HEALTH AND FITNESS COMPLETELY CHANGED MY LIFE. MY DREAM HAS ALWAYS BEEN TO HELP AS MANY WOMEN AS POSSIBLE TO CHANGE THEIRS TOO. OVER THE PAST 12 MONTHS, BBR HAS GROWN AND HELPED THOUSANDS OF WOMEN DO EXACTLY THAT!**

I am constantly striving to improve BBR's products and services, and give you the best possible experience to help reach your goals. Thanks to the support of the BBR community, I have now had the opportunity to create my dream App. This isn't just any old App. I haven't partnered with a big corporation or big business to do this. I have poured my heart and soul into designing this App from the ground up.

My BBR Team and I have spent countless nights, weekends, and early mornings turning our vision into a reality. It incorporates everything I have learned from training not only myself, but also thousands of women around the world. My App provides the full BBR experience, sharing every single tool you need to succeed on your journey.

My BBR App is one of my proudest achievements! This is the ultimate App to give my BBR girls the best possible experience for their Challenges. My BBR App includes your entire program, giving you access to;

- For the very first time, you will gain access to both Home AND Gym workouts!
- A brand new Recipe Book in the BBR App!
- -An update Food Swap Tool for you!
- Video demonstrations + instructions for every exercise
- NEW exercise tutorials on how to perform the more complicated exercises
- A playable workout feature + timer so you can workout with me!
- An interactive meal guide + food swap tool to allow you to eat the foods you prefer
- Daily mindset quotes + activities
- Information on every part of your journey, to educate you as you progress through each stage of the Challenge.
- Tracking features to monitor your progress as your body changes
- Much, much more!



# HOW DOES THE CHALLENGE WORK?

This Challenge officially begins on March 18th! As with all my BBR Challenges, I am only taking a limited number of clients and places will reach capacity. If you're ready to commit to creating your dream body in a way that is both ENJOYABLE and SUSTAINABLE - this is the Challenge for you!

Once you register and confirm your place, you will receive access to the BBR App + tips on how to prepare for your Challenge. Via the App, you will submit your personal information to me, allowing me to create your Challenge. You will then receive your Nutrition Guide and full access to the App, sharing all the tools you need to succeed on your journey!

What will it be?

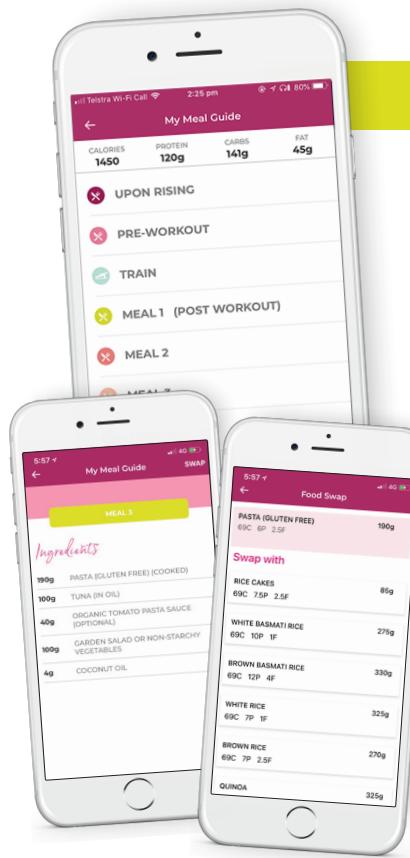


SHRED . BOOTY . BIKINI

# MY MEAL GUIDE/ MY MACROS

## THE GIRLS AND I HAVE COMPLETELY DESIGNED AND BUILT THE APP FROM THE GROUND UP.

It has been a challenging, but rewarding experience – and we wanted to do it this way so that the app was EXACTLY what we need to service our girls. No one knows what our girls need better than US! I wanted to quickly go over a few of the features of the App, so you can get a feel for what's in store!

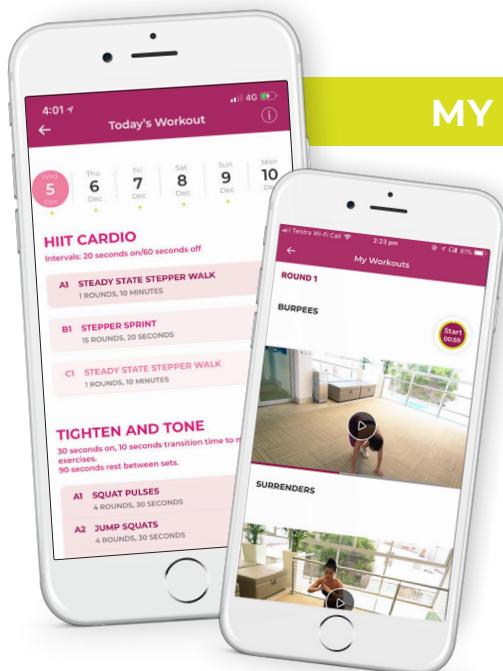


## MY MEAL GUIDE

This is arguably the most exciting and diverse part of our new App. Our brand new Meal Guide function allows you to easily view and understand our nutritional recommendations. Not only will you receive a meal-by-meal overview, you will also receive a Shopping List to make it even easier for you to shop for your ingredients.

## NEW FEATURE ALERT!

I have also built a Food Swap tool to help you make the changes you desire to your meal guide! If you're looking for variety, simply enter your recommended food into the Food Swap tool, and the App will suggest alternative foods with the same macronutrient value. Eating right has never been so easy. You're going to love this!



## MY WORKOUTS

For the very first time, you will gain access to both Home AND Gym workouts! You'll receive your workout for each day, clearly laid out ready to go. You can watch me demonstrate each exercise if you're unsure and time your workout using our in-app timer!



## MINDSET

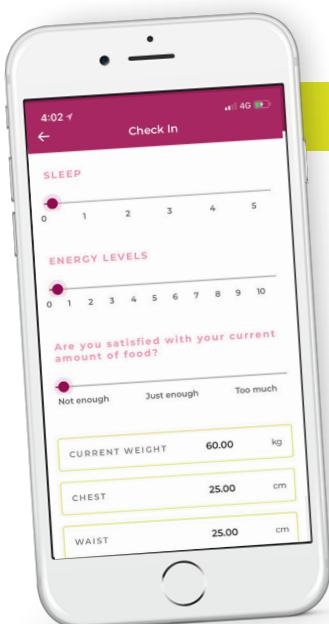
Feeling a little flat? Wondering, "what would Rachel do?" #WWRD

From the homepage you can navigate to the MINDSET tab, where you will find a different piece of advice and motivation – something different EVERY DAY.



## MY TRACKERS

The MY TRACKERS area allows you to track your progress weekly. Each week you will be able to update your measurements! In MY TRACKERS we will store your measurements and weight, with easy to read graph results so you can view your results and bask in your own glory!



## MY PROGRESS PICS

Welcome to your own personal transformation gallery. MY PROGRESS PICS will store all of your pics – your initial questionnaire pics, your check in pics – plus there's a library section where you can upload your favourite selfies when you catch the booty lookin' thick in the mirror.

Share your favourite pics here, so we can check them out and be as proud of you as you are!

# Shred

ARE YOU WANTING TO SHRED BODY FAT? DO YOU  
WANT TO FEEL LEAN  
AND TIGHT? DO YOU WANT TO ACHIEVE A TOTAL  
BODY TRANSFORMATION?

## WELCOME TO TEAM SHRED!

Prepare yourself for 6 weeks of heart rate raising circuits, specifically designed to put your calorie burn into overdrive. Paired with resistance workouts and an interactive meal guide – my 6 Week Shred is the answer to your fat loss prayers.

### TEAM SHRED IS FOR YOU IF:

- You are looking to shred unwanted body fat
- You are short for time
- You love HIIT training
- You want to achieve great results without complex gym machines
- You are looking to tighten and tone
- You have tried everything and still cannot get rid of that stubborn fat

### WHAT'S REQUIRED?

The Shred Challenge does recommend having a Gym membership, but only requires access to a limited amount of equipment, no complex gym machines. These include:

- Barbell
- Dumbbells
- Skipping Rope
- Resistance Bands
- Booty Bands
- Ankle Weights

Purchase from  
my website  
[bodiesbyrachel.com.au](http://bodiesbyrachel.com.au)

### THE TRAINING SPLIT INCLUDES:

- Full body HIIT circuits for fat loss and toning
- Purely weighted upper and lower body sessions to sculpt your body
- Cardio options

NOTE: YOU MUST COMPLETE ROUND 1  
BEFORE CONTINUING TO ROUND 2!

# Booty

ARE YOU LOOKING TO SCULPT TONED LEGS + GROW YOUR BOOTY?

## WELCOME TO TEAM BOOTY!

For a lot of women, their lower body is their “problem area” – and that's where this challenge really comes into play. If you choose this Challenge, you better be ready to work! This challenge is not for the faint hearted. You will be focusing a lot on building and sculpting your glutes and legs, alongside a combination of upper body and HIIT workouts, specifically designed to work on your lower body, and achieve maximum results – FAST!

### TEAM BOOTY IS FOR YOU IF:

- You want bigger glutes
- You love lifting weights
- You want to sculpt and tone your legs and glutes
- You want to build muscle without gaining too much fat
- Have tried everything and are still struggling to grow your glutes

### WHAT'S REQUIRED?

This Challenge is now available in both Gym and Home options. Please see below the equipment needed.

#### GYM

- Well equipped Gym
- Booty Bands
- Cotton Band
- Ankle Weights
- Barbell Pad
- Ankle Strap

#### HOME

- Dumbbells
- Skipping Rope
- Resistance Bands
- Booty Bands
- Cotton Band
- Ankle Weights
- Exercise Ball

bodiesbyrachel.com.au

NOTE: YOU MUST COMPLETE ROUND 1  
BEFORE CONTINUING TO ROUND 2!

### THE TRAINING SPLIT INCLUDES:

- Weighted HIIT sessions for fat burning
- Plyometric movements to sculpt lean legs
- Muscle specific splits for muscle growth (e.g. glutes, quads)
- Cardio options



## ARE YOU READY TO CREATE YOUR DREAM BIKINI BODY? DO YOU WANT TO AN HOURGLASS SHAPE? JOIN ME IN TEAM BIKINI!

My 6 Week Bikini Challenge is my most popular BBR Program to date! I SIMPLY LOVE THIS PROGRAM SO MUCH! My goal has always been to create a toned feminine shape, with a small waist, perky booty and hourglass figure. My Bikini Challenge has helped me to build my physique, and I would love to help you build yours too! To sculpt your Bikini Body, we will focus on three areas:

1. Waist and Core
2. Legs and Booty
3. Shoulders and Back

### TEAM BIKINI IS FOR YOU IF:

- You want to sculpt an hourglass figure
- You want to experience a variety of challenging workouts
- You want to experience life changing results

### WHAT'S REQUIRED?

This Challenge is now available in both Gym and Home options. Please see below the equipment needed.

#### GYM

- Well equipped gym
- Booty Bands
- Ankle Weights
- Barbell Pad
- Ankle Strap

#### HOME

- Dumbbells
- Skipping Rope
- Booty Bands
- Ankle Weights
- Resistance Bands
- Exercise Ball
- Skipping Rope

*Purchase from  
my website*

[bodiesbyrachel.com.au](http://bodiesbyrachel.com.au)

### THE TRAINING SPLIT INCLUDES:

- Resistance / strength training to sculpt definition
- Core training and stability work
- Sculpting and shaping glute workouts
- HIIT workouts for fat burning
- Cardio options

EACH CHALLENGE IS AVAILABLE WITH HOME OR GYM WORKOUTS! I'M PUTTING THE POWER IN YOUR HANDS, ALLOWING YOU TO BUILD THE NEW YOU AND MAKE 2019 YOUR YEAR!

**NOTE: YOU MUST COMPLETE ROUND 1 BEFORE CONTINUING TO ROUND 2!**

# A FULL WEEK OF WORKOUTS

*for you to try*

Here I have put together a week of workouts from my challenges, so you can try them all and see which one is your favourite style of training!

## MONDAY: GLUTES WEIGHTED

#TEAM BOOTY

ACTIVATION CIRCUIT

VIMEO EXERCISE DEMONSTRATIONS: <https://vimeo.com/album/5609928>

30 seconds on, 10 seconds transition time to move between exercises.  
60 seconds rest after each round.

SET	SETS	REPS/TIME	EXERCISE
A1	2	30 SECONDS	CABLE KICK BACKS
A2	2	30 SECONDS E/L	COTTON BAND ABDUCTORS

## GLUTES

Move quickly between exercises in supersets (A1, A2 etc) and have no longer than 90 seconds' rest between sets.

SET	SETS	REPS/ TIME	EXERCISE	TEMPO
A1	3	10 E/L	STEP UP HOPS	-
A2	3	10 E/L	SMITH MACHINE CURTSY LUNGES	2020
B1	3	12	FROG GLUTE HYPEREXTENSIONS	2020
B2	3	12	SMITH MACHINE SUMO SQUATS	2020
C1	3	10 E/L	DUMBBELL WALKING LUNGES	2020
C2	3	12	BARBELL HIP THRUSTS 1 1/4	2220

## FINISHER

SET	SETS	REPS/ TIME	EXERCISE
A1	3	30 SECONDS	COTTON BAND SLED PUSH

## TUESDAY: FULL BODY WEIGHTED

#TEAM BIKINI

### ACTIVATION CIRCUIT

VIMEO EXERCISE DEMONSTRATIONS: <https://vimeo.com/album/5609929>

Move quickly between exercises in supersets (A1, A2 etc.) and have no longer than 90 seconds rest between sets.

SET	SETS	REPS/ TIME	EXERCISE	TEMPO
A1	4	15	DUMBBELL SQUAT HEEL/JUMP COMBO	-
A2	4	12 E/A	BARBELL SPLIT SQUATS	2020
B1	4	15	DUMBBELL SQUARE WALKS	-
B2	4	15	LAYING HAMSTRING CURL	2120
C1	4	12 E/L	DUMBBELL SINGLE ROMANIAN DEADLIFTS	2020
C2	4	15	REVERSE HYPER EXTENSIONS	2120

## WEDNESDAY: UPPER BODY WEIGHTED

#TEAM SHRED

### ACTIVATION CIRCUIT

VIMEO EXERCISE DEMONSTRATIONS: <https://vimeo.com/album/5609931>

Move quickly between exercises in supersets (A1, A2 etc) and have no longer than 40 seconds' rest between sets.

SET	SETS	REPS/TIME	EXERCISE	TEMPO
A1	4	12	DUMBBELL OVER HEAD TRICEP EXTENSIONS	2020
A2	4	12	TRICEP DIPS	2020
B1	4	12 E/A	DUMBBELL RENEGADE ROWS	2020
B2	4	12	DUMBBELL BENT OVER ROWS	2020
C1	4	12	DUMBBELL LATERAL RAISES	1110
C2	4	12	DUMBBELL FRONT RAISES	1110
C3	4	12	DUMBBELL REVERSE FLYES	1110
C4	4	12	DUMBBELL SHOULDER BOMBS	1010

# THURSDAY: QUADS AND HAMSTRINGS WEIGHTED

## #TEAM BOOTY

### ACTIVATION CIRCUIT

VIMEO EXERCISE DEMONSTRATIONS: <https://vimeo.com/album/5609932>

30 seconds on, 10 seconds transition time to move between exercises.

60 seconds rest after each round.

SET	SETS	REPS/TIME	EXERCISE
A1	2	30 SECONDS E/L	BANDED LOW SIDE STEPS
A2	2	30 SECONDS	BANDED DEEP SQUATS

### QUADS AND HAMSTRINGS WEIGHTED

Move quickly between exercises in triple sets (A1, A2, A3 etc) and have no longer than 90 seconds' rest between sets.

SET	SETS	REPS/TIME	EXERCISE	TEMPO
A1	3	12	BARBELL ROMANIAN DEADLIFTS	3020
A2	3	10 E/L	DUMBBELL SINGLE LEG ROMANIAN DEADLIFTS	2020
A3	3	12	LAYING HAMSTRING CURLS	2020
B1	3	8,10,12	LEG EXTENSIONS	2020
B2	3	10 E/L	BARBELL STEP UPS	2020
B3	3	10 E/L	BARBELL WALKING LUNGES	2020

### FINISHER

SET	SETS	REPS/TIME	EXERCISE
A1	3	30 SECONDS	POP SQUATS

# **FRIDAY: SCULPTING & CORE STRENGTH AND STABILITY**

**#TEAM BIKINI**

## **ACTIVATION CIRCUIT**

VIMEO EXERCISE DEMONSTRATIONS: <https://vimeo.com/album/5609933>

You will complete all exercises on your left leg then rest. Next you will repeat the same on your right leg.

This is one set. You will complete 4 sets on each leg. 60 seconds rest after each set.

<b>SET</b>	<b>SETS</b>	<b>REPS/TIME</b>	<b>EXERCISE</b>
A1	3	30 SECONDS E/L	ANKLE WEIGHT KICKBACKS
A2	3	30 SECONDS E/L	ANKLE WEIGHT KICKBACKS PULSES
A3	3	30 SECONDS E/L	ANKLE WEIGHT LAYING LATERAL RAISES
A4	3	30 SECONDS E/L	ANKLE WEIGHT LAYING LATERAL RAISE PULSES
A5	3	30 SECONDS E/L	ANKLE WEIGHT DONKEY KICKS
A6	3	30 SECONDS E/L	ANKLE WEIGHT DONKEY KICK PULSES
A7	3	30 SECONDS E/L	ANKLE WEIGHT FIRE HYDRANTS
A8	3	30 SECONDS E/L	ANKLE WEIGHT FIRE HYDRANTS PULSES
A9	3	30 SECONDS E/L	ANKLE WEIGHT SQUAT KICKS
A10	3	30 SECONDS E/L	ANKLE WEIGHT SQUAT PULSES

## **CORE STRENGTH AND STABILITY**

30 seconds on, 10 seconds transition time to move between exercises.

90 seconds rest after each set.

<b>SET</b>	<b>SETS</b>	<b>REPS/TIME</b>	<b>EXERCISE</b>
A1	3	30 SECONDS	PLANK TAPS
A2	3	30 SECONDS	VACUUMS
A3	3	30 SECONDS E/S	SIDE PLANK
A4	3	30 SECONDS	TOE TAPS
A5	3	30 SECONDS	SHOULDER TAPS
A6	3	30 SECONDS	PLANK RAISES
A7	3	30 SECONDS	BICYCLES
A8	3	30 SECONDS	PLANK ROCKS
A9	3	30 SECONDS	REVERSE CRUNCHES
A10	3	30 SECONDS	ROTATED PLANK

# SATURDAY: FULL BODY HIIT CIRCUIT

## #TEAM SHRED

### ACTIVATION CIRCUIT

VIMEO EXERCISE DEMONSTRATIONS: <https://vimeo.com/album/5609934>

40 seconds on, 10 seconds transition time to move between exercises.

60 seconds rest after each round.

SET	SETS	REPS/TIME	EXERCISE
A1	4	40 SECONDS	BURPEES
A2	4	40 SECONDS	BARBELL PUSH PRESS
A3	4	40 SECONDS	FROG JUMPS
A4	4	40 SECONDS	MED BALL SLAM BURPEES
A5	4	40 SECONDS	BARBELL BENT OVER ROWS
A6	4	40 SECONDS	JUMPING LUNGES
A7	4	40 SECONDS	BARBELL UPRIGHT ROWS
A8	4	40 SECONDS	SURRENDERS

# All about eating

## FIND OUT WHY MY LADIES LOVE MY NUTRITION METHODS!

In order to make the changes you desire we desire in 6 weeks, there is no denying the importance of effective nutrition! I believe in SIMPLE, ENJOYABLE and CONSISTENT eating. Food is fuel for our bodies, not a reward!

As part of your Challenge, you will receive your choice of Macros, or Macros and a Meal Guide that shares everything you need to know when it comes to nutrition. This includes, what to eat, how much to eat, and when to eat it! Eating right has never been so simple!

I've included an examples of my favourite recipe below, to give you an indication of some similar meals that you can expect to see!

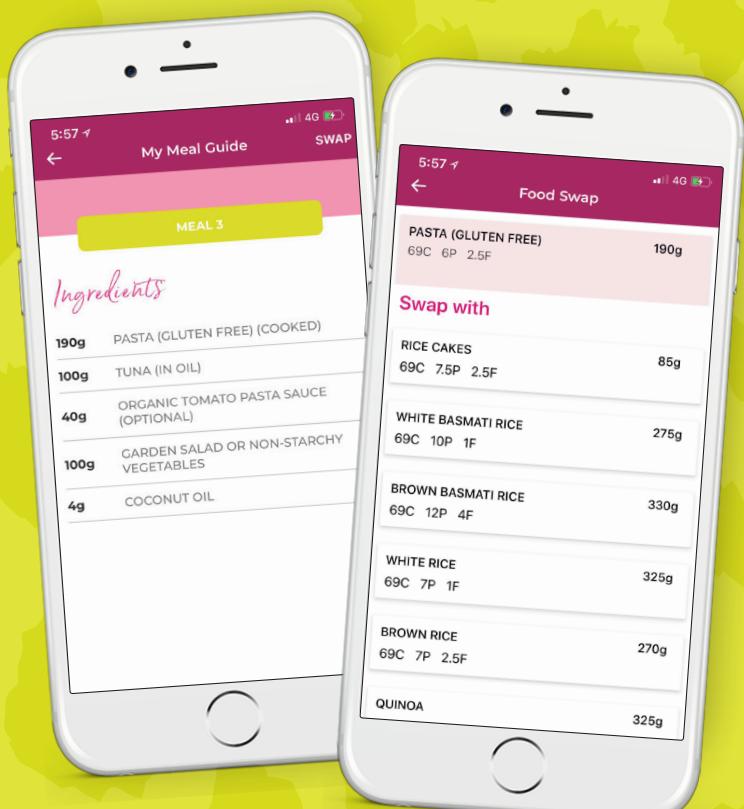
### PROTEIN PASTA

#### Ingredients

- Pasta of choice
- Carrot
- Zucchini
- Onion
- Pasta Sauce
- Spices
- Protein of Choice

#### Directions

1. Cook pasta according to the directions. Once cooked, drain the pasta and place it back in the pot.
2. Chop up all your non starchy vegetables and fry in a pan.
3. Once vegetables are cooked, add your pasta sauce and spices and continue to stir.
4. Then add your cooked choice of protein.
5. Finally add your pasta to the pan and serve.



# TRANSFORMATIONS + TESTIMONIALS

Bikini



I want to thank you all from the bottom of my heart for providing such a challenging, but positively life-changing workout/ healthy lifestyle regime. I truly loved being apart of your BBR team, and I am so thrilled to be apart of the next 21 day train

like me challenge. Again, thank you so very much for helping get my healthy & fit lifestyle back on track.

Thank you again!  
**ALEXANDRA WEBSTER**



I went from 210lbs to 183.4lbs in 6 weeks. I haven't measured anything else but I know I've lost at least 3 inches in waist (from 35inches to 32inches) because I tried on a dress 2 sizes smaller than I was before. This is huge for me. It was very hard to not compare my body to the other BBR babes and their amazing results, but like you said, we are all different. And I can't be more proud of what I can do in only 6

weeks. In my youth, I was a competitive Olympic weightlifter, so for years I just thought, "Well, this is how my body just looks." Booty challenge is next! Thank you for providing me the tools to help change how I see myself and to live more healthily. BBR babe for life!!

**SYLVIA MADUENO**



Firstly, I'd like to thank you for putting together this amazing challenge! I love the app, it was so easy to use and follow, and always kept me motivated with daily quotes and regular blogs.

I requested the vegan plan and the food was so delicious & easy to prep! I looked forward to eating & prepping my meals. Being on the go and busy with work I found that everything about this challenge suited my life style.

The workouts were sooooo TOUGH!! I believe this is the hardest I've ever trained and longest I have stuck to a routine. Taking my after pictures was a shock I can see how much progress I have gained and I can't wait to continue reaching my dream body!! I have signed up for the 21 train like me challenge!! I can't wait to continue my progress and see what I can do

Thank you Rachel! You are truly an inspiration and I admire you greatly!! You are an amazing women & I can't wait to see you smash the worlds!! xxx

- STEPHANIE S

I just wanted to say a huuuge thank you to you all for all the effort, help and advice over the past 6 weeks! I absolutely loved the challenge and am super excited for the next round. I haven't seen my legs take this shape ever...they are so stubborn let me tell you ha ha! But I've lost so much cellulite and my legs feel firmer which I'm loving! This plan was exactly what I needed to kick me back into gear so again thank you, thank you, thank you xxx

- AMANDA SAVILLE

*Booty*



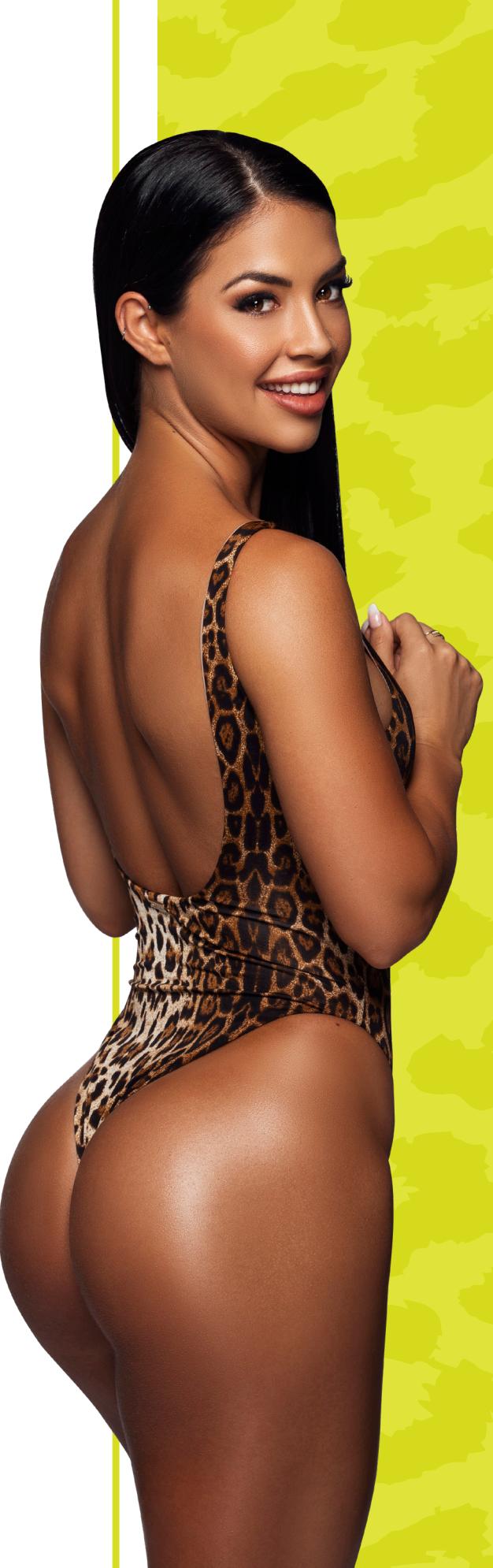
**THANK YOU FOR MAKING ME LOVE MY BODY AGAIN. I CAN'T THANK YOU ENOUGH FOR THE CONFIDENCE YOU'VE GIVEN ME.**  
- DELAINA MCCARTHY



Thank you girls so so much, words cannot describe how confident and happy and healthy I am feeling. You girls have taught me Sooooo much to allow me to carry on this healthy lifestyle! Today I weighed in at 58.4, I cannot remember the last time I was in my 50 kilo range. THANK YOU

- EMILY WENDT





**SIGN UPS FOR MY 6 WEEK  
CHALLENGE ARE OPEN NOW AND  
SPOTS ARE FILLING QUICKLY!**

I am taking a limited number of clients for this Challenge and will be reaching capacity before the start date. I would love to be a part of your journey and help you to achieve the body of your dreams.

Are you ready to build your Challenge? Head to [www.bodiesbyrachel.com.au](http://www.bodiesbyrachel.com.au) to begin now!

Thank you so much for downloading the eBook and being a part of my BBR community. I'm truly grateful for your support and hope I've been able to help you in some capacity. If you have any questions or need some further guidance, don't hesitate to reach me at [info@bodiesbyrachel.com.au](mailto:info@bodiesbyrachel.com.au).

*Much love,  
Rach xx*