



# THE 90-DAY STRONG

# REBUILD

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# *Welcome*

*A structured sprint to rebuild strength, confidence and consistency WITHOUT extremes.*

***This is not a crash diet.***

***It is not a 6-week shred.***

***It is not another plan you “try” for a few weeks.***

*This is a structured 90-day coaching container designed to:*

- Rebuild your strength
- Improve body composition sustainably
  - Restore consistency
- Reduce stress around food and training
  - Create long-term momentum

If you are ready to commit for 90 days, results will follow.



# ***Who This Is For***

***This programme is for women who:***

- Feel frustrated with inconsistency
- Want to feel strong again
- Are tired of extreme dieting cycles
- Want structure without burnout
- Value health, longevity and performance

***This is not for women looking for a quick fix.***



# ***What You Can Achieve in 90 Days***

***While results vary based on starting point and commitment, clients typically experience:***

## ***Physical Changes***

- Increased strength and muscle tone
- Noticeable improvement in body composition
- Improved posture and movement quality
- Better energy levels



# ***What You Can Achieve in 90 Days***

***While results vary based on starting point and commitment, clients typically experience:***

## ***Performance Improvements***

- Clear strength progression
- Measurable improvements in lifts
- Greater confidence in the gym
- Reduced fear around training

## ***Mental Shifts***

- Less obsession with food
- More clarity around structure
- Increased confidence
- Feeling back "in control"



# ***The Structure: How the 90 Days Work***

## ***Phase 1: Reset (Weeks 1-4)***

- Assess current training + nutrition
- Establish foundational structure
- Improve movement quality
- Rebuild consistency

**Focus:** Stability and clarity.

## ***Phase 2: Build (Weeks 5-8)***

- Progressive overload introduced
- Refined nutrition strategy
- Strength and body composition focus

**Focus:** Momentum and measurable progress.



# *The Structure:*

# *How the 90 Days Work*

## *Phase 3: Elevate (Weeks 9-12)*

- Increased intensity
- Fine-tuning nutrition
- Performance consolidation
- Preparing next phase plan

Focus: Confidence and sustainability.



# *What's included*

- ✓ Personalised strength training programme
- ✓ Sustainable nutrition framework
- ✓ Weekly check-ins
- ✓ WhatsApp support (within boundaries)
- ✓ Monthly progress review
- ✓ Adjustments based on real life
- ✓ This is high-touch coaching tailored to you.

# *The Commitment*

**For 90 days, YOU commit to:**

- ✓ Showing up consistently
- ✓ Communicating honestly
- ✓ Following structure
- ✓ Being coachable

**I commit to:**

- ✓ Professional guidance
- ✓ Structured progression
- ✓ Honest feedback
- ✓ Personalised support

# ***Investment***

## ***90-Day Strong Reset***

**£250 per month**

**3-month minimum commitment**

**This is structured coaching - not a casual programme.**

**OR**

## ***6-Month Performance Commitment***

**£1,380 paid in full**

**For women who are ready to move beyond short-term change and commit to meaningful physical and performance progression.**

**This is structured coaching - not a casual programme.**

# ***Investment***

## ***12-Month Performance & Longevity Path***

**£2,550 paid in full**

**For women serious about building a strong, resilient body over time.**

**Best for:**

- **Major body composition change**
- **Performance milestones**
- **Hormone-conscious progression**
- **Lifestyle integration and long-term transformation**

**This is the highest level of commitment and delivers the most powerful results.**



# THE 90-DAY STRONG

# RESET

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