



ULTIMATE

BEGINNERS

FITNESS GUIDE

(STEP-BY-STEP WITHOUT THE JARGON)

ABOUT

THIS GUIDE

What you will get from this guide

In the last 5 years I have helped over 10,000 people in more than 20 different countries embark on a personal journey to better health and fitness.

I've learnt what works, what doesn't, and more importantly, I've discovered the 5 milestones that every person (regardless of who you are or where you come from) has to reach in order to achieve fitness goals like these:

I want to look better

I want to feel better

I want to live longer

This guide provides a simple step-by-step explanation of each of the 5 key milestones, and provides you with everything you need in order to succeed.

Thanks for your attention.

A BIT

ABOUT ME



Hi, this is me, Leigh Linton.

I'm a personal trainer, fitness model and body transformation specialist. I'm also the creator of The Ultimate Shred and founder of The Shred Elite.

I don't say this to brag, but I do want you to know that you're in safe hands with this guide. The information it contains comes from years of experience working with real people.

I hope you enjoy reading it as much as I enjoyed writing it for you.

leigh linton♥

WHAT

YOU GET

Contents

Step 1 - Goals

How To Transform Your Body By Setting SMART Goals

Step 2 - Activity

How To Get An Amazing Full-Body Workout *Without* Joining A Gym
(including 6 free workout videos that take less than 10 minutes)

Step 3 - Nutrition

How To Eat Healthy *Without* Going On A Diet
(including a free recipe book)

Step 4 - Consistency

The 3-Step Formula To Form Lasting Healthy Habits
In Less Than 2 Weeks

Step 5 - Motivation

How To get Amazing Weight Loss Results Without
Fear Of Failure

STEP 1

SMART GOALS

How To Transform Your Body By Setting SMART Goals

The biggest difference between people who succeed on their fitness journey and the people who fail comes down to two things: tracking (more on that later), and goals.

If you don't set goals at the start, the chances of failure go through the roof, which makes sense:

"How can you expect to arrive when you don't know where you are going?"

There are actually different types of goals, ones that are incredibly important and crucial for getting amazing results, and there are weak goals that may actually hinder your chances of success.

On the next page, I'll show you the best type of goals and break down exactly how to set them for yourself.

STEP 1

SMART GOALS

How To Transform Your Body By Setting SMART Goals

SMART stands for:

Specific

Measurable

Achievable

Relevant

Time-bound

Let's go through them one by one, using someone who wants to lose weight as an example...

Specific -

How much weight do you want to lose?

Which parts of your body do you most want to reduce fat from?

Why is this goal important?

What does it mean to your life to achieve it?

How will you feel when you succeed?

The more specific you can be, the better.

STEP 1

SMART GOALS

How To Transform Your Body By Setting SMART Goals

Measurable -

I always advise my new members (my "Shredders") to take photos of themselves and take body and weight measurements before they start their program.

Your weight alone isn't a reliable measure for body transformation for many reasons (e.g. muscle is heavier than fat, weight can fluctuate due to hormone levels, stress, sleep etc.).

So I recommend using your weight, your waist and hip measurements, *and* your photos to track your progress.

If your goal isn't measurable, there's no way to see the progress you are making which leads to a loss of motivation and fast failure.

STEP 1

SMART GOALS

How To Transform Your Body By Setting SMART Goals

Achievable -

Your weight loss must be safe and achievable. When working with my Shredders I look at your gender, height and age to ensure that your weight loss goals are within a healthy range and can realistically be achieved.

It's great to challenge yourself, so your goals should be a stretch, but completely unrealistic and unachievable goals will put you on the fastlane to failure.

Many people will tell you that "You can achieve anything you want to" and while that's nice to hear, in reality a carefully thought-out and realistic goal will give you a much higher chance of success.

You can always set a new goal once you've succeeded with the original one.

STEP 1

SMART GOALS

How To Transform Your Body By Setting SMART Goals

Relevant -

This is about focus. Keep your goal focussed and relevant to what you really want to achieve. Don't allow yourself to get side-tracked.

Time-bound -

You are much more likely to achieve your goals when you set a specific time limit or deadline. If you don't do this, it's much harder to build momentum and remain motivated.

Weak goal example:

"I want to lose weight"

SMART goal example:

"I want to drop a jeans size in the next 60 days."

STEP 2

GETTING ACTIVE

How To Get An Amazing Full-Body Workout Without Joining A Gym

Joining a gym can be an excellent way to motivate yourself to exercise. Let's face it, if you're paying that much money then you might be inclined to go!

Unfortunately, for people just getting started with exercise that is not the case for 2 in every 3 people who join a gym. It actually ends up providing more excuses to avoid exercise, including:

- It takes too long to get there
- I forgot my gym kit
- I feel judged when I'm there

All my workout programs can be streamed online at home and in private.

So I'm a little biased.

That said, here's the truth...

STEP 2

GETTING ACTIVE

How To Get An Amazing Full-Body Workout Without Joining A Gym

The ability to exercise at home is by far the best way to get started, because:

You can fit your workouts around your existing schedule so **you don't have to disrupt your routine.**

You can exercise in complete privacy so **you don't have to fear the feeling of being judged** and you can take your time to build confidence and technique.

Nobody can see you, so you can wear whatever you like and **not have to worry about getting sweaty, red-faced, or having the 'latest gear'.**

You don't have to travel so it **cuts down on the time needed to get a workout done.**

Not having enough time to exercise is no longer a valid excuse. On the next page you'll find **links to 6 workouts that each take less than 10 minutes...**

STEP 2

GETTING ACTIVE

How To Get An Amazing Full-Body Workout Without Joining A Gym

Here are links to 6 of my workout videos that each take 10 minutes or less:

1. Body Blast - Bums



2. 3-Stage Abs



3. Lose Your Love Handles



4. Sayonara Saddlebags



5. Body Blast - Abs



6. Bye Bye Back Fat



<http://bit.ly/6-quick-workouts>

STEP 3

NUTRITION

How To Eat Healthy Without Going On A Diet

It cannot be overstated how much impact the things you eat and drink have on you.

Quite literally, what you eat builds you, repairs you and fuels you.

One of my favourite historical quotes comes from Abraham Lincoln. When he was asked what his religion was, he replied:

"I'll tell you my religion: When I do good, I feel good. When I do bad, I feel bad."

That concise phrase could not be more perfect for your diet:

**"When I eat good, I feel good.
When I eat bad, I feel bad. "**

STEP 3

NUTRITION

How To Eat Healthy Without Going On A Diet

Most people know what foods are good for you and which are bad.

A lack of information isn't the problem.

The problems people have when altering their diet is usually due to starting with the wrong **mindset** or deeper **emotional connections** to food.

Emotional eating is a large topic that requires a whole guide to itself so I won't go into details here...

(If you want more information on ways to address emotional eating, please email me privately to the address at the end of this guide)

...What follows on the next page are **tried and tested tips and techniques** for improving your nutrition *without* going on an unsustainable diet...

STEP 3

NUTRITION

How To Eat Healthy Without Going On A Diet

Tip #1 - Keep a food diary

Research has proved that keeping a food diary improves your diet, without you even consciously trying to change anything. It's the ideal first step.

Tip #2 - Drink more water

When you are properly hydrated you will feel much more energetic and you will also feel fuller for longer and less likely to snack.

Tip #3 - Use smaller plates and bowls

A study proved that simply using smaller crockery reduced people's portion sizes without them even realising they had done so.

Just these 3 simple tips will improve your diet. You'll feel better, lose weight, and will be more conscious of what you are consuming. **Next comes mindset...**

How To Eat Healthy Without Going On A Diet

The Wrong Mindset

One of the most common mistakes I see people make when it comes to their diet is what I call the '**All or Nothing**' mindset.

More people fail because of this than almost anything else.

The 'All or Nothing' mindset convinces you that you have to completely cut out all unhealthy foods and you have to completely give up alcohol.

That is exactly the *wrong* way to do it!

With the 'All or Nothing' mindset you will inevitably slip up at some point (you are human after all) and you will think it's all been for nothing and you may as well give up trying.

Sound familiar? Don't worry, here's the **right mindset...**

STEP 3

NUTRITION

How To Eat Healthy Without Going On A Diet

The Right Mindset

When trying to change your eating and drinking behaviours, you must give yourself some flexibility*.

Instead of the 'All or Nothing' mindset you should adopt the '**Growth Mindset**'.

The growth mindset knows that you are growing as a person, you are improving over time, and setbacks along the way are just that: setbacks.

They are not a catastrophe, you just brush them aside and get straight back on track.

Over time the setbacks will become less frequent and your new healthy patterns of behaviour will takeover.

**this advice does not necessarily apply to alcoholism or other addictions*

STEP 3

NUTRITION

How To Eat Healthy Without Going On A Diet

Free Healthy Desserts Recipe Book

As an example, if you have a sweet tooth and eat lots of sugary desserts and snacks, a person in the 'All or Nothing' mindset will try to completely cut out those foods. They may succeed, for a time, but it's likely to be unsustainable.

In contrast, a person in the 'Growth Mindset' will reduce their sugar intake, but will also know that their sweet tooth needs satisfying. They will prepare by finding ways to do that without eating sugary foods. And if they slip up, no big deal, they get back on track the next day.

Here's a link to download a Healthy Desserts Recipe Book for free:

[Click Here To Download Your FREE 39-Page
Healthy Desserts Recipe Book](#)

STEP 4

CONSISTENCY

The 3 Step Formula To Form Lasting Healthy Habits In Less Than 2 Week

There are 3 steps involved in creating a new habit:

- Step 1: Cue
- Step 2: Routine
- Step 3: Reward

Let's look at them in turn using the exercise habit as an example.

Step 1 - Cue

This is the reminder or 'trigger' that tells you it's time to start the behaviour. In our example, it could be laying out your workout clothes before you go to bed. When you see them in the morning it 'triggers' you to workout.

Step 2 - Routine

This is the actual behaviour. In our example, the routine is the process of doing the workout.

STEP 4

CONSISTENCY

The 3 Step Formula To Form Lasting Healthy Habits In Less Than 2 Week

Step 3 - Reward

When the routine is completed there must be a reward at the end to enforce the behaviour. Basically, this reward tells your brain that it's done a good thing. In our exercise example, the reward can be:

- **Emotional:**

Example: noticing the sense of achievement you feel afterwards

- **Sensory:**

Example: playing your favourite song at the end of your workout

- **Tangible:**

Example: buying yourself a present

Repeat these 3 steps every day for 2 weeks and you will be well on the way to forming a new healthy habit!

STEP 5

MOTIVATION

How To get Amazing Weight Loss Results Without Fear Of Failure

Right at the start of this guide I mentioned that there are two main differences between people who succeed at achieving their fitness goals and the people who fail.

The first difference was failing to set SMART goals.

The second is failing to track their progress.

Here's why it is absolutely crucial to track your progress if you want to succeed...

Without tracking you will not notice the changes that you are making. This causes you to lose confidence and eventually quit.

When you track your progress, you notice results quickly (no matter how small to start with). This builds momentum and accelerates your results.

A virtuous cycle is created!

How To get Amazing Weight Loss Results Without Fear Of Failure

Tracking Methods

There are lots of ways to track your progress and it's often the case that different people respond better to different tracking methods.

In fact, it matters less what you track, the key is to track at least one thing and track it consistently.

I advise my Shredders to track their progress in multiple ways, including:

- Body measurements (particularly hip and waist)
- Body images (monthly photos)
- Completed workouts
- Body weight (weekly)

It's important to keep as many factors the same each time that you can: same time of day, same time before/after a meal, same water consumption, same sleep.

STEP 5

MOTIVATION

How To get Amazing Weight Loss Results Without Fear Of Failure

Tracking Results

We provide our members with online tools to track their progress, purely for convenience, but an old-fashioned pen and notepad will do exactly the same job.

There is no better feeling than seeing the results of your efforts revealing themselves over time.

It's highly motivating and is often the difference between another 'frustrating attempt', and a permanent change to your lifestyle.

FINAL

THOUGHTS

Final thought...

I've worked with over 10,000 people in more than 20 different countries and there's one thing I have learnt above all others. And that's this...

You *can* do it

It's a journey, but it's a journey worth taking.

I hope this guide has given you the confidence to get started on yours.

Here's to your success!

leigh linton

For more information on my programs, and for the next available induction date for *The Shred Elite*, [CLICK HERE](#) or visit:

TheUltimateShred.com



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