

PREP GUIDE

Physiotherapist, Head Trainer & Founder of the LEAN App



BEGINNER

FEEL GOOD FIT FACTORY

LEAN

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Special Offer

LEAN

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



WHAT TO EXPECT

If you, like me, have taken some time off training the last few months and you're not feeling 100% confident and fit. Listen up, because this is going to change your life! If you want to fall in love with working out and how it makes you feel, save this date. September 5, we are bringing you a 6 week transformation boot camp on the **LEAN APP**. Introducing the Feel Good Fit Factory. A 6 week intense structured plan, including varied training styles to get results, and keep you motivated to get you in the best mindset and shape of your life.

And in case that wasn't enough to keep you motivated, we're giving away the prize of a lifetime! The winner of this challenge will be flying out to Dubai with a friend, to hang out with me and the LEAN team.

But first, for FREE here on YouTube we are launching the Feel Good Fit Factory Prep Guide, a 1 week intense workout program to prepare you for the full 6 week guide on the LEAN App. This challenge is your opportunity to take control of your health and happiness. Wherever you are in the world, you can do this! We're in this together.

WHAT WILL YOU NEED?

All of the workouts are home friendly as minimal equipment and space is required.

Equipment

Throughout the Guide, you will see the following icons, letting you know what equipment is needed for a workout. The equipment is not essential, but does increase the intensity of the workouts to give you an extra burn!

A mat or soft surface to lie down.



LEAN Resistance Bands
(Adjustable or HIIT)



Weights, Dumbbells
or Water Bottles



Ankle Weights



Pilates Ball



Sliders



Chair

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OUR FAMILIA

Join the most supportive community out there!

The #LWL family will not only share their journey with you, but they will also encourage you on your LEAN journey.

We are big believers in sharing motivation and inspiration and coming together as a community to become the healthiest and happiest versions of ourselves.

Don't forget to tag us on the social media handles listed below to be reposted.

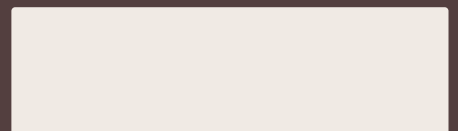
We can't wait to watch your transformation journeys, mind and body.
Click the icons below and join the community:

WWW.LEANWITHLILLY.COM

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START THE CHALLENGE

LET'S DO THIS
#LEANWITHLILLY

WORKOUTS

- DAY 1
- DAY 2
- DAY 3
- DAY 4
- DAY 5
- DAY 6
- DAY 7

Rest Day



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