

KINETIC COACHING & NUTRITION

- Lower Back Pain Exercise Specialist
- Personal Trainer
- Nutrition & Weight Management Coach
- Lifestyle, Habit & Mindset Coach



THRIVE

with

Kinetic

Your monthly membership to help you achieve the following:

- **Build strength**
- **Increase confidence**
- **Improve your nutrition habits**
- **Move away from the yo-yo diet / short term fix culture.**

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Welcome to Kinetic Coaching!

Hi, I'm Kirsty!

I started Kinetic Coaching through my passion for fitness, food and helping people.

I have now helped over 100 women become **stronger**, lose or gain body weight (goal dependent) grow **confidence** in the gym,

and take control of their eating habits to prevent binges and/or emotional eating. I'm not about restrictive diets, excessive cardio or quick fixes.

I **teach** you the **habits** and **tools** you need to help you stick with your new **routines** whether it's a good week; or a busy, stressful one.



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Who is it for:

I have designed this membership to help women of all ages fit movement into their daily routine, create long lasting habits to improve their nutrition and mindset, and to develop simple ways to make a healthier lifestyle that adapts to busy, stressful weeks when needed.

You can join the weekly Q&A in my private **Facebook community** and chat with other ladies on the same journey as you to help you with this too.



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What's involved:

- A plan for your training sessions in the gym or at home – no more wasting time deciding what to do!
- My clients VIP area of my website is full of helpful info from mindset, habit building and nutrition; to recipe and snack ideas, and tips on how to meet your calorie and macro targets.
- Each month you will have a new bank of varied workouts to choose from, starting from just 10 minutes long so there is always something you can do.
- A personal monthly check in with me to discuss your goals, habits, progress and targets; to ensure you are getting the most out of the programme.

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What you'll need:

Included in your membership you'll have home & gym workouts to choose from to suit you.

Gym sessions:

- Gym membership

Home sessions:

- Dumbbells / kettlebells
- Bands- 1 long, 1 short



Pricing:

Monthly subscription is £50 or get 10 months for the price of 12 when you pay annually - saving £100!

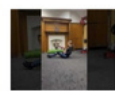
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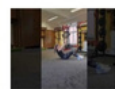


What it looks like in the App

Superset of 2 sets



Russian twist
20 e/s



Sit up - weight overhead
20



Rest for 30s

↑ Repeat new set

Example core workout

Also, thank you soooooo much for always being so supportive and lovely!! 🥰💚💜 you're the best!

Missing a workout doesn't mean you've failed!

Holistic approach to check ins

What were your goals this week? Have you achieved them? (Please give details as to why you have or haven't achieved them)

Making myself a priority - I have in the nutrition side but not in the fitness side

Progress trackers to show your improvements

See how many sessions you've completed

15



You've completed 15 workouts and set 4 new personal bests!

Awesome job!

Incline bench press - bar

Max Weight 20 kg ▲ 6.5 kg

Max Volume (Total of all sets) ▲ 33.33%

Dual cable row

Max Weight 36.2 kg ▲ 9 kg

Max Volume (Total of all sets) ▲ 6.47%

3

3 new personal bests!

Congratulations! Your hard work paid off.

Bench press - stability bar

Max Volume (Total of all sets) ▲ 13.33%

Rear delt fly

Max Weight 4 kg ▲ 1 kg

Skullcrusher - dumbbell

Max Weight 7 kg ▲ 1 kg

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Sounds great.... How do I get started?

Head to my [website](#) to sign up today and we'll have you set up & ready to train within 48 hours!



Please note:

This is not 1:1 coaching and use of my gym is not included.

If you are looking for more tailored support and coaching please [get in touch here](#)