

FREE GUIDE · COACH LYDIA

# From Stuck to *Strong*

Your no-fluff roadmap to building a strong AF, athletic, confident body — and becoming the woman you've always known you could be.

## INTRODUCTION

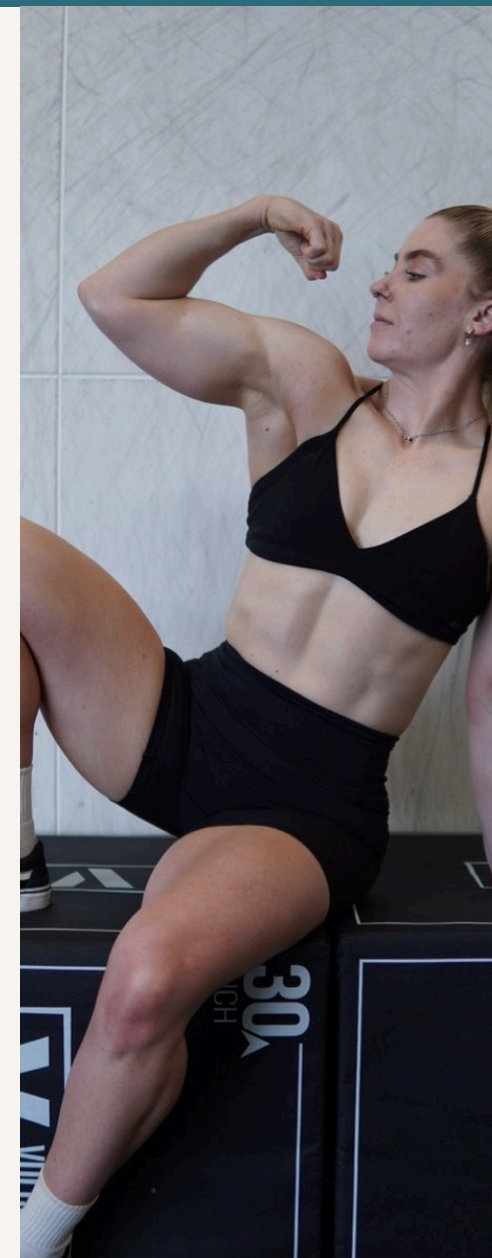
# Let's get *honest* for a second.

You don't need another plan. You need to understand why you've been stuck. Most women I work with are caught in one of these patterns — and none of them are your fault. They're what happens without the right structure, the right mindset, and someone truly in your corner.

WHAT'S KEEPING YOU STUCK	WHAT ACTUALLY WORKS
× Random workouts, no structure	✓ 2–3 sessions you can show up for
× Starting at 6 sessions, burning out week one	✓ Strong AF goals — chin up, 100kg hip thrust
× Training as punishment for your body	✓ Training because you love your body
× All-or-nothing thinking	✓ Consistency over perfection
× Chasing aesthetics over strength	✓ Chasing strength — the body follows

## YOUR 3-PILLAR TRANSFORMATION FRAMEWORK

1	<b>STRENGTH TRAINING</b> Compounds, calisthenics and real strength goals done with intention.
2	<b>MINDSET &amp; JOURNALLING</b> Weekly modules to shift your identity — goals, accountability, becoming her.
3	<b>NUTRITION HABITS</b> Dialled in once training is consistent — fuel your body, not starve it.





PILLAR 01

# Strength *Training*

We don't just train to train. We build toward **real, tangible strength goals** that make you feel like an absolute weapon when you hit them. These are the milestones that will change how you see yourself — in the gym, and everywhere else.

## THE GOALS WE GET MY GIRLS WORKING TOWARDS

### *Pull Up & Chin Up*

FIRST BODYWEIGHT REP → PROGRESS TO WEIGHTED

Your first unassisted pull up is one of the most empowering feelings you will ever experience. A full-body strength milestone that proves to you — beyond any doubt — exactly what you're capable of.

### *Back Squat Bodyweight*

BARBELL ON YOUR BACK, BODYWEIGHT ON THE BAR

Lower body strength and pure confidence in every rep. The squat teaches your body — and your mind — what you're actually made of. A milestone that changes how you carry yourself everywhere.

### *Hip Thrust 100kg*

FOR REPS. THE GLUTE GOLD STANDARD.

Hip thrusting 100kg for reps will change how you feel about your body. Full stop. Strong glutes, strong body, unshakeable confidence. This one turns heads — and builds them too.

### *Bench Press*

HALF BODYWEIGHT → FULL BODYWEIGHT

From push up progressions to pressing your own bodyweight on a barbell. Upper body strength that shows — and a goal that makes you walk a little taller every single time you hit it.

### *Deadlift Bodyweight*

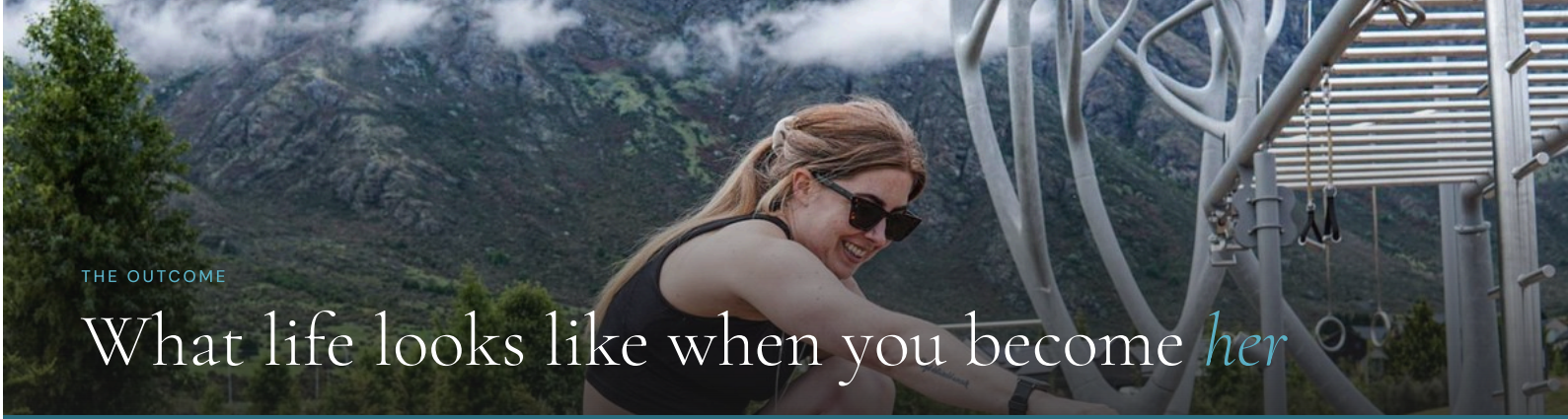
THEN PROGRESS TO DOUBLE BODYWEIGHT

Pulling your own bodyweight off the floor is one of the most empowering lifts a woman can own. The double bodyweight deadlift? That's elite territory — and it's absolutely on the cards for you.

### *Unlock the Skills*

MUSCLE UP, L-SIT, PISTOL SQUAT & BEYOND

The strength you build opens doors to skills most people only dream of. Muscle ups, L-sits, pistol squats, ring work — the cool calisthenics stuff. Strength is the foundation. The skills are the reward.



THE OUTCOME

# What life looks like when you become *her*

This isn't just about lifting heavy. It's about who you become in the process. Here's what life looks like when you've done the work — in the gym and everywhere else.

## *In the gym*

- You walk in knowing exactly what you're doing and why. No wandering. No second-guessing. Pure purpose.
- You lift weights that once felt impossible and treat them like a warm up.
- You bust out chin ups. Actual, real, unassisted chin ups. And you make it look easy.
- You track your progress and see the numbers climbing every single week.

## *In your life*

- You wear the shorts, the bikini, the cute crop top — without a second thought. You take up space and you own every inch of it.
- You walk into rooms like God sent you and down the street with full main character energy. Every. Single. Day.
- You start playing big. Taking bold action. Putting yourself out there and living life on your terms — unapologetically.
- You back yourself to build a life you're obsessed with and become the woman you've always dreamed of being. She was always you.

*"Show yourself what you're capable of. Then make that your new baseline. Then go again. LFGGGGG."*

# Mindset & Journalling

Your body will only go as far as your mind allows. Every client works through a **weekly self-improvement module** — a structured journalling practice that shifts your identity at the root. One module per week. This is where the real transformation happens.

WEEK 1 MODULE — SAMPLE

## Intentional Goal Setting

Setting *INTENTIONAL GOALS* — gaining clarity on what you want and teaching yourself to show up long enough to get there. Grab your journal.

### YOUR 4 TASKS THIS WEEK

- 1 **Priority goals.** Define 1–3. Be specific — measure it. What does it feel like when you get there?
- 2 **Define your WHY.** Why do you actually give a sh\*t? Be real. A strong why = no excuse not to show up.
- 3 **Actionable steps.** 1–3 specific actions this week. What habits? When exactly?
- 4 **Accountability plan.** How will you track progress? How will you recommit when you slip?

### WHAT MAIN CHARACTER ENERGY LOOKS LIKE

Walking into the gym owning it — knowing exactly what you're doing.

Wearing what you want without apologising for your body.

Setting big goals that scare you — then showing up until you hit them.

Following through on yourself. Not perfectly. Consistently.



# Nutrition *Habits*

Not 1200 calories. Not earning food. Not fearing carbs. We build **sustainable habits** that fuel a strong, athletic body. Start at maintenance. Eat to perform. The body follows.

P	<b>Protein in every meal and snack</b> Height in cm = daily protein target in grams. e.g. 165cm = ~165g. Build this habit first.
3	<b>3 meals + 1–2 protein snacks daily</b> Keeps energy stable, builds muscle, stops bingeing. Don't skip meals to "save" calories.
W	<b>2–3 litres of water every single day</b> Performance, recovery, energy — all depend on it. Full glass before anything else each morning.
M	<b>Eat at maintenance when starting out</b> Fuel your body to build and perform. You cannot build muscle on 1200 calories.
C	<b>Carbs are fuel — not the enemy</b> Rice, oats, sweet potato, fruit — these power your training. Strong women eat carbs.
∞	<b>Consistency over perfection — always</b> 80% consistent beats perfect-and-abandoned by Thursday. Every. Single. Time.

## THE ORDER OF OPERATIONS

Training first. Mindset alongside. Nutrition dialled once both are running. None of it sticks without the mindset work underneath. This is the order. Trust it.



# The Phase-by-Phase *Plan*

Minimum commitment: 8 weeks. Most women stay for life. Here's what the journey looks like.

<p>I</p> <p>WKS 1-4</p>	<p><b>BUILD THE FOUNDATION</b></p> <p>2-4 full body sessions. You learn to lift with confidence — you walk into the gym knowing exactly what you're doing and why. Alongside training, you start your inner work: journalling, goal-setting, building the habits and mindset that make everything else possible. The foundation is being laid. Everything that comes next is built on this.</p>
<p>2</p> <p>WKS 5-8</p>	<p><b>DIAL IT IN</b></p> <p>Training is a habit now — it's just what you do. We turn our attention to your nutrition, dialling in how you fuel yourself to build a leaner, stronger, more athletic body. Serious mindset shifts are happening. You're starting to feel the difference. The next level is within reach and you can feel it.</p>
<p>3</p> <p>WKS 9-12</p>	<p><b>LEVEL UP</b></p> <p>Hello PRs. The strength gains are undeniable — you're lifting weights that felt impossible at the start and your physique is changing in ways you can see and feel. Your confidence in the gym and in your life is a different level. You're achieving things the woman who started week one genuinely didn't think she could. She had no idea what was coming.</p>
<p>4</p> <p>WK 13+</p>	<p><b>BECOME HER</b></p> <p>You're only scratching the surface of what's possible — and you know it. You trust yourself to follow through. You've built the habits, made the mindset shifts, and you see yourself as the main character now. The next version of you is ready to be born. LFGGGGG. This is where it gets really, really good.</p>

READY TO ACTUALLY DO THIS?

Imagine what happens when you have me *in your corner.*

If this roadmap lit something up — this is what coaching with Lydia looks like but personalised, done with you, built around exactly who you're becoming. Structured programming, weekly mindset modules, nutrition coaching, and someone who holds you accountable like the big sister who refuses to let you quit.

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