



**WELCOME TO
THE ZLR WARRIOR
PROGRAM!**

IT'S TIME TO DISCOVER YOUR INNER WARRIOR.....



**I would like to take
this opportunity to
say a massive
thankyou for
choosing to invest in
me as your coach!
I will be your guide,
mentor, educator
and no.1 supporter
as we go on this
journey together!**

ETHOS....



**WITH
RESILIENCE &
BRAVERY YOU
CAN OVERCOME
ANYTHING!**



**Welcome to the start of
your journey!**

**Firstly, any goal is
achievable with the
right mind-set!**



**Secondly, take on all the
advice, support &
education you are given!**

**Be sure to implement
then the results will
come!**



1-1 Support

I am here for you and want you to succeed every step of the way!

I will be available via WhatsApp and text message pretty much all the time....

All I ask is for you to please not message me before 6am and after 8pm



Photos

Weekly or monthly photos are essential to track your progress!

Every month you will have x4 pictures taken so we can continuously review your progress and ensure we are pushing in the right direction!

If you are on online coaching you will need to take these on your own; I have a guide for this if you need it.



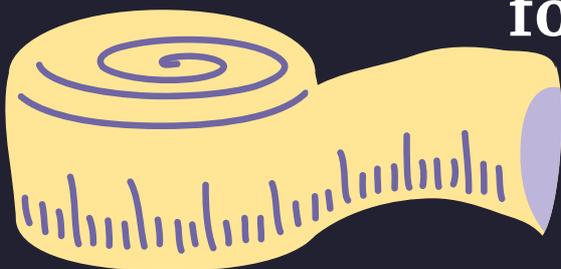
Measurements

Measurements are also a great tool to track your progress.

For 1-1 pt clients I take these for you; don't stress!

These will be taken every couple of months.

If you are on the online coaching I recommend taking measurements before you start/first day then take a month later. Then repeat month on month to track progress! Get someone to take them for you!



Postural Assessment

Before your program can be sent across I will need to posturally assess you if you are a 1-1 client. For online coaching this will be done via photographs. Then you will have your program devised after!

For 1-1 pt clients you will be posturally assessed in person. Then have your program devised after!

This allows us to make the program completely specific to you, help us to deal with postural imbalances you may have and any postural issues.



The Client Hub!

**Introducing the client hub!
Brand new part of the service on The ZLR
Warriors!**

**This has been devised to help you on your
journey, by providing you with everything you
need all in one place!**

**This page is email & password protected on the
website, you will be given an invitation. From
here you will use your email and set your own
password. Please don't share this with anyone.
The client hub is for you & you only; it is a paid
service only paying client's have access to.**

**If you have any questions about the client hub
or need any more help about the features
included please drop me a message!**



Check In Sheet



Attached in your welcome e-mail you will find a link to your check in sheet.

Simply fill out the questions.

You can find the link to the check in sheet in the Client Hub or [click here!](#)

Please send your check-in sheet between Fri-Sun by 8pm.

If you need any more help just ask!

Check In Feedback

After you have sent your check-in between Friday-Sunday you will have a response from me on the Monday.

I will provide you with targets for the week ahead!

This helps you to focus on a few things one step at a time and prevent feelings of overwhelm!

This will come in via video every Monday provided you send your check in sheet on time.



The check-in sheet provides essential tracking to your health:



Stool
Sleep
Stress
Meals



Training & Cardio
Water Intake



Emotional State
Weekly Wins



Weekly Struggles





Check In Call

Every week we will have a weekly check-in / support call.

This can be set to a regular slot time if needed.

The purpose of the call is to give you continuous support and accountability.

It is a chance for us to have open communication and ensure we are striving forwards for ultimate progression!

This can be booked via the link, which you can find in The Client Hub or you can [click here!](#)

I recommend booking all of them for the month!



Your Program

The juicy stuff and where all the magic happens!

You will get the most out of your program by staying patient, dedicated and consistent!

Your program is tailor made for you and only you! It is designed with your goals in mind and based on the outcome of your postural assessment.

When you find your program document you will see an explanation of why these exercises have been chosen for you.



Training Log

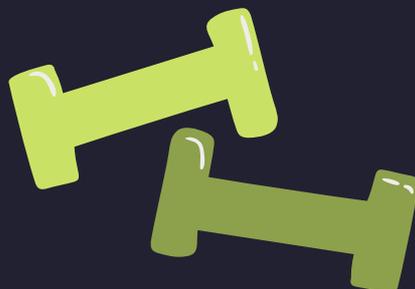


Training logs are useful to track your progress with your training, give you strength goals to focus on and help you to push your body out of the comfort zone.

For 1-1 PT clients I track your weights for you.

We then have strength in review where we review your strength progress!

For online client's you will have a training log to fill out!



Nutrition..

We are striving for progression not perfection!

Don't overwhelm yourself; I don't want you to change everything at once!

We will focus on giving you a plan that you can actually stick to long-term.

Your nutrition has been made based on the foods you like and your current eating habits. Over time we will begin to make changes and adapt if we need to.

We will work on hydration, portion control, food tracking and weighing; so in the long-term you won't have too!



FB Community...

Post your story, introduce yourself and share your wins!

The FB community is a place where you can be cheered on and supported by others who are going through the same thing as you!

On top of this you will receive workout videos, educational videos and useful advice to implement daily that will help you on your journey.

[Click here](#) to join!



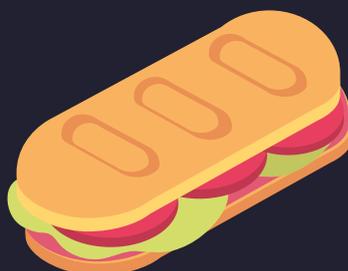
Meal Guide Library

Meal Guide's are something relatively new to the service!

I find these have been super popular with all of my clients!

I have been doing these for over a year now and they provide you with lots of recipe ideas!

You can find the whole library via The Client Hub! Unlimited access, downloadable & available to keep forever!!!



Exercise Library!

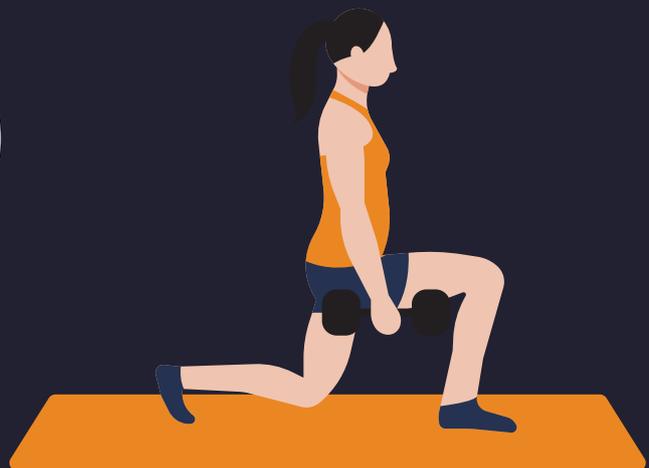
Exercise Demo Library is also relatively new to the service!

I find these have been super popular with all of my clients!

Providing you with demonstrations and instructions on how to perform your favourite exercises!

Technique over increasing the weight must be prioritised!

You can find the whole library via The Client Hub! Unlimited access meaning you can access them whenever you need to on demand!



Access to live workouts

Don't feel like going to the gym?
Want some motivation?
Want to train at home on demand?

Then I have you covered!

Over the lockdown I provided many members of the community with access to live training! I do the whole workout with you, talk you through and you will have access to these anytime you want on demand! Rewind, pause, fast forward the options are endless!

With over 100 workout videos to choose from you can do whichever one you fancy!

You can find the link for these by heading to the client hub! Please note: You will need to have a facebook account to join the group. Request access and I will accept to let you in!



Education...

Education is a huge part of the coaching process at ZLR Fitness!

We give you a huge ton of education & educational guide's that are super beneficial to your journey!

The education covers lots of helpful advice & dives into useful topics that are relevant to your journey!

Plus you have unlimited access to these on The Client Hub and can download them to keep forever!!!!



Live Webinars

Live Webinars are delivered to all client's via Zoom and then can all be found in order of upload in The Live Webinar section on The Client Hub.

Live webinar's are delivered every Saturday @ 12 noon! Don't worry if you can't make it as every Sunday the webinar will be uploaded to The Live Webinar section so you can catch up!

You will be sent a Zoom link, email reminder and a WhatsApp reminder before the webinar starts.

Wjhen you join say hi and make sure you hide your screen as the event will be recorded for upload afterwards.



Be A Part Of The ZLR Warrior Community

We now have ZLR Warrior Training Hoodies as shown in pictures below. Clients for 1-1 personal training are able to purchase these for a discounted price of £25! Normally £40 per hoodie! If you would like one please be sure to let me know! I recommend a size up if you like it to have room!



Client Touches

Every year, you will receive a birthday card and small gift.

If you stay on for longer than a year of training you will receive a gift for all your hard work.

Along your journey, you will receive personal touches that keep you motivated and feeling supported every step of the way!

If you feel there is anything missing from my service, please let me know and I will be happy to keep adding to this little list!



Refer A Friend Reward Scheme

For 1-1 PT clients if you recommend a friend who books a minimum of a 2 sessions a week monthly deal for the next 6 months; you will win 3 free bonus sessions worth over £120!!!

For online clients if you recommend a friend who comes on board for 6 months or more you will get 1 month online coaching half price!!!!
Saving you £75!!





Let's do this!

Love Zo