



8 WEEK SUMMER SHRED PROGRAMME

HIGHER LEVEL PERFORMANCE

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ARE YOU HAPPY WITH YOUR HEALTH & FITNESS?

- ▶ Are you currently dissatisfied with the way you look and feel?
- ▶ Are you not getting any results from your training?
- ▶ Do you want to improve your self-confidence and feel full of energy?
- ▶ Maybe you have put your health and fitness on the back-burner and let bad habits slip in.
- ▶ You know that you are capable of much more,
you want to be fitter, stronger and more flexible.



DO THESE SOUND FAMILIAR?

YOU ARE TOO BUSY & DON'T HAVE THE TIME

- ▶ Work seems to take up almost all your day, then you have Netflix to watch, maybe you have the kids to look after too! By the time you finish your working day you are knackered and there is no way you feel you could do a workout!!

YOU DON'T KNOW HOW TO BUILD A FITNESS PROGRAM

- ▶ There are so many people putting up workouts and challenges you don't know where to start! You don't know how many times you should be training a week and what types of exercises you should be doing to get the results you want!

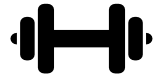
YOU DON'T KNOW HOW TO PERFORM EXERCISES PROPERLY

- ▶ You are never sure whether you are doing exercises correctly, you have never been taught how to do exercises with the correct technique. You are worried you might injure yourself!

YOU DON'T KNOW WHAT TO EAT TO GET THE RESULTS YOU WANT

- ▶ You are drinking too much alcohol and snacking on all the foods you know you shouldn't be. You want someone to tell you the nutrition habits you need to get the result you want, as well as hold you accountable.

WHAT IS THE HLP 8 WEEK SUMMER SHRED?



The 8-week programme is for people who want to transform their health and fitness. The challenge combines nutrition advice, professional exercise programming and positive lifestyle changes.

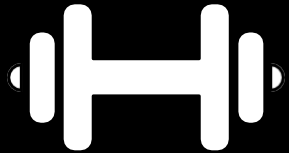


The programme combines an easy-to-follow online training program that can be completed from anywhere with video tutorials and a group community.

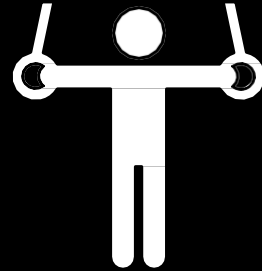


The 8 Week Shred programme will be a challenge. It is just as much about changing your lifestyle habits as it is training. To get results you must commit!

WHY DID I CREATE THE HLP 8 WEEK SUMMER SHRED?



To provide people with a structured training programme to follow, stop doing RANDOM workouts!



To help you to restore quality movement, master fundamental movement patterns and build a lean functional body.



To educate you on why taking a holistic approach to human health and performance is key

HOW DOES IT WORK?



If you commit to the challenge you will receive an email to set up an account on my online training app (Trainerize)



You can download the app and watch tutorial videos on how everything works. You will fill in a consultation form which gives me more information about yourself and your current health and fitness status.



You will fill in your personalised profile, including baseline measurements which include:

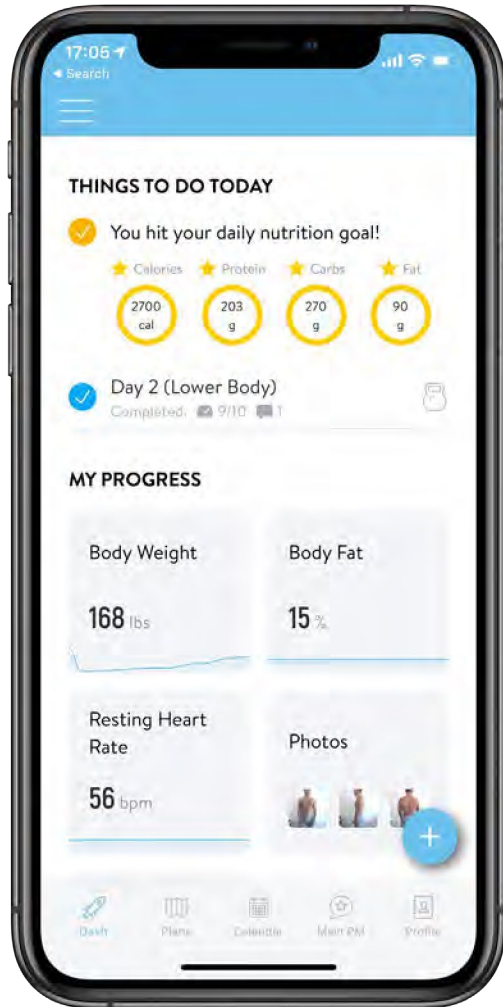


- Progress photos (front, back, side – in swimwear or gym attire)
- Body Measurements (Weight, Height, Waist & Hip circumference)
- These stay on your profile and only you and I can see this information



You will be added to a group on the app with other people on the challenge where I will share information and we build a community.

WHAT DOES THE APP LOOK LIKE?



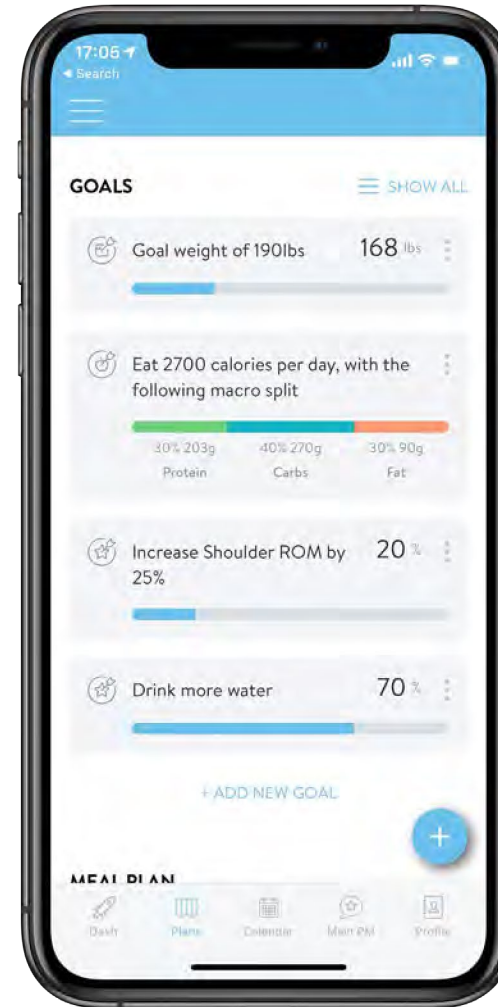
YOUR DASHBOARD

- Track your progress
- See what is up today



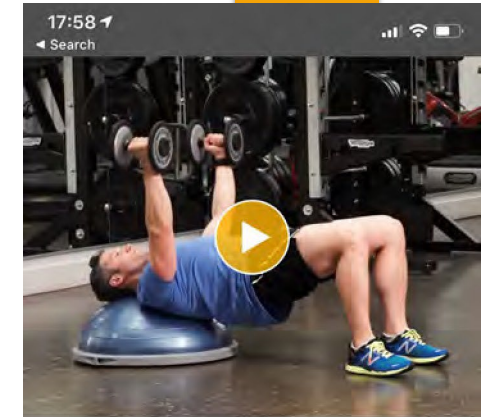
YOUR TRAINING PLAN

- Read up on your plan
- Check out the different workouts



GOALS & HABITS

- Your goals & habits in one place
- Increase motivation



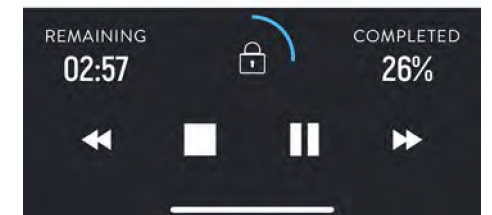
BOSU Dome Up Ball Dumbbell...

00:57

UP NEXT



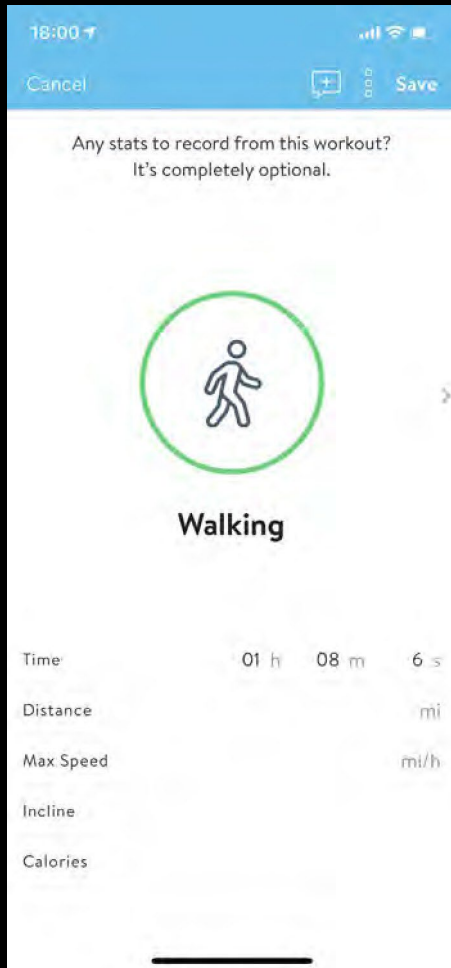
Kettlebell Single Arm Clean and Push Press
01:00



VIDEO TUTORIALS

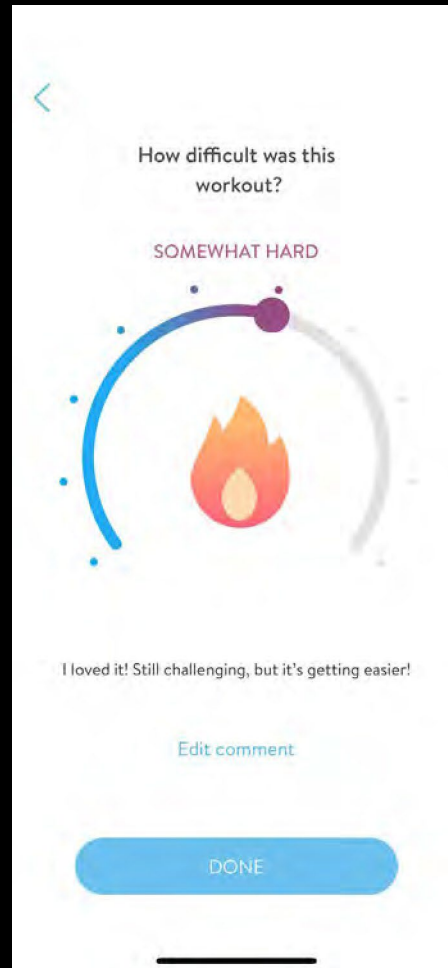
- Video tutorials
- In app timer

FUNCTIONALITIES



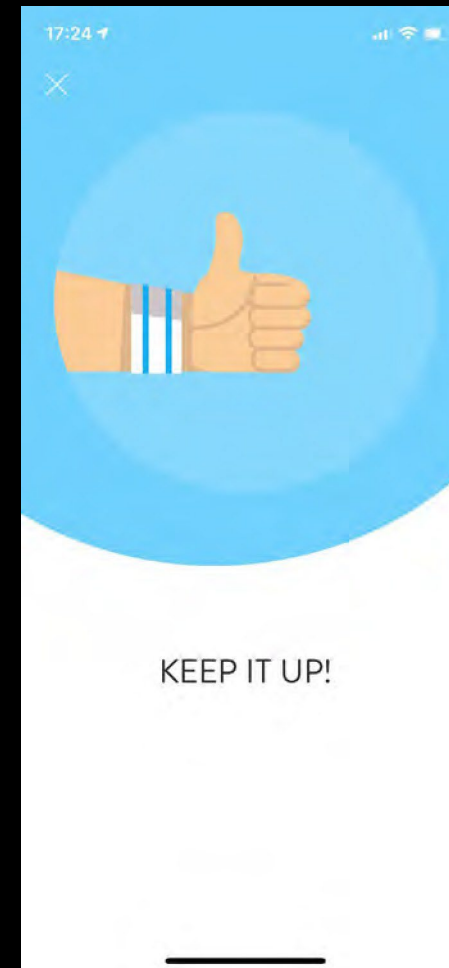
CARDIO TRACKING

- Log your walks, runs, cycles etc.



RATE WORKOUTS

- Let your coach know how tough you found the workout



FEEDBACK

- Receive positive feedback when you hit an achievement



NUTRITION BREAKDOWN

- See whether you are hitting nutrition targets

THE TRAINING PROGRAMME

- ▶ The training program consists of training 5 days a week, combining shorter more intense workouts with longer workouts where you will learn new exercises and proper techniques.
- ▶ At HLP we believe in balance and thus the program combines mobility, strength and conditioning – we are training you to be fit for life!
- ▶ Sessions are designed to be highly effective and to allow you to get the most out of your training without wasting time.
- ▶ You can see all the workouts on your phone, every exercise has a video tutorial if you are unsure on technique. You are able to log every workout and progress can be tracked week by week.

THE WORKOUTS

1. **MORNING & EVENING FLEXIBILITY** – There is a short 5-10minute flexibility routine we want you to do when you wake up and before bed
2. **BASELINE TESTING** – In week 1 you will complete 4 workouts that will provide your baselines fitness level to test against in 7 weeks time
3. **FULL BODY STRENGTH** – There is a full body strength session to be completed twice a week
4. **HIIT** – There is a 20minute HIIT Session to be completed twice a week
5. **FIT** – A longer circuit style session to be completed once a week including core work
6. **MOBILITY** – There is one longer mobility session to be completed when you have time

BARE MINIMUM

- If you can't commit to at least 3 good quality training sessions a week then this program is NOT FOR YOU.
- We can get RESULTS, but we are not MAGICIANS – you need to be ready to put some work in.

THE NUTRITION

We will provide you with a recommended calorie intake for the day based off of your age, height, weight, gender and goals.

We encourage simple healthy eating, focusing on cutting out processed and refined foods that lack quality nutrients.

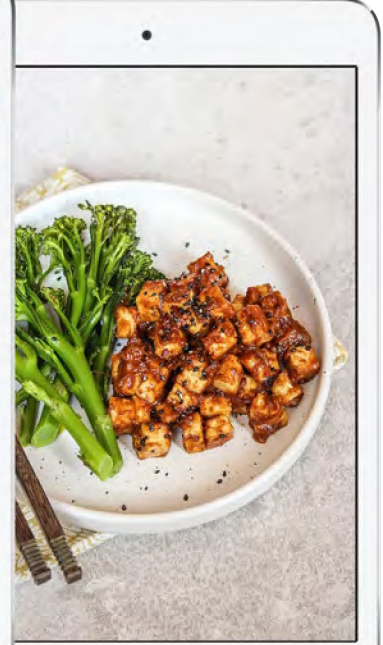
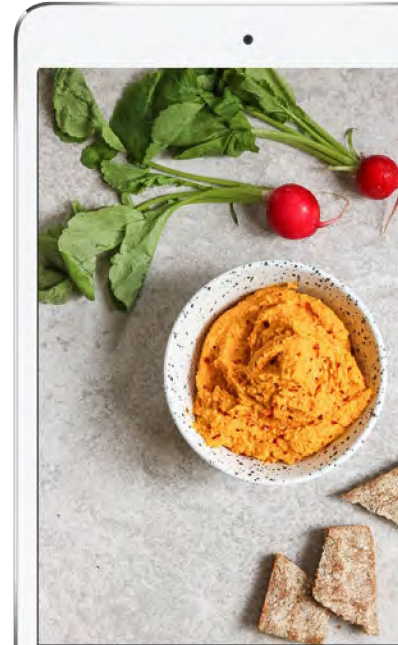
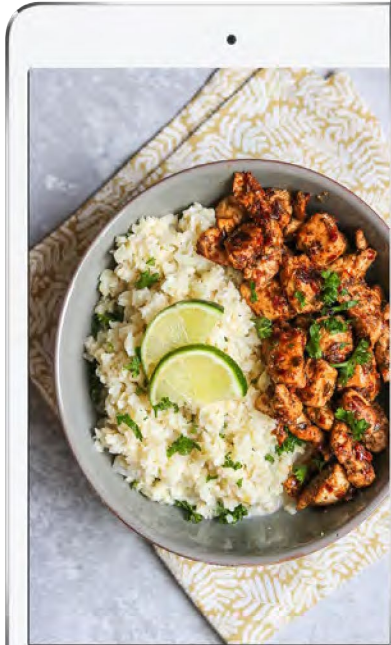
We advise using My FitnessPal app to track your daily food intake.

- ▶ **Breakfast** (Within 30minutes of waking up)
 - Smoothie with frozen berries or banana, protein powder and chia seeds
- ▶ **Lunch**
 - One of the recipes from our recipe pack consisting of a quality protein source, lots of vegetables and unprocessed slow release carbs.
- ▶ **Dinner**
 - Stir Fry, Salad or similar to lunch but lower carbohydrate intake
- ▶ **Snacks**
 - Below are some of the options we provide for snacking
 - Homemade muffins or protein balls, carrots or celery and hummus

RECIPES

Here are some of the examples of our recipes you will receive if you join the program.

All recipes include shopping list, nutrient info and weekly plan



LIFESTYLE CHALLENGES



Building long-term fitness success is based around creating healthy sustainable habits and wanting to be the best version of ourselves.



If we are exercising regularly then we are more likely to eat well, if we are doing both of these, we are more likely to feel positive and have increased energy



You will be set weekly challenges to help improve your lifestyle and build positive habits that you can sustain long-term.



At the end of the program there will be a prize for the member who has achieved the best results (judged by transformation and effort).

WHAT DO I NEED?

1. A mobile phone to download the app and follow the workouts/receive the weekly challenges and PDFs
2. Equipment – The beauty of the program is that you need no equipment other than your bodyweight, however we advise buying resistance bands also:
 - https://www.amazon.co.uk/dp/B088DZWSF6?ref_=cm_sw_r_cp_ud_dp_3JM30H5Y0BYQ3SABR83Z
 - https://www.amazon.co.uk/Core-Balance-Resistance-Exercise-Crossfit/dp/B082B7RY2L/ref=cts_sp_1_vtp
 - For guys I suggest black and purple bands / For ladies a red and a black
3. Be able to commit to at least 4 hours out of your 144 in a week to training
4. A positive mental attitude and an open mind

RECAP: WHAT IS INCLUDED



HLP Manual

Providing you with latest scientific based information on nutrition, training and recovery.



Q&A's

There will be Q&A sessions throughout the challenge for accountability & answering questions



High Performance Cookbook

– Over 20 simple, nutritious and delicious recipes for you to follow.



CUSTOM PROGRAM

Over 30 workouts to be completed in the 6-week time-frame



EXPERT COACHING

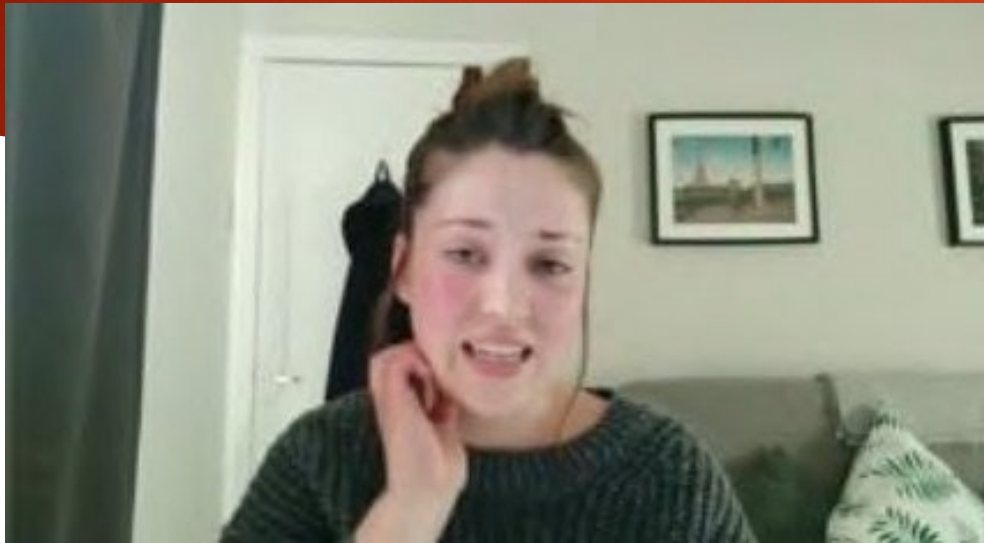
Coaching from a qualified professional who is passionate about your success.



GUARANTEED RESULTS

If you follow our guidelines and maintain consistency!

WHAT OUR CLIENTS SAY....



WHAT IS THE INVESTMENT?

SIGN UP BEFORE 28th MAY = £100

SIGN UP AFTER 28th MAY = £150

LAST DAY TO SIGN UP = FRIDAY 2nd JUNE

To put this into perspective, you are getting a ***customised and structured fitness programme, expert nutrition support and advice***, as well as lifestyle coaching all for ***LESS THAN the cost of a COFFEE per day!***

The cost of 1 60min PT session in London can cost up to £100 which would get you nowhere near the same results as 8 weeks of ongoing professional support!

MONEY BACK GUARANTEE

- ▶ The reason we want a financial investment is because we know you are more likely to follow through with the challenge and get results.
- ▶ If you are unhappy with the program after 2 weeks then you can receive a full refund no questions asked.
- ▶ I am passionate about helping my clients reach their goals. This is more easily achieved if it is enjoyable and I am confident that what I offer will provide this. If you follow the guidelines you will get results
- ▶ I have helped hundreds of people feel fitter, stronger and more confident about themselves. Could you be one of them?

ANY QUESTIONS?

If you have any questions at all regarding the program you can contact me directly either on:

Mobile – 07982998903

Email – nathanbell@higherlevelperformance.co.uk

LET'S GET STARTED!

- ▶ If you are ready to **commit to the program** and invest in becoming the best version of yourself then please email:

nathanbell@higherlevelperformance.co.uk and make payment to:

Bank – HSBC / Name – Mr Nathan Bell

Account # 81379984 / Sort Code – 40-47-64 / Ref – 8 Week Programme

- ▶ To receive your induction pack and instructions to set up your online program account.

▶ **PROGRAM START DATE = MONDAY 5th JUNE**

DISCOUNTS & REFERRALS

- *Partner discount* – sign up with a friend/partner and get 10% off each
- *Referral* – Refer someone to sign up and you will get £10 off or cash for each sign up.