14 DAY GUIDE

Physiotherapist, Head Trainer & Founder of the LEAN App

BEGINNER

SELF CARE GUIDE

LEAN

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HELLO FROM THE AUTHOR

Hi, I'm Lilly, and my goal is to be by your side, every step of the way, throughout your LEAN journey. I graduated from University in 2010 after completing my BSc Physiotherapy. I have always been passionate about helping people and started my journey as a junior Physiotherapist working in the National Health Service in London, UK in 2010. Every spare minute I had, I spent pursuing my dream of working with Athletes. Four years later, I had worked my way up to working as a Physiotherapist for Premier League and Championship level Football Clubs.

After completing my training as a Pilates instructor, I set up my own Pilates classes with a fusion concept of HIIT and Pilates. My next goal was to take my instructing online... That's where you guys come in- The Lean With Lilly Familia! Many of you would have completed my workouts on my social media channels and have seen incredible results so far.

The LEAN team and I are working flat out, to create an enjoyable Program that GETS RESULTS for both mind and body from home!

I can't wait to start this incredible journey, together, from all over the world. You are not alone!

#LetsDoThis
Love Lilly xx

Lilly Sabri

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WHAT TO EXPECT

The 14 Day Self Care Guide is all about putting yourself first. Self care is not selfish. During this guide we're going to be doing way more than just exercise to look a certain way. We are going to be releasing those endorphins, looking after our mental health and putting aside well deserved time for ourselves. There will be live workouts, Q and A's, live cook-offs, journaling, a habit tracker, and new delicious healthy recipes to try.

Subscribe to my YouTube channel here to make sure you don't miss the workouts.
You can find all this information on the workout calendar, on page 6. Before we get stuck in, I would love for you to join our private Facebook group, it's such an incredible support group for everyone who is doing any of my LEAN Guides. Click here to join

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*

Chair

Pillow

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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:

@LILLYSABRI

@LEANWITHLILLY

LILLY SABRI

@LILLYSABRI

LEAN WITH LILLY GUIDES

WWW.LEANWITHLILLY.COM

#LEANWITHLILLY

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BEGINNER

START THE CHALLENGE

LET'S DO THIS
#LEANWITHLILLY

WORKOUTS

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WARM UP 5m	LIVE 8AM GMT, 16TH FEB FULL BODY PILATES TONE & LENGTHEN 40m	NEW 3PM GMT, 17TH FEB QUICK BURN ABS 5m	FULL BODY SCULPT PILATES 30m	Rest Day	WARM UP 5m	WARM UP 5m
CARDIO BOX 30m	TONED ARMS BOXING 10m	WARM UP 5m	THIGH BURNER 10m	FULL BODY STRETCH 28m	FULL BODY WEIGHTS VS CARDIO 30m	ARMS & ABS BURN 40m
SHREDDED ABS 10m		FAT BURN HIIT & ABS 40m			BEST OF THE BEST ABS 10m	INNER THIGHS 8m

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BEGINNER

START THE CHALLENGE

LET'S DO THIS
#LEANWITHLILLY

WORKOUTS

DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
NEW	LIVE	NEW	LIVE	Rest Day		
8AM GMT,22ND FEB INTENSE BOOTY LIFT & HAMSTRINGS 40m	3PM GMT,23RD FEB LIFTED BOOTY CHALLENGE 8m	3PM GMT,24TH FEB THE BEST 11 LINE ABS (2021) 8m	8AM GMT,25TH FEB CORE FOCUSED PILATES 30m		FULL BODY SWEATY FAT BURN 50m	WARM UP 5m
11 LINE ABS 11m	CARDIO SWEAT-ATHON 40m	BOOTY & THIGHS 40m	LIVE 8:30 AM GMT NUTRITION Q&A WITH ALAN KENNY	FULL BODY STRETCH 28m	ABS BURN 5m	FULL BODY STRENGTH 30m
			THIGH FAT BURN 11m			ABS, WAIST & ARMS 15m

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JOURNAL

Search 'Why journal' online and it will come up with a thousand reasons why journaling is good for your mental health. Rather than list them, I'm going to open up a little about my experience with journaling and how it's changed my life.

At first, I was super reluctant to journal, and here's why (this is a little personal). Something I've always been really scared to open up about: I'm dyslexic.

I know it's nothing to be ashamed of, but in my thirties, I still get very nervous telling people. Writing has never come easy to me, I get my words muddled, it takes a long time and it always looks messy!

From childhood, I've always watched my sister, who is the most incredible writer, wishing I had the freedom to write without judging myself so harshly. But as I've grown older, I've realised that we all have different strengths. We can't all be amazing at everything, that's what makes us human.

Eight months ago my feelings of anxiety and trouble sleeping returned. A close friend recommended that I try journaling. I was so nervous the first time. Is it going to look messy? What if there are spelling mistakes? What do I write about?

But the truth is... IT DOESN'T MATTER! Journaling is for YOU! It is a safe space where you can write whatever you want, without the fear of being judged by others. For me, journaling is an outlet, a space where I can get my thoughts, feelings, fears and ideas down on paper. Journaling has helped me to clear my mind, become present in the moment, and manage my anxiety.

I've found that every time I stop for 15 minutes to write down my thoughts and feelings, it feels like a huge weight is lifted. I'm able to be present and to practice gratitude.
So I guess what I'm trying to say is, there's no right or wrong when it comes to journaling. I just hope that it can have as much of a positive impact on your life as it has mine.

Love Lilly x

Ps. I've put together some prompts within this journal to help guide you across the next 14 days. You don't have to use them, but if you are new to journaling, I think this may help you.

Habit Tracker - this is at the back of your journal and one of the most effective ways to achieve your goals (in my opinion). Skip forward a few pages to check it out.

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BEGINNER

1

DATE: __/__/____

HOW DO YOU FEEL TODAY?

WHAT HAVE YOU DONE FOR YOURSELF TODAY?

ONE THING YOU'RE GRATEFUL FOR TODAY?

2

DATE: __/__/____

HOW DO YOU FEEL TODAY?

WHAT HAVE YOU DONE FOR YOURSELF TODAY?

ONE THING YOU'RE GRATEFUL FOR TODAY?

3

DATE: __/__/____

HOW DO YOU FEEL TODAY?

WHAT HAVE YOU DONE FOR YOURSELF TODAY?

ONE THING YOU'RE GRATEFUL FOR TODAY?

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4

DATE: __/__/____

HOW DO YOU FEEL TODAY?

WHAT HAVE YOU DONE FOR YOURSELF TODAY?

ONE THING YOU'RE GRATEFUL FOR TODAY?

5

DATE: __/__/____

HOW DO YOU FEEL TODAY?

WHAT HAVE YOU DONE FOR YOURSELF TODAY?

ONE THING YOU'RE GRATEFUL FOR TODAY?

6

DATE: __/__/____

HOW DO YOU FEEL TODAY?

WHAT HAVE YOU DONE FOR YOURSELF TODAY?

ONE THING YOU'RE GRATEFUL FOR TODAY?

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7

DATE: __/__/____

HOW DO YOU FEEL TODAY?

WHAT HAVE YOU DONE FOR YOURSELF TODAY?

ONE THING YOU'RE GRATEFUL FOR TODAY?

8

DATE: __/__/____

HOW DO YOU FEEL TODAY?

WHAT HAVE YOU DONE FOR YOURSELF TODAY?

ONE THING YOU'RE GRATEFUL FOR TODAY?

9

DATE: __/__/____

HOW DO YOU FEEL TODAY?

WHAT HAVE YOU DONE FOR YOURSELF TODAY?

ONE THING YOU'RE GRATEFUL FOR TODAY?

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10

DATE: __/__/____

HOW DO YOU FEEL TODAY?

WHAT HAVE YOU DONE FOR YOURSELF TODAY?

ONE THING YOU'RE GRATEFUL FOR TODAY?

11

DATE: __/__/____

HOW DO YOU FEEL TODAY?

WHAT HAVE YOU DONE FOR YOURSELF TODAY?

ONE THING YOU'RE GRATEFUL FOR TODAY?

12

DATE: __/__/____

HOW DO YOU FEEL TODAY?

WHAT HAVE YOU DONE FOR YOURSELF TODAY?

ONE THING YOU'RE GRATEFUL FOR TODAY?

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13

DATE: __/__/____

HOW DO YOU FEEL TODAY?

WHAT HAVE YOU DONE FOR YOURSELF TODAY?

ONE THING YOU'RE GRATEFUL FOR TODAY?

14

DATE: __/__/____

HOW DO YOU FEEL TODAY?

WHAT HAVE YOU DONE FOR YOURSELF TODAY?

ONE THING YOU'RE GRATEFUL FOR TODAY?

"What you think, you become.
What you feel, you attract.
What you imagine, you create."

Buddha

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"Motivation is what gets you started. Habit is what keeps you going."

Jim Ryun

HABIT TRACKER

As you know from my Vlogs, I'm not a fan of cutting things out. Instead, let's encourage one another to take on new healthy lifestyle habits. After all, your health and happiness is everything!

Choose 3 - 5 new habits you would like to start during this 14 Day Guide and write them in the left column. For example: read for 15 minutes, meditate for 10 minutes and complete each daily workout on this guide. Tick the box each day you complete this new habit.

Remember, no one is perfect and it's not realistic to feel 100% every single day, that's what makes us human. Don't be hard on yourself, you're doing great!

I recommend trying to not miss more than 2 days in a row, to help turn this new habit into a lifestyle change. Good luck, and most importantly, have fun!

	DAY														
HABIT	1	2	3	4	5	6	7	8	9	10	11	12	13	14	TOTAL

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