

Are You

Unsure

What To Do?

SPEEDFIT
THE SMARTER WORKOUT

You may have the drive and the passion to achieve the goal you have in your head but when you think about what needs to be done you have no clue. That is okay. This is what we are going to break down to give you some basic action steps to move forward.

WHAT IS YOUR GOAL?:

The first step is understanding what your actual goal is and ensuring this is your actual goal not just something you think needs to be your goal based on what society says. That is a super important part. We see it all the time where people come in and say they want to lose weight and tone up and then when asked why, they don't know. Your goal is subjective, it's your goal and no one else's so there is no wrong answer. You could say your goal is to do a backflip or to be able to stand on one leg for 10 minutes and that would be completely fine as long as it is actually something YOU want to achieve. If it's not your actual goal it won't mean anything to you.

If your goal is linked to your body composition it will most likely fall into one of these 3 categories.

If your goal sounds like:

“I want to lose weight and tone up”

“I want to fit into this pair of clothes that are too small at the moment”

“I need to lose weight”

“I want to be able to run around after my kids”

“I want to get rid of my cellulite”

“I want to be pain free”

Your goal will most likely be to Burn Body fat and Maintain Muscle Mass. Here's is a simplified Blueprint for that:

Losing Body Fat and Maintaining Muscle Mass:

- Eat enough protein: Include foods like chicken, fish, eggs, or tofu at every meal. Protein helps protect your muscles.
- Exercise regularly: Do a mix of strength training (Your SpeedFit Sessions) and cardio (SpeedFit Cardio session, Walking, Cycling).
- Watch your calories: Eat slightly less than you burn, but not too little, so your body burns fat and keeps muscle.
- Stay consistent: Stick to this plan daily, and don't give up after just a week or two.

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If your goal sounds like:

- “I Want to be stronger”
- “I want to tone up my legs”
- “I want more energy”
- “I want to have more shape in my body”
- “I want to tone up”
- “I want to strengthen my core”

Your goal will most likely be to Increase Muscle Mass Without Putting on Fat. Here's a simplified Blueprint for that:

Building Muscle Without Putting on Fat:

- Increase protein intake: Make sure to eat lean protein in every meal.
- Strength training is key: Strength training is key(Your SpeedFit Sessions) and you want to be ensuring you're pushing your limits and going harder each time!
- Watch your portions: Don't overeat just because you're exercising. Eat enough to build muscle, but not excess calories (Otherwise you WILL put on fat)
- Track your progress: Use a simple system (like body measurements or photos) to make sure you're gaining muscle, not fat.

If your goal sounds like:

- “I Want to be healthier”
- “I want to live longer”
- “I want a better quality of life”

Your goal may be one of the above, or it could also be Reducing Visceral Fat. Here is a simplified Blueprint for that:

Reducing Visceral Fat:

- Move more: Walking, running, swimming, or other forms of cardio help burn fat, especially around the organs.
- Eat healthier fats: Swap fried foods for healthy fats like nuts, avocado, and olive oil.
- Cut back on sugar: Reducing sugary drinks and snacks helps target visceral fat.
- Manage stress and sleep: Stress and lack of sleep can increase belly fat, so get 7-8 hours of sleep and find ways to relax.

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Once you are aware of the basic action steps and what needs to be done you can then dive deeper into whatever area you know you need to be focusing on and then ensure that you are doing every aspect of that and IF you do this - the only outcome is success. If for some reason you don't stick to the plan or you get too bored or you start putting in less effort then you won't achieve it and that is something you MUST be aware of.

We have seen mindblowing results from members that have given it their full attention and efforts. It all comes down to how bad you want to hit your goal and what you're willing to prioritise. We have a solution for every possibility so if you find you are struggling in a certain area it MUST be brought to our attention so we can point you in the right direction and get you back on the right path for success.