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PART I INTRO

Hello!

Welcome ☺ Over the next 12 weeks, this guide will be your *best friend*. Keep it with you on your phone, save it on your computer or print it out (but please **don't** share it ☺)! As an accompaniment to this guide, my social media accounts are a great place to post questions and progress photos – as you know, I always do my very best to reply to you! ☺

I am a human sitting on the other side of the computer screen and I am very curious to hear how you're doing with my programs! So never hesitate to post.

We're all human.

Getting in shape can be very challenging – for everyone. Finding time when you have other things on your to-do list, staying on track when you've caught a cold, procrastinating on your gym session and then feeling too tired by the end of the day, craving bad foods and thinking that the chocolate cake might actually be worth it...

These challenges are common to us all! I have had ALL of these thoughts and more. I want to show you that I am not special or magical. I am just like you, a human. If I can do it, why can't you, too?

Change your life

Fitness and health has the potential to change your life and bring you great happiness. If you're anything like me, you will be more energetic, confident and happy than you've ever been before!

My **biggest** dream is that you do not see fitness as just a way to lose weight or look better in the short term (it can do that, too) but as a passion and a lifestyle! I hope that, in time, you come to enjoy your newfound strength and your new abilities – I hope it fascinates you to learn what your body can do ☺

Love
Amy xo

About Me

For those curious to learn more, here's a short section about me!

You know me as the fitness girl on the internet. But let me tell you a little more. I grew up and live in beautiful Sydney, not too far from the beaches (the most famous being Bondi Beach). I truly love it here. I am, at the time of writing, 27 years old and am engaged to my best friend in the whole world, Anthony.

I didn't always work in fitness. I actually had a successful young corporate career in marketing and advertising. First in advertising agencies in the creative departments, thinking of ideas for TV or radio ads, for clients like McDonald's, Audi or Volkswagen. But in the end, it was unsatisfying. I worked long hours to stressful deadlines, in a world of endless free pizza, parties and alcohol. I know this sounds like a dream, but it was actually quite stressful! I even remember that I kept catching the flu during this period of my life. Sometimes I worked until midnight – others around me worked even longer.

I then studied a Masters and went on to work in the marketing department of an insurance company. The hours were much better, I had great co-workers and I was lucky to learn some great skills that I still use to this day. But I grew bored, sitting at a desk, staring at numbers on a screen. How did I end up here?

Meanwhile, throughout my degrees and the many marketing and advertising jobs I took, one passion endured. In my spare moments, I devoured everything and anything I could read about health and fitness. I grew a strange hobby for verifying every curiosity with a scientific study or report. I basically studied the answers to every curious question I had about food, health and fitness. I also continued to train. In fact, over the last decade I have tried gymnastics, CrossFit, powerlifting, Olympic Weightlifting, a half-marathon and have even trained for a fitness modeling/bodybuilding competition for a year (I never ended up stepping on stage because I fell in love with the training and cutting down calories left me without enough energy - but I still have my bikini, so you never know!).

Over time, I began to consider the idea of making fitness my work. I had never considered it a serious option until now. But any time I raised it to the people closest to me, I was given seemingly logical and wise words of warning and concern. "You have a degree!"

You have a great job! You've studied and come so far for nothing? There are SO many personal trainers out there. It isn't a real job. Starting a business is risky. What if you fail? What will you offer that differentiates you?" Each time, the doubts and fears of those around me knocked me right back onto the straight and narrow corporate pathway.

But eventually, my passion became so loud that I could no longer ignore it. The voices of anyone else and what they thought of me, the fear that I might be foolish to take this path, that I might fail, lose my money, lose time that I could have spent on my marketing career – faded away. Because I realized that I would actually RATHER fail at working in fitness, than succeed in a desk job. And that's when I quit.

As one of my past co-workers once said, when I told her that I feared failure if I left to start my own business, "haven't you already failed if you're unhappy?" And then I realized that I truly had nothing to lose.

And fast-forward to now, I am fitness certified and pursuing my life's passion. It sounds clichéd when people say it – but when you're doing the work you are supposed to be doing, you'll just know! I believe that I will always work in fitness, until my last days. In fact, I have a vision that I will even teach fitness to other elderly people when I am old and grey ☺ Haha. Anyway, I'll leave you to start reading my programs and this eBook!

Yours in health and fitness,

Xo. Amy Lee Fit

Overview

There are three parts to the program, all of which are really important. First, the workouts, second, the nutrition, and third, the mindset and motivation.

Mindset and motivation

This part is really important. Without the motivation to follow my guides, there will be no use for a program or a diet 😊 I have shared what keeps me motivated in this section.

Nutrition

The nutrition section will help you to figure out how much to eat for your specific body and goals. Once you know how much to eat, you can use this to tailor my recipes to your unique needs 😊

Workouts

I've kept the working out part simple, too. I've included all of the exercises that I have enjoyed and have used to create my physique. You will work out for 4 days each week.

Lifestyle

You can see here that I'm all about balance. I want to be fit but I also want to have a great lifestyle! With this program you can have a balance of both 😊

Support 😊

Like me, you guys might need some support from time to time! Don't worry, you can always write to me with questions via social media! I check it almost every day and I always try my best to reply to everyone. Here, you will also have the support of my other followers who are doing the program and can read the answers to their questions, too. Hopefully you find this really helpful!

- Check me out: Amy Lee Fit on Facebook and @AmyLFit on Instagram!

I need *your* support too ☺

- If this guide has helped you, please support me and send your friends to Amyleefit.com! But it really hurts my business if you share this guide for free (it also breaches my copyright. We track illegal shares of this product, but we're hoping that trust will be enough). So thanks so much in advance for supporting my business ☺ ☺

PART 2 TRACKING TITLE PAGE HERE

Be accountable

Before we kick off, there's one really important thing you need to do. It's to track exactly where you are now. In order to track progress, we need to know where we started.

It might be tempting to skip this part of the program, but you may come to regret it later when you don't have a before photo, or progress photos, to look back on! Plus, you can compare the weeks as you go along to prove that you're making progress! This will motivate you later because you can see how far you have come!

How do I track?

We suggest you take photos as progress! Why not the scales? Because the scales lie a little! For example, muscle takes up less space in the body but it weighs more than fat. So it may appear you have gained weight *on the scales* but then your waist is smaller in photos, for example. This is why we love to use photographs as a measure of progress!

How often should I track?

We suggest taking photos once every 2 weeks. So that's 7 times over the program (start of week 1, 3, 5, 7, 9, 11 and then at the end!)

How do I take the progress photos?

- 1) Try to take the photos the same way each time for consistency. For example, try to wear a similar or the same outfit and stand in similar lighting.
- 2) Wear a small top and a small bottom (underwear, a crop top, a bikini etc.). If you can, hold a piece of paper that says 'Amy Lee Fit' so later on, you can enter my transformation competitions! (see point number 5)
- 3) Take 1 photo from the front so that you can see from your feet to the top of your head.
- 4) Take photo number 2 from the side, again so that you can see from your feet to the top of your head.
- 5) Seeing progress? Share it! I love to see your progress, and it may also help you (and others) with motivation if you can be accountable to someone (me!). So please share your before, during and after photos on my social media accounts - tag Amy Lee Fit on Facebook and @AmyLFit on Instagram! I am always on the look out to reward amazing stories and

transformations, too – some things I will be looking to give away to my best fan transformations: fitness gear, fitness clothing, vouchers, training sessions and more! So post your pics and tell me your story!

PART 3 PROGRAM TITLE PAGE HERE

How does the program work?

The program is 12 weeks long (3 months). In each of the months, you will work out 4 days per week. You will follow the month 1 plan for each of the weeks in month 1. By month 2, your workouts will change. You will follow the month 2 workouts each week of month 2. And finally, your workouts will change again in month 3 – and you will need to follow these workouts through to the end of month 3!

Why are we doing 2 upper body and 2 lower body sessions a week?

Muscles need time to repair, and this split gives you time to rest to see progress and achieve the body you desire!

Why do we repeat the same exercises?

We repeat the same exercises because there is value in consistency. It's much easier to develop proper technique, to measure progress and see that you are getting better at each exercise – great for motivation!

But we do also change the workouts each month for variety and to avoid a plateau or boredom!

Will I get bulky from doing weights?

Lifting weights won't get you bulky, unless if you are a man. Building muscle will give you a firm, toned looking body. However, you might get bulky if you follow a poor diet ;)

How do I choose my starting weight?

If you are a beginner, on your first few sessions, start with a light weight. Slowly increase the weight to find a point at which you are moderately challenged, but can perform the exercise with great technique and tempo. Write this weight down so that you know how much you lifted for next week!

Should I increase the weight each week?

Ideally, you should track how much weight you lifted the prior week and increase the weight just a little bit each week (for example, add 1.25kg to a shoulder press or add 2.5-5kg to your squat – it doesn't need to be for the entire set, just as many as you can with good technique). Then **write this weight down** so you know where you are up to for next week!

HOWEVER, you won't always be able to increase the weight every single week. It's often very important to stay at a certain weight until you can master it with good technique! Only increase the weight when you can complete all of the reps and sets with good form!

A good idea is that if you're failing reps before the last set and struggling, it's too heavy. If you complete all of your sets and reps and don't feel challenged at all, it's too light.

Which exercises will I be doing?

For both the upper and lower body each day we will focus on compound movements ☺ These movements work more muscles at once and provide great results. We do include some isolation exercises too, to target particular muscles, as well as some circuit training for cardiovascular conditioning.

Do I need to do cardio?

There is a cardio aspect to some of the workouts in the form of circuit training. The cardio workouts are very time efficient and effective.

What if I can't get to a gym?

We've got you covered with the calisthenics and gymnastics inspired bodyweight workout, which you can do in the comfort of your own home or even a park or other outdoor space! You don't need any equipment, and even if you're following the gym workouts, these are great for travel or when you can't get to a gym!

Explaining Key Terms

- Exercises: this is the movement that you will be doing, e.g. running or shoulder press
- Reps: stands for repetitions, and this is the total amount of times you will repeat an exercise
- Sets: are groups of reps, broken up by rest breaks. For example, 3 sets of 8 reps with 2 mins rest would be performed as follows: perform 8 reps, rest for 2 mins, perform 8 reps, rest for 2 mins, perform a final 8 reps.
- Reps and sets are written as, for example, 4×8 , meaning 4 sets of 8 reps. The first number is always how many sets you need to perform, followed by the reps you need to perform in each set.
- Rest: this is how long to take between sets to wait. This is really important so you can recover in time to lift for your next set.
- Rounds: these are the laps of a circuit. Circuits will involve multiple exercises, for example, **2 rounds of 5 push ups, 5 dips and then 10 skips with 1 minute rest**. This would be performed as 5 push ups, then 5 dips, then 10 skips and then rest for 1 minute – this is 1 round. You would then repeat this for 1 more round to complete the total of 2 rounds.

Important note

Before each of the workouts, you should **always** first, warm up and then second, stretch! This is to prepare your body for the workout! Your warm up should increase your heart rate, circulation and breathing gradually (say, to a light sweat).

I like to warm up for 10 or more minutes (sometimes longer in winter time) and my favourite warm up at the moment is on the rowing machine.

I then stretch each body part by holding a stretch for about 30 seconds. You should feel a gentle stretch but no pain. Stretching has helped me to greatly improve my flexibility to perform my exercises at the gym. [See the Exercise Library in this guide for some of my favourite stretches.](#)

I do this same routine after I work out, too. This is called a ‘cool down’.

I hope you enjoy the workouts below! 😊

Xo Amy Lee Fit

MONTH I

Day 1

- ① 5x5 Back Squat (2.5min rest)
- ② 4x8 Glute Bridge (2min rest)
- ③ 5x5 Barbell Lunge (1.5min rest)

Day 2: Rest

Day 3

- ① 5x5 Dips (2.5min rest)
- ② 4x8 DB Shoulder Press (2min rest)
- ③ Circuit (2min rest) 2 rounds of:

- ↪ 1 Minute Burpees (as many as you can)
- ↪ 1 Minute Skipping (as many as you can)
- ↪ 1 Minute Push Ups (as many as you can)

Day 4: Rest

Day 5

- ① Circuit (1min rest) 2 rounds of:

- ↪ 20 Stationary Bicycle
- ↪ 20 Jumping Lunge
- ↪ 100m Row

- ② Circuit (no rest) 2 rounds of:
 - ↪ 10 Dumbbell Lunge
 - ↪ 10 Dumbbell Shoulder Press

↪ 10 Dumbbell Bicep Curl

Day 6

- ① 5x5 Wide Grip Pull Up (2.5min rest)
- ② 4x8 Lat Pull-down – Underhand Grip (2min rest)
- ③ 4x10 Light Barbell Movement of Your Choice
(1min rest)

Day 7: Rest

MONTH 2

Day 1

- ① 5x5 Deadlift (2.5min rest)
- ② 4x8 Good Morning (2min rest)
- ③ 5x5 Glute Bridge (1.5min rest)

Day 2: Rest

Day 3

- ① 5x5 Dumbbell Bench Press (2.5min rest)
- ② 4x8 Push Ups (2min rest)
- ③ Circuit (2min rest) 2 rounds of:

- ↪ 1 Minute V-Snap (as many as you can)
- ↪ 1 Minute Jumping Lunge (as many as you can)
- ↪ 1 Minute Rowing (as many metres as you can)

Day 4: Rest

Day 5

- ① Circuit (1min rest) 3 rounds of:

- ↪ 20 Skips
- ↪ 20 Glute Bridges
- ↪ 20 Second Plank

- ② Circuit (no rest) 2 rounds of:

- ↪ 10 Dumbbell Step Ups
- ↪ 10 Dumbbell Clean and Press

↪ 10 Dumbbell Squats (Hold DB on shoulders)

Day 6

- ① 5x5 Chin Up (2.5min rest)
- ② 4x8 Lat Pull-down – Overhand Grip (2min rest)
- ③ 4x10 Light Barbell Movement of Your Choice
(1min rest)

Day 7: Rest

MONTH 3

Day 1

- ① 5x5 Back Squat (2.5min rest)
- ② 4x8 Sumo Deadlift (2min rest)
- ③ 5x5 Barbell Lunge (1.5min rest)

Day 2: Rest

Day 3

- ① 5x5 Dips (2.5min rest)
- ② 4x8 DB Shoulder Press (2min rest)
- ③ Circuit (2min rest) 2 rounds of:

- ↪ 1 Minute Burpees (as many as you can)
- ↪ 1 Minute Jumping Lunge (as many as you can)
- ↪ 1 Minute Push Ups (as many as you can)

Day 4: Rest

Day 5

- ① Circuit (1min rest) 3 rounds of:

- ↪ 20 Air Bicycle
- ↪ 20 Skips
- ↪ 150m Row

- ② Circuit (no rest) 2 rounds of:
 - ↪ 10 Dumbbell Lunge

- ↪ 10 Dumbbell Shoulder Press
- ↪ 10 Dumbbell Squat (DB on Shoulders)

Day 6

- ① 5x5 Wide Grip Pull Up (2.5min rest)
- ② 4x8 Lat Pull-down – Underhand Grip (2min rest)
- ③ 4x10 Light Barbell Movement of Your Choice
(1min rest)

Day 7: Rest

HOME VARIATION: MONTHS

|3

Day 1

- ① 3x12 Squat (2min rest)
- ② 3x12 Lunge (2min rest)
- ③ 3x12 Glute Bridge (2min rest)

Day 2: Rest

Day 3

- ① 3x12 Push Ups (2.5min rest)

- ② 3x12 Bench/Chair Dips (2min rest)
- ③ Circuit (2min rest) 2 rounds of:
 - ↪ 1 Minute Burpees (as many as possible)
 - ↪ 1 Minute Narrow Push Ups (as many as possible)
 - ↪ 1 Minute Plank (or as long as possible)

Day 4: Rest

Day 5

- ① Circuit (1min rest) 3 rounds of:
 - ↪ 20 Reverse Lunge
 - ↪ 1 Minute Single Leg Wall Sit
 - ↪ 20 Deep Squat

- ②** Circuit (no rest) 2 rounds of:
- ↪ 10 Glute Activation Lunges
 - ↪ 10 Glute Bridges
 - ↪ 10 Shoulder L Stand (Wall/Chair)

Day 6

- ①** 5x5 Superman (2.5min rest)
- ②** 4x8 Bodyweight Inverted Row (2min rest) – Use straps, TRX, rings, bands, a table, playground equipment or a bench
- ③** 4x 12 Back Crunches

Day 7: Optional: 1 hour walk or 30 min run, swim or cycle

EXERCISE LIBRARY (A-Z)

Back Squat



- ① Check this
- ② Make sure this
- ③ Then do this
- ↪ Circuit

Barbell lunge



- ① Check this
- ② Make sure this
- ③ Then do this
- ↪ Circuit

Bodyweight inverted row



- ① Check this
 - ② Make sure this
 - ③ Then do this
- ↪ Circuit

Burpee

- ① Check this
 - ② Make sure this
 - ③ Then do this
- ↪ Circuit

Chin up (underhand grip)



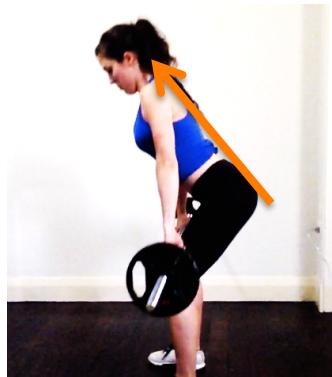
- ① Check this
 - ② Make sure this
 - ③ Then do this
- ↪ Circuit

Deadlift (sumo)



- ① Check this
 - ② Make sure this
 - ③ Then do this
- ↪ Circuit

Deadlift (traditional)



- ① Check this
 - ② Make sure this
 - ③ Then do this
- ↪ Circuit

Deep bodyweight squat



- ① Check this
 - ② Make sure this
 - ③ Then do this
- ↪ Circuit



- ① Check this
 - ② Make sure this
 - ③ Then do this
- ↪ Circuit

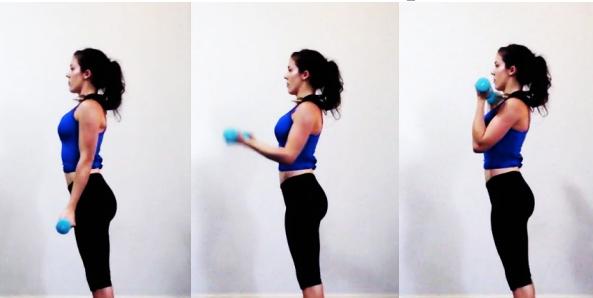
Dumbbell bench press

Dips - bench, chair or machine



- ① Check this
- ② Make sure this
- ③ Then do this
- ↪ Circuit

Dumbbell bicep curl



- ① Check this
- ② Make sure this
- ③ Then do this
- ↪ Circuit

Dumbbell clean and press



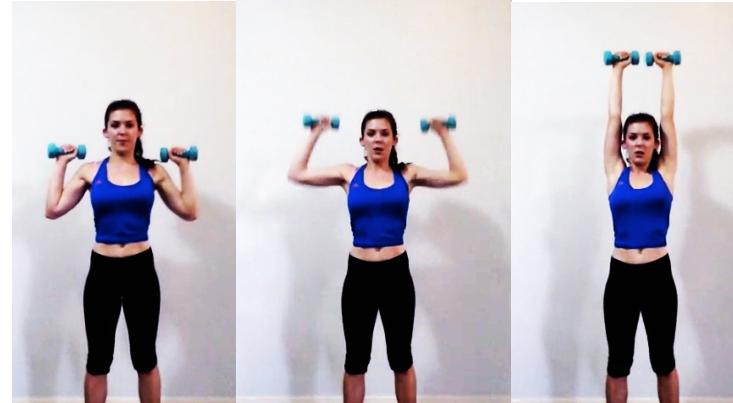
- ① Check this
- ② Make sure this
- ③ Then do this
- ↪ Circuit

Dumbbell lunge



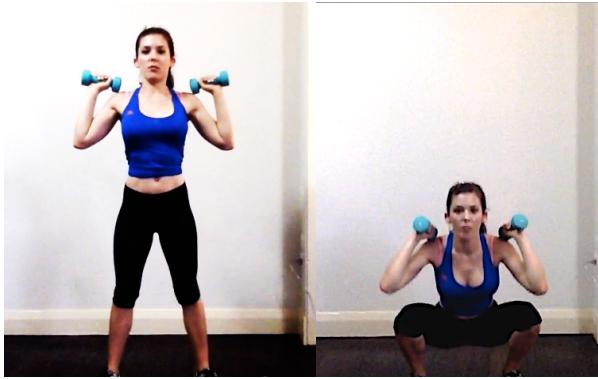
- ① Check this
- ② Make sure this
- ③ Then do this
- ↪ Circuit

Dumbbell shoulder press



- ① Check this
- ② Make sure this
- ③ Then do this
- ↪ Circuit

Dumbbell squat



- ① Check this
- ② Make sure this
- ③ Then do this
- ↪ Circuit

Dumbbell step up



- ① Check this
- ② Make sure this
- ③ Then do this
- ↪ Circuit

Glute activation lunge

- ① Check this
- ② Make sure this
- ③ Then do this
- ↪ Circuit

Glute bridge (weighted & bodyweight)

- ① Check this
- ② Make sure this
- ③ Then do this
- ↪ Circuit

Good morning

- ① Check this
- ② Make sure this
- ③ Then do this
- ↪ Circuit

Jumping lunge and bodyweight lunge



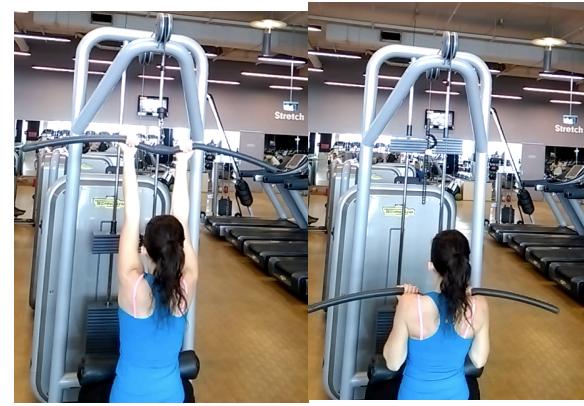
- ① Check this
- ② Make sure this
- ③ Then do this
- ↪ Circuit

Lat pull-down (overhand wide grip)



- ① Check this
- ② Make sure this
- ③ Then do this
- ↪ Circuit

Lat pull-down (underhand close grip)



- ① Check this
- ② Make sure this
- ③ Then do this
- ↪ Circuit

Leg raises



- ① Check this
 - ② Make sure this
 - ③ Then do this
- ↪ Circuit

Plank



- ① Check this
 - ② Make sure this
 - ③ Then do this
- ↪ Circuit

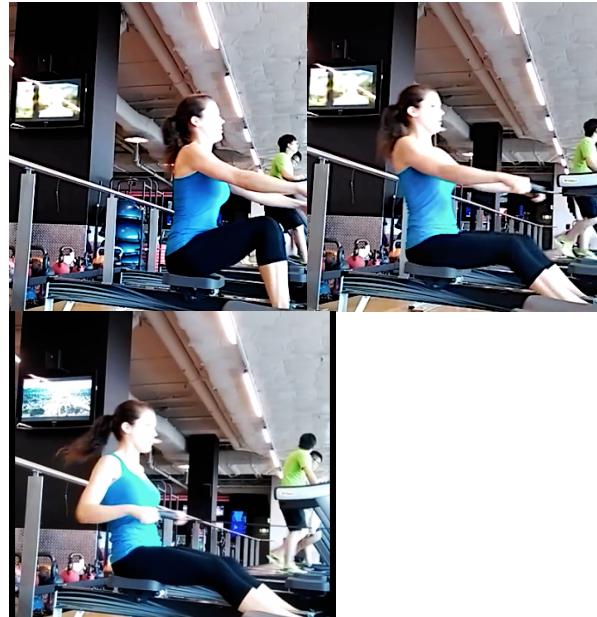
Pull up (wide overhand grip)



- ① Check this
 - ② Make sure this
 - ③ Then do this
- ↪ Circuit

Push up (traditional and narrow push up, knees and full)

- ① Check this
- ② Make sure this
- ③ Then do this
- ↪ Circuit



Reverse lunge

- ① Check this
- ② Make sure this
- ③ Then do this
- ↪ Circuit

- ① Check this
- ② Make sure this
- ③ Then do this
- ↪ Circuit

Row

Shoulder L stand (wall or chair)

- ① Check this

- ② Make sure this
 - ③ Then do this
- ↪ Circuit

Single leg wall sit

- ① Check this
 - ② Make sure this
 - ③ Then do this
- ↪ Circuit

Skipping

- ① Check this
 - ② Make sure this
 - ③ Then do this
- ↪ Circuit

Stationary bike



- ① Check this
 - ② Make sure this
 - ③ Then do this
- ↪ Circuit

Superman

- ① Check this
- ② Make sure this

③ Then do this

↪ Circuit

PART 4 MOTIVATION TITLE PAGE HERE

How Do I Get and Stay Motivated?

This is by far one of my more popular questions ☺ And there's good reason! Motivation doesn't come naturally to most people, including me! Instead, we need to learn ways to overcome a lack of motivation. Don't worry – soon, you will become addicted to exercise and the happiness that it gives you. In the mean time, try out these tips and tricks!

These are based on the different things that I use to get and stay motivated. Everyone is different so try out a few of these different methods to see which works best for you.

Reasons you might not be motivated and how to overcome them

You don't have a PLAN!

Aren't you glad you have my plan now? ;) Haha. Truly, having a structure and a plan helps so much with motivation because there's no "What do I do once I get into the gym?" You just go in and follow this plan!

You aim too high

When you're in a habit of skipping the gym... Just go the first time!

You just need to go **once** to break the habit of not going. Once I go that first time after a break, I start to feel like going again!

So don't think, I need to get back into going *every day for an hour*. Instead, just drag yourself in for that **first workout. Even just for 10 or 20 minutes.** Because it just takes 1 workout to get back into it.

You're too perfect

You miss a workout and beat yourself up about it. So you stop going altogether! Try this instead: forgive yourself and get back into it. Say to yourself, ‘ah well, life gets busy and I am not perfect but If I go 80% of the time I will get much better results than if I don’t go at all.’

You think about how much time exercise takes

When you feel **you’re too busy** think of this quote, which I love: “Those who think they have no time for exercise will sooner or later have to find time for illness.” – Edward Stanley. It’s true! So you do have time. It’s up to you whether you spend it on sickness or health.

And besides that, I find that exercising boosts my productivity!

I am guilty of thinking that when I am busy I just don’t have time. But the truth is... When I work out, I am more optimistic, energetic, clear thinking and simply put, I get more done, faster!

You don’t prioritise your workouts

And I REALLY MEAN THIS ONE. Fitness comes first, above everything else. But what does it actually mean to prioritise fitness? It means sacrificing something or saying no to something!

It’s easy to prioritise a workout when there aren’t any other important things on your plate competing for your time and attention. But that never happens! What really happens is that every day, you will have to choose to go to the gym over doing something else (and there is **always** something else to do!) So to prioritise the gym, YOU MUST SAY NO to other, seemingly important, tasks!

Here are some common examples to illustrate what it means to prioritise the gym:

- “I’ve run out of clean gym clothes. I’m going to miss the gym and do the washing instead” -> You are prioritizing clean clothes over your workout! You will sweat anyway, just wear it (and maybe buy more gym clothes for next time – they don’t need to be expensive!)
- “My boyfriend texted and asked me to come over. I really miss him. Maybe I will just go to the gym tomorrow” -> I promise that working out is better for your relationship in the long run! See him after the gym.
- “I’m going out tonight and I won’t have time to do my hair, so I won’t go” -> Buy dry shampoo. Wash it at the gym. Tie it up! Getting fit means sacrificing something. And you will look much better in clothes in the long run! (not to mention the glowing skin you will have that evening)
- “I have an assignment to do and my exam is next week” – I have studied a masters and topped my class, so believe me when I tell you, it will not hurt you to keep up exercise! I say this not to brag but to prove that working out won’t necessarily harm your grades – and may even help you to study better!

So as you can see, training takes sacrifice, prioritization and the ability to say NO to other things and to other people. You even must say NO to yourself ☺ But remember, these tiny sacrifices will be worth it in the long run, because you will be healthy, you will feel better and be happier with how you look.

You don't KNOW your motivation!

FIND YOUR REASON.

There are goals (i.e. lose 10kg or get a bigger butt or get strong defined abs or improve your strength at pull ups). But what is your WHY?

WHY do you want to lose weight? WHY do you want to look good? Why do you want to be stronger?

To find your deeper WHY, keep asking WHY. I'll use just one of my goals as an example to illustrate:

My surface goal: I want to be really healthy

- **WHY** do you want to be healthy?
- Because I am afraid of being sick or having a shorter life
- **WHY** are you afraid of being sick or having a shorter life?
- Because I saw my uncle die when I was 8 and it stayed with me forever. He missed out on life, and seeing his kids grow up. And also, I have been in hospital before and being sick was horrible.
- **WHY** does missing out on life scare you so much? Why did hospital scare you?
- Missing out scares me because I enjoy my life and I have future goals I am excited about, like having kids, travelling and making new friends. Hospital scared me because I was confined to a bed and was being injected with all these different drugs and I truly just wanted to escape and go back to normal life.

So getting to the root of it, **I exercise because I want to be around and be well for my future life (family, friends, travel) – rather than being sick, stuck in a hospital or risking a lifestyle disease.** This is a very motivating sentence for me!

If it were me and I were struggling with motivation and missing gym sessions, I would write my WHY somewhere I carry with me everywhere, like in my phone, and I would read all of my WHYS when I don't feel like going.

You're focusing too much on a distant end goal.

Sometimes it helps to focus on the process, not the end goal. Say your end goal is to lose 5kg. What is the process you would need to follow each day to take you there? Commit to THAT. For example, I will stop drinking cola. This is now your goal, not to lose 5kg. Try to make the day-to-day goal enjoyable, for example, I will drink tea instead of coca cola. Or I will buy myself a magazine instead of cola.

You're not scared enough.

Fear. Think about what will happen to you in 10 or so years time if you never exercise or eat well. I find that fear really drives me. When I see people dying from lifestyle diseases or falling very out of shape in older age, the fear that this will happen to me if I don't stay healthy drives me. I imagine how being out of shape might affect my self-esteem, relationships, health and mood in the future.

You don't BELIEVE that you will get results

This is a big one. Many people have been unable to achieve results in the past, or the results come slowly. You may have broken promises to yourself before ("I won't eat cake" and then you find yourself eating cake the next week.) So you don't trust yourself to follow through.

Firstly, **this is why taking photos every 2 weeks is SO important.** It is PROOF to yourself that you CAN do it. You might not notice the tiny changes, but over the weeks, when you compare your photos, you will begin to see that you are on your way! That you CAN do it.

Secondly, you really have to trust in the plan you are following (this one!) and believe that if you commit to this plan, you WILL achieve your goals! This time WILL be different! If you eat well MOST of the time, and follow the exercise plan the best you can, your appearance, strength and health SHOULD improve over the weeks and months!

You don't use JEALOUSY

Jealousy. Being jealous of others doesn't have to be a bad thing. The idea that other people were able to create these incredible physiques or run marathons or do handstands or become very healthy or do pull ups, made me QUITE jealous. You should take this jealousy as a sign that you want something! And use it as motivation. After all, those you envy are just human. So why can't you do it, too?

You don't PLAN TO FAIL

Expect to fail. Expect to hit snooze. Expect to run out of clean washing/. Set yourself up to succeed by thinking of every way that you think you might, or have, failed in the past – then ACCEPT it and plan **around** it. Step 1 - write a list of all of the ways you think you might fail. Step 2 - Accept your weaknesses and work around them by thinking of solutions. Here's my example list:

- I am sometimes lazy with washing my clothes so I might fail by running out of clothing. Solution: I bought more cheap gym clothes, underwear and socks so I run out e.
- I am a bad morning person and I often sleep in.
- Solution: Instead of fighting it, I pack my gym bag the night before, lay out my gym clothes and I trick myself. I ordered the Sonic Boom alarm clock (the very loudest one available) from Amazon, and I used to put it downstairs in the living room, set to go off 5 mins after the alarm clock in my bedroom. This meant that I had 5 mins after my alarm sounded to run down the stairs and disable the alarm before I woke up all my housemates. You can bet I was awake by the time I made it the alarm downstairs!
- I may procrastinate going to the gym because of the commute. Solution: Instead of beating myself up over my laziness, I just don't become a member at a gym with a long commute from work or home! I either choose one close to home or if I didn't have one, I would do home or outdoor workouts (see the program section for my home workouts!).
- I often forget things, such as my headphones or gym shoes. I might miss a workout because of this! Solution: I leave a spare pair of cheap shoes and gym clothes in my car, and spare headphones in my bag and car.

You think you're missing JUST ONE WORKOUT

Don't trick yourself. It isn't just one workout. Breaking your habit often leads to missing multiple days, even weeks, of your workout program. So next time you hear yourself saying, it's just one day – think about the last time you skipped the gym and whether it was really just one day! Even just do a 10-20 minute home workout to keep the habit going.

You don't realize how much NOT working out affects your mood

Have you never committed to an exercise plan? You don't know what you're missing out on! ;)

I know that I get anxious when I don't exercise. I credit exercise alone for managing my anxiety and stress levels. I am motivated to exercise because it makes me feel fantastic, both physically *and* mentally. I am always very happy, positive and much less stressed when I work out.

You're Always Too Tired

Not enough rest and relaxation will eat at your energy levels. If you're too tired come workout time, you need to do one of three things: either sleep and relax more, move your workouts to a time when you have higher energy levels, or realize that training may actually give you a **HUGE** energy boost! Getting the blood flowing will make you feel nice and give you some more energy, you just may need to give yourself a little extra push to get started! And lower your standards – do a shorter workout. You may even find you have the energy to do the full workout once you get started.

You have a Cold or Flu

There are definitely some times where it is best to rest! If you have a cold or flu, it may be better for you to take some time out to relax and get better. Don't see this as something that will hamper your results too much. We all get sick, even the people in incredible shape! And we all need to rest sometimes. So get yourself a green tea and curl up with a movie – knowing that the faster you heal, the sooner you will be back in the gym!

Many people wonder when they can get back into training. I would see a doctor to be sure. If I am down with the flu or a cough, I stay out of the gym until I am better. If I am just sneezing a tiny bit or have a mildly runny nose with no other symptoms and I am at the end of a cold, I usually do a light and easy session. But I am not a doctor, so please check with a doctor instead of listening to me ;)

You have a chronic health condition

I have battled a chronic health condition and I know how hard this can be. My solution is to work with your doctors and follow their advice to the letter. I try to train whenever I am well enough, so that when I do have to miss the gym sometimes, I don't feel like it hampers my progress too much. I also try to be healthy and treat my body well in every way that I can, to help my body to have the strength and nutrition that it needs. Some chronic health conditions really do preclude you from training or restrict your diet in some way. In these cases, I would find out from your specialists which exercises you are allowed to do, and which healthy foods you can eat. I personally have food restrictions, so I just eat all of the healthy foods that I am allowed to have.

You Don't Have Money for a Gym Membership

If you really don't have money, train at home or in a park! ☺ See my suggested home workouts. If you just think that the gym is expensive, I would recommend cutting your spending in another area – because what price do you put on your health? I find being in a nice gym very motivating, and I always paid for a membership even when I was a poor student, worked part time or was even unemployed for a short period. But I have also done outdoor workouts, so these are definitely an option too!

You give in to social pressure

Sometimes the people around us are not as supportive as we might wish when it comes to making a health change. It can be very surprising when people put us down for not sharing in the cake eating or downing the drinks! It takes a lot of personal strength to say no and to stand up to people – but it MUST be done! After all, they should feel uncomfortable for not supporting you – you shouldn't be made to feel uncomfortable for trying to make a healthy change. Sometimes people are used to you being a certain way and find it hard to accept that you are making a positive change. Ask them to support you – and if they don't, ignore them.

Commit with money

Commit to something, preferably with money. For example, pay for entry to a 5km run coming up in a few months, even if you aren't fit now. Pay to enter a fitness modeling competition in a few months time, or book a photo shoot a few months away. Buy clothing a size or so smaller if you're looking to lose weight. Enter an obstacle course. Give your friend a sum of money that they will only give back to you if you meet your goal, for example, to exercise 4 times a week. Or try out an app like Pact, which pays you a small sum of money whenever you work out – and if you miss a workout, you get a small fine!

You aren't confident in the gym – especially the weights area

I know – the gym can be VERY intimidating! I deal with the gym intimidation by wearing loose fitting clothing most of the time, because I like to blend in and focus on my workouts! I will usually wear big headphones so others can't distract me.

If the source of your lack of confidence in the gym comes from your lack of knowledge about technique and how to do certain exercises, do not worry – we all started somewhere. Just focus on you and your goals. Slow and steady wins the race! Take your time and educate yourself on the proper technique for different exercises. Start with my guidelines in this eBook - but I would definitely recommend continually learning about exercise technique from legitimate sports science websites. There is so much to learn and knowing more will give you confidence in the gym.

You never give yourself a reward

Promise yourself a (healthy) reward after working out – for example, coffee, a magazine, a massage, a movie! And only allow yourself this reward if you work out. You could also say, if I don't miss the gym at all this week, I will buy myself a new workout shirt or dress on the weekend!

You aren't posting and chatting on my Amy Lee Fit social media pages

Post on my social media pages what your goal is, publicly, and post your two-weekly progress photos on my page! The fact that you have me, and an audience, watching you, cheering you on, sharing advice and feedback – might just be the big kick that you need! And I love to see my followers progress. I'm not just a Facebook or Instagram page – I'm a real person, sitting in Sydney, and I would love to see how you're going. I always try to reply, so never hesitate to share your progress with me ☺ It's the thing I love the most about what I do. I also like to hold transformation competitions, so keep an eye out for these.

PART ? CONGRATULATIONS TITLE PAGE HERE