

NOT

MAKING

Progress?

SPEEDFIT
THE SMARTER WORKOUT

Okay, let's say you jump on the scanner or you've done some self assessment and you feel like you're not making progress like you thought you would. Let's break this down into a step by step process so you can work your way down the line. 9 times out of 10 as you work your way down the list you will find the knot in the rope and once you untangle that knot or become aware of your obstacle you'll be back on track in no time. So what we want to do here is work your way down step by step - do each exercise and find where your knot is. Once you find it, follow the action steps to get back on track and use us for guidance along the way to ensure you can maximise on your results.

Step 1: Define Your Goals

- What do you want to achieve?
- Examples: Lose weight, build muscle, increase energy, improve endurance.
- Is your goal specific and measurable?
- If not, reframe it. Example: "Lose 5kg in 8 weeks" or "Increase my muscle mass by 3kg."

Action Step:

Write down your goal and timeframe.

Step 2: Evaluate Your Consistency

- How consistent are you with your workouts?
 - Aim for 1-2 sessions per week minimum.
- Are you tracking your sessions?
- If not, start logging exercises, intensity, and your levels

Action Step:

Review the last 4 weeks of your sessions. Have you missed sessions or gone off plan? Write down any gaps.

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Step 3: Track Your Nutrition

- Are you eating enough protein?
 - Target: 1.6-2.2g of protein per kg of body weight.
- Are you tracking your calories or following portion control?
- Check if you've been consistent with food intake.

Action Step:

Track your meals for the next 3-7 days to see where you stand with calories and protein.

Step 4: Monitor Other Progress Indicators

- Beyond the scale, what else is changing?
 - How do your clothes fit?
 - Are you feeling stronger in sessions?
 - Do you have more energy or better sleep?

Action Step:

Write down non-scale victories over the past 4 weeks (strength, energy, mood, sleep).

Step 5: Identify Potential Obstacles

- What barriers might be stopping you?
- Examples: Stress, lack of sleep, inconsistent eating, not challenging yourself during your sessions

Action Step:

Identify 2-3 things that might be holding you back. Write them down.

Step 6: Adjust Your Routine

- Workouts:
 - Increase levels or intensity in your strength sessions.
 - Add variety to break plateaus (e.g., do an extra cardio session).
- Nutrition:
 - Tighten up portion control if needed.
 - Increase protein if you're falling short.

Action Step:

Write down 2 actions you'll take to adjust your routine.

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Step 7: Set a New Action Plan

- What changes will you implement?
- Examples: Increase workout intensity, get better sleep, meal prep to improve nutrition consistency, understand what your goal actually is.

Action Step:

Depending on your goal, assess the below blueprints and choose the blueprint that correlates with your goal. From there work through the blue print in DETAIL and begin creating good habits and taking action where it counts and assess your progress along the way.



**Lose Fat and
Maintain
Muscle**



**Build Muscle
and Tone Up**



**Reducing
Visceral Fat**

Step 8: Review and Reflect

- Progress Check:
- Reassess your goals and progress after 4 weeks. Use the same steps to evaluate consistency, nutrition, and other indicators.

Action Step:

Set a reminder in 4 weeks to reflect and track changes.