

Physiotherapist, Head Trainer & Founder of the LEAN App



ADVANCED

HALLOLEAN HELL WEEK

LEAN

START THE CHALLENGE, YOU'VE GOT THIS!

BEGINNERS DO YOUTUBE WORKOUTS.
ADVANCED DO ALL WORKOUTS.

YOUTUBE WORKOUTS (BEGINNER)

MON TUE WED THU FRI SAT SUN

Rest Day

ADVANCED WORKOUTS

GET THE LEAN APP FOR ACCESS

MON TUE WED THU FRI SAT SUN

FOR BEST RESULTS DO ALL WORKOUTS.

Special Offer

LEAN

Get access to the App-exclusive LEAN Method full-length programs, meal plans, nutritious recipes and more!

