



AMY WILLERTON



WELCOME TO THE
BRIDGE THE GAP
GUIDE
WITH
AMY WILLERTON



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Disclaimer

The content within this guide is not a substitute for professional medical diagnosis, care or treatment. If you are in any doubt whatsoever, have poor health, or pre-existing mental or physical conditions and/or injuries, do not attempt to follow the training or dietary guidance without clearance from your physician or doctor first.

All content and guidance has been created and written by fully qualified industry professionals, and is presented and demonstrated by Amy Willerton.

By participating you knowingly and voluntarily assume all risks associated with such diet and exercise guidance. Powah Ltd & Amy Willerton accepts no liability for any injury, loss or damage resulting from physical exercise or dietary choices made.

By following our guide you knowingly and voluntarily assume the inherent risk of physical/resistance training. You must always train in a safe and controlled environment, ensuring you have the requisite supervision of a competent/qualified gym assistant. At no time should you attempt to perform such activities alone and unsupervised.

The dietary guidance given as examples within this guide should act as a general guide only, based around how to formulate a balanced eating plan intended for someone who is in good health and aiming to be in a calorie deficit in order to lose unwanted excess fat. The specifics of an individual's dietary needs are complex, and therefore it is advised that you seek the advice of a qualified dietician in order to put together a full diet plan for yourself.

Should you suffer from any medical conditions, injuries or allergies, or should you be in any doubt whatsoever, you must seek medical/professional advice immediately, do NOT proceed to partake in any activity or change in diet. Any medical questions should be directed to a healthcare professional.

You acknowledge and agree that you are responsible for your own health and safety at all times, and that you have been assessed by a medical expert (e.g. your GP/Doctor) who has given you consent to partake in physical activity.

WELCOME TO THE

AMY WILLERTON

BRIDGE THE GAP PLAN

Hey, and welcome to Bridge The Gap.

I'm really excited for you to get started on your plan as I know how much this helped me after I had Demz.

This plan is all about helping you bridge the gap between where you are now and where you want to be. Whether you've had a baby and want to get back to your pre-baby jeans or you're already exercising and want to take your fitness and figure to the next level, this plan is going to get you there...all you have to do is be consistent and follow the plan.

The workouts are designed to help you improve your fitness levels, muscle tone and core stability and strength to help you get the results you want, feel more confident and full of vibrant energy.

If you follow me on social media, you'll already know how much I enjoy working out, not just because it keeps me in shape but also because of how it makes me feel, and I'm really excited for you to feel the same.

One of the great things about this plan is you can do it either at home or at the gym, as all you need is a kettlebell. You'll find these in all gyms and they are easy and cheap to pick up online if you're working out at home.

I really can't wait to see your results and all of your workout posts along the way too.

Much love,

Amy x



@missamywillerton



Getting Started

‘There are lots of different ways to track your progress, from using scales and taking pictures to using the tape measure. Ultimately you can choose which method you prefer, but it is advisable to use at least two together, for example if you’re weighing yourself also take pictures.’ - Amy

For the most accurate pictures, everytime you take them, follow these guidelines:

- Take 3 pictures, one facing the camera, one facing the side and one with your back to the camera.
- Take your pictures at the start of the plan and then every 2-3 weeks after that.
- Always take your pictures at the same time of day, wearing the same clothing.
- Your clothing should be fitted rather than baggy. Things like a sports bra and shorts work really well.
- Have your camera at the same level each time, and take your pictures in the same place with the same lighting each time.



Goal Setting

Once you've established your starting point it's time to work out what you want to achieve, and set some goals.

Getting your goal setting right will really help you to maintain clear focus and consistency and using the SMART principle is a brilliant way to do this.

S

Specific

Your goal needs to be specific and should avoid being broad.

For example, 'I want to lose weight and tone up' becomes 'I will lose an inch from my waist measurement'.

M

Measurable

The best way to really measure your goal and know if you have achieved it, is to attach a number to it.

For example, 'I will get fitter' becomes 'I will be able to do a full body circuit from my plan without taking extra rest.'

A

Achievable

If your goals are not achievable, you will never feel like you are getting closer to achieving them, and are more likely to give up all together. If you are setting big goals, such as aiming to lose a lot of weight, then be sure to break that down into smaller goals, such as losing 3-5lbs at a time. On the flip side, always challenge yourself, and don't make your goals too easy to achieve, otherwise it's too easy to throw discipline and motivation out of the window.

R

Realistic

Ask yourself, is the goal you have set realistic given your current commitments? Have you got the time needed to dedicate to a big goal? Do your current commitments allow you the flexibility to exercise every day, or is 4-5 times per week more realistic? If you've set yourself a weight loss goal, is it realistic? Do you even have that much to lose? Can you realistically achieve it in the given timeframe you've set yourself?

T

Time Limited

It is super important to attach dates and deadlines to your goals in order to keep yourself disciplined and motivated, otherwise it is way too easy to wonder off track...so grab your diary and set those dates!

Now that you know how to set a goal, it's time to take those old goals and give them a SMART makeover!

As well as using the SMART principle, it is also important to regularly reassess your goals and set new ones...always keep looking forward. As you come close to achieving your first goal, start thinking about what is next.

Goal setting is brilliant and will really help you press on with your results, but be aware that you don't need to spend all of your time looking to the future. Also spend some time looking back at how far you've come and give yourself the praise you deserve.

How To Use The Plan



How to use the plan

Each week you'll have 4 workouts to do, made up of the following:

Sweat

A cardio interval workout.

Sculpt

A full body resistance workout. In week's 5 and 6 your Sculpt workouts will be split into upper and lower body.

Core

A workout designed to improve the stability and strength of your core muscles.

You can choose which days you decide to workout, based on your work, family and general life commitments, but the key is to plan ahead. In addition to the main workouts, also included in your weekly plan is The Foundations and Active Recovery.

The Foundations

To ensure you get the most out of all of the workouts, and to help you improve your posture and core function, we recommend that you include this short core stability and strength workout in your daily routine. It can be done on it's own, or can be added to your workout pre warm up.

Active Recovery

A 3-5km Power Walk, which gradually increases in distance from week 1 to week 6. Complete this twice each week.

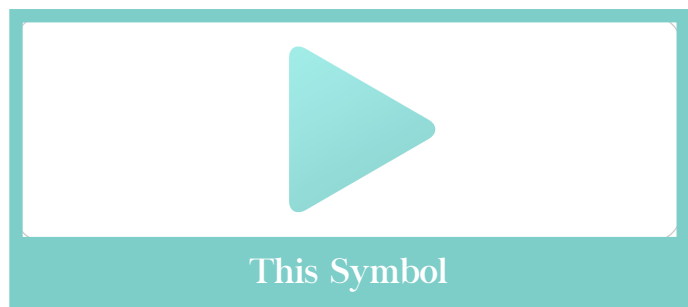
Throughout your Active Recovery sessions, be sure to monitor your intensity.

We would recommend using a scale of 1-10.

- 1= Your effort level is minimal and you don't feel at all challenged
- 10= You are working as hard as you can and couldn't possibly increase your effort and intensity. You're giving it everything you've got!
- Aim to maintain an intensity level of 6-7/10 throughout your Active Recovery session.

In each workout, you are encouraged to work at a pace that suits your current fitness level and ability, while always challenging yourself wherever possible. *Amy*

Throughout the plan you'll see this symbol...



To view the videos, click the Play button and enter the password 'bridge'.

If you need help at any time please email
support@powah.com.

What You Will Need



You can do all of the workouts either at home or in the gym. If you're exercising at home you will need a kettlebell (or two kettlebells if you wish to choose different weights for different exercises), which can be purchased cheaply and easily online or at your local sports retailer.

In each workout, when selecting your weight, always be sure to choose a weight that challenges you but also allows you to maintain good form and technique.

For my top picks for kettlebells click the button below.

For Kettlebells [CLICK HERE](#)



Workout Overview

Each week you will have 4 workouts to complete.



Instructions

You have 4 workouts to complete each week, each one focusing on an element of fitness.

Additional Information

In all of your workouts, when using a kettlebell, always ensure the weight you select is challenging, making your last few reps or seconds of each set a struggle, while always being able to maintain good technique.

Once you've completed the initial 6 week plan, you can go back and start again at week 1 and make the workouts more challenging by doing one or more of the following:

- Increase the number of kilometres you cover on your active recovery days
- Increase the weight of your kettlebell(s)
- Have shorter rest periods
- Complete more sets
- Complete more reps in your interval training workouts

Weeks:

Week 1

Monday: Sweat 1: Full Body Interval Workout
Tuesday: Sculpt 1: Full Body Resistance Workout
Wednesday: Core 1
Thursday: Rest
Friday: Sweat 1: Full Body Interval Workout
Saturday: Active Recovery (3-5km)
Sunday: Active Recovery (3-5km)

Week 2

Monday: Sculpt 1: Full Body Resistance Workout
Tuesday: Sweat 1: Full Body Interval Workout
Wednesday: Core 1
Thursday: Rest
Friday: Sculpt 1: Full Body Resistance Workout
Saturday: Active Recovery (3-5km)
Sunday: Active Recovery (3-5km)

Week 3

Monday: Sweat 2: Full Body Interval Workout
Tuesday: Sculpt 2: Full Body Resistance Workout
Wednesday: Core 2
Thursday: Rest
Friday: Sweat 2: Full Body Interval Workout
Saturday: Active Recovery (4-5km)
Sunday: Active Recovery (4-5km)

Week 4

Monday: Sculpt 2: Full Body Resistance Workout
Tuesday: Sweat 2: Full Body Interval Workout
Wednesday: Core 2
Thursday: Rest
Friday: Sculpt 2: Full Body Resistance Workout
Saturday: Active Recovery (4-5km)
Sunday: Active Recovery (4-5km)

Week 5

Monday: Sculpt 3A: Lower Body Resistance Workout
Tuesday: Sculpt 3B: Upper Body Resistance Workout
Wednesday: Core 3
Thursday: Rest
Friday: Sweat 3: Full Body Interval Workout
Saturday: Active Recovery (5km)
Sunday: Active Recovery (5km)

Week 6

Monday: Sculpt 3A: Lower Body Resistance Workout
Tuesday: Sculpt 3B: Upper Body Resistance Workout
Wednesday: Core 3
Thursday: Rest
Friday: Sweat 3: Full Body Interval Workout
Saturday: Active Recovery (5km)
Sunday: Active Recovery (5km)





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