

HLP 6 WEEK LIFESTYLE TRANSFORMATION CHALLENGE

HIGHER LEVEL PERFORMANCE



What is the HLP LTC



The lifestyle transformation is a 6-week course for people who want to transform their health and fitness. The challenge combines nutrition advice, professional exercise programming and positive lifestyle changes.



The course combines an easy to follow online training program that can be from anywhere.



The course is about teaching people how to create sustainable lifestyle habits and train effectively using just bodyweight and resistance bands.



The goal is not to just transform the way you look, but to transform your habits to create a sustainable lifestyle where you can feel confident in your body.

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 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.

THE TRAINING PLAN

- ▶ 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 3 workouts that will provide your baselines fitness level to test against in 5 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 twice a week

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.

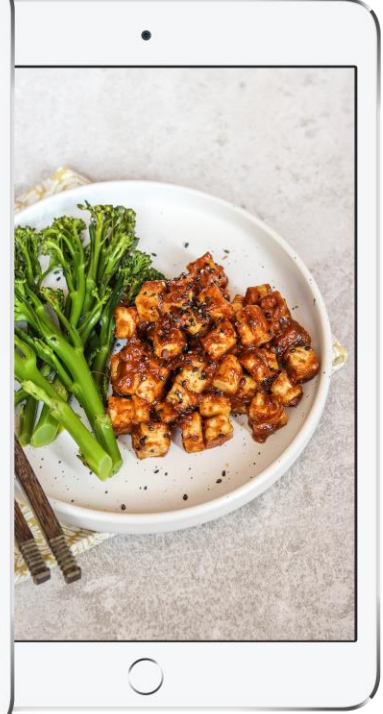
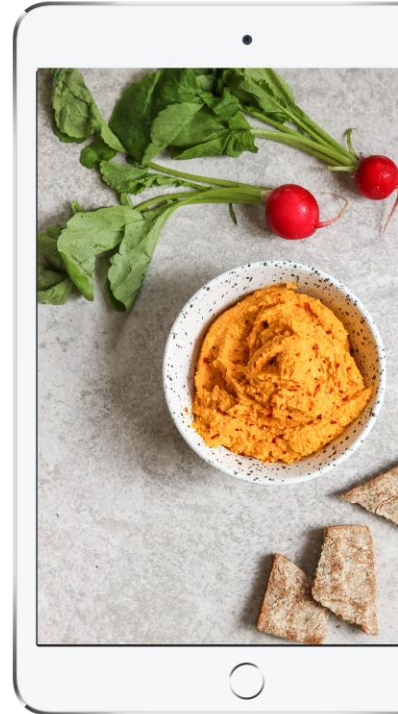
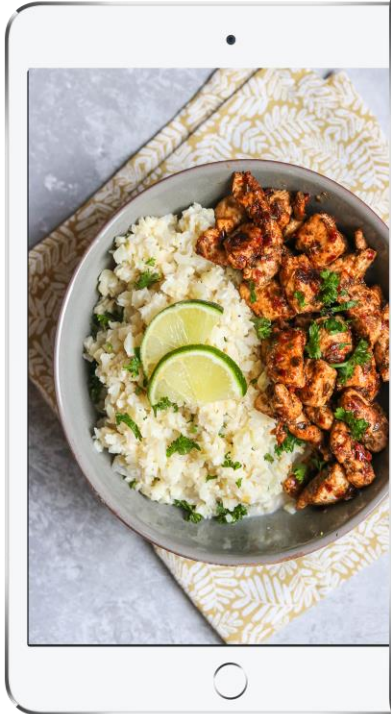
We advise using My FitnessPal app to track your daily food intake.

- ▶ **Breakfast** (Within 30minutes of waking up)
 - Smoothie with frozen berries or banana, protein powder and chia seeds
 - We recommend using Herbalife Formula 1 Shake
- ▶ **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 body transformation picture and body stats).

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/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. This alone is worth £30



Weekly Q&A's – There will be a weekly Q&A session on Sunday mornings at 1000am (it will be recorded in case you miss it)



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



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



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



GUARANTEED RESULTS (If you follow our guidelines)

WHAT IS THE INVESTMENT?



This is our first time properly releasing this 6 Week Challenge, so we are looking for some founding clients to trial it out and provide us with some excellent testimonials to use for future marketing. We also want your feedback to iron out any kinks and try to perfect it.



Due to this we are offering a huge discount on what we will be charging when we release it properly. I have spent hours putting all the content together for the challenge not to mention spending thousands on developing my own knowledge and craft.



6 weeks worth of small group training with a Personal Trainer along with nutrition recipes, guidelines and lifestyle coaching could cost up to £800!!



When I release the program properly, I will be charging £450, however I am currently offering the whole program for an investment of **just £100**

SCHOLARSHIP PLACES

- ▶ If you or someone you know that would love to take part but isn't in the financial situation to pay at this time then you can apply for a free scholarship place.
- ▶ If you apply for a scholarship place then you must be committed to the course, if you do not follow the challenge then your place will be terminated.
- ▶ To apply for a scholarship place please email:
nathanbell@higherlevelperformance.co.uk
- ▶ Explain your situation and you will get a response accepting your place or not.

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

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

- ▶ **PROGRAM START DATE = MONDAY 20th APRIL**

- ▶ We advise trying to sign up with a family member/friend for extra accountability

- ▶ I hope that you decide to come on board and look forward to working with you.