



**FREE**


**FREE Coaching Guide to  
Build Strength, Confidence & Routine**

✦  
*PILATES WITH JAZZ*

# ONLINE COACHING

**Inside you'll get:**

Simple gym plans  
Confidence-boosting affirmations  
How to work out your macros  
Mindset & habit support



Download your **FREE** Online Coaching Guide.  
Feel confident in the gym, strong in your body, and in control of your routine.

## Welcome

Hi, I'm Jazz – a Pilates & Online Coach with over 10 years of experience in health and wellbeing.

I've supported hundreds of women in building strength, confidence, and consistency – and I've lived through my own transformation too.



I've experienced both extremes.

And what I've learned is this:

Real change doesn't come from restriction or perfection.  
It comes from structure, self-belief, and showing up consistently.

This guide has been created to give you clarity, direction, and support – without overwhelm.

Whether you're training at home, in the gym, or finding your rhythm again after a wobble... you are in the right place.

Let's build strength – physically and mentally.

Jazz x

## Purpose of My Online Coaching

This guide is designed to help you:

- Building consistent movement that fits your lifestyle
- Creating a healthier, calmer relationship with food and nourishment
- Developing a strong, resilient mindset that supports long-term change
- Feeling empowered, rather than restricted or stuck in an “all-or-nothing” cycle

Think of this as your foundation – something you can return to whenever life feels busy or motivation dips.

Progress is built through small actions, repeated consistently.

And that’s exactly what we focus on here.



# The 3 Pillars of My Coaching

Build strength, confidence and consistency  
– from the inside out.

## 1. Movement

Simple, structured workouts that fit your lifestyle  
This isn't about doing everything – it's about doing what works.

I can help you:

- Build a routine you can actually stick to
- Feel confident in the gym or at home
- Focus on quality over quantity

## 2. Nutrition

Fuel your body – without restriction or guilt.  
Food is not the enemy. It's your energy and your recovery.

I can help you:

- Keep nutrition simple and sustainable
- Build balanced meals without overthinking
- Move away from “all or nothing” habits

## 3. Mindset

Confidence, self-belief and long-term consistency  
Your results don't come from one workout – they come from  
how you think and show up daily.

I can help you:

- Build confidence in yourself and your body
- Shift negative thoughts into supportive ones
- Stay consistent even when motivation dips

## Example Gym Plans

Below are example gym plans you can use to build your weekly routine.

I find that a lot of influencers and personal trainers online are always sharing new and exciting workouts – which can be fun – but personally, I believe in sticking to a plan.

I recommend following the same routine for around 8–12 weeks. Keeping the exercises consistent allows your body to adapt, get stronger, and actually make progress.

That doesn't mean things can't change.

You can still progress by:

- Increasing reps or sets
- Adjusting tempo (slower, more controlled reps)
- Increasing weight or intensity
- Reducing rest times

This way, your body continues to grow and improve without needing a brand-new workout every week.

# GYM PLAN- PUSH, PULL, LEGS

**Recommended split: 3–4 sessions per week**  
**Example: Push (Mon) – Pull (Wed) – Legs (Fri)**

## **Push Day**

Chest • Shoulders • Triceps

Warm-up:

Push-ups, Shoulder circles, Chest openers

Main Workout:

1. Barbell Bench Press – 3 × 10
2. Overhead Dumbbell Press – 3 × 10
3. Incline Dumbbell Press – 3 × 10
4. Lateral Raises (Dumbbells) – 3 × 10
5. Dumbbell Flys – 3 × 10
6. Triceps Extension (Dumbbell or Cable) – 3 × 12

Finisher:

- Push-ups (on knees if needed) – to failure

## **Pull Day**

Back • Biceps

Warm-up:

Rowing machine: 250m, Rest, Rowing machine: 250m

Main Workout:

- Pull-Ups (assisted if needed) – 3 × 10
- Seated Row – 3 × 10
- Lat Pulldown – 3 × 10
- Face Pulls (Cable) – 3 × 10
- Bicep Curls (Dumbbells) – 3 × 10
- Hammer Curls – 3 × 10

Finisher:

- Bicep Curl + Row Drop Set
- 10 reps Dumbbell Bicep Curls
- Straight into 10 reps Dumbbell Bent-Over Rows
- Rest 30–45 seconds. Repeat 2–3 rounds

# GYM PLAN- PUSH, PULL, LEGS

## Leg Day

Lower Body • Glutes

Glute Activation:

- Banded Glute Bridges – 2 × 10
- Clamshells with Band – 2 × 10 each side
- Banded Side Steps – 2 × 10 each way

Main Workout:

(10–12 reps × 3 sets unless stated otherwise)

1. Barbell Back Squat or Box Squat
2. Romanian Deadlift (Barbell or Dumbbells)
3. Hip Thrust (Barbell or Dumbbell)
4. Bulgarian Split Squat – 10 reps each leg
5. Cable Kickbacks
6. Leg Extension
7. Leg Curl

Pick Your Finisher:

### **Finisher Option 1**

- 10 reps Abductor Machine
  - 10 reps Adductor Machine
  - 10 reps Goblet Squats
- Rest 30–45 seconds. Repeat 2–3 rounds

OR

### **Finisher Option 2**

Treadmill Sprint Intervals

- Sprint: 20 seconds
  - Walk: 40 seconds
- Repeat for 5 rounds

# GYM PLAN- UPPER, LOWER, FULL, ABS

**Recommended split: 3–4 sessions per week**

**Example: Upper Body (Mon) – Lower Body (Wed) – Full Body/Abs (Fri)**

## Upper Body Workout

Chest • Back • Shoulders • Arms

Warm-up:

Arm circles, Band pull-aparts or light rows, Shoulder openers

Main Workout:

1. Dumbbell Bench Press – 3 × 10
2. Seated Row (Machine or Cable) – 3 × 10
3. Overhead Dumbbell Press – 3 × 10
4. Lat Pulldown – 3 × 10
5. Lateral Raises – 3 × 12
6. Bicep Curls (Dumbbells) – 3 × 10
7. Triceps Pushdowns or Extensions – 3 × 12

Optional Finisher:

- Push-ups – 30–60 sec
  - Battle ropes or ski erg – 30 sec
- Rest 30 sec. Repeat 2–3 rounds

## Lower Body Workout

Glutes • Quads • Hamstrings

Glute Activation:

- Banded Glute Bridges – 2 × 10
- Clamshells – 2 × 10 each side
- Banded Side Walks – 2 × 10 each way

Main Workout:

1. Barbell Back Squat or Goblet Squat – 3 × 10–12
2. Romanian Deadlift (Barbell or Dumbbells) – 3 × 10
3. Hip Thrust – 3 × 10
4. Walking Lunges – 10 reps each leg
5. Leg Extension – 3 × 12
6. Leg Curl – 3 × 12

Finisher (Optional):

- Sled pushes or step-ups – 30 sec
- Rest 30–45 sec. Repeat 2–3 rounds

# GYM PLAN- UPPER, LOWER, FULL, ABS

## Full Body Workout

Strength • Conditioning

### Warm-up:

- 5 minutes cardio (rower, bike, treadmill)
- Dynamic stretches

### Main Workout:

1. Barbell or Dumbbell Squats – 3 × 10
2. Push-Ups or Dumbbell Bench Press – 3 × 10
3. Bent-Over Rows (Barbell or Dumbbells) – 3 × 10
4. Dumbbell Romanian Deadlift – 3 × 10
5. Shoulder Press (Dumbbells) – 3 × 10

### Conditioning Finisher (3 rounds):

- 10 Kettlebell Goblet Squats
  - 10 Push-Ups
  - 10 Dumbbell Rows
- Rest 45–60 sec

## Abs Workout

10–15 Minutes

Complete 3 rounds with minimal rest:

- Plank – 45 seconds
- Bicycle Crunches – 16 reps total
- Crunches – 12 reps
- Russian Twists – 16 reps total
- Reverse Crunches – 12 reps

### Optional Progressions:

- Slow the tempo
- Add light weights
- Increase plank time
- Increase rounds to 4
- Reduce rest time

# Workout Planner

Use this planner to map out your week in a way that feels realistic, flexible, and supportive.

Keep this simple.

3–4 well-executed sessions will always beat 7 inconsistent ones.

Day	Focus	Notes
Eg. Monday	Leg Day at Gym	Activate Glutes with band

## Reminder

You don't need to train every day for it to count. Consistency over intensity. Progress over perfection.

“Movement is medicine – one session at a time.”

## The 80/20 Flexible Approach

Aim to nourish your body with whole, nutrient-dense foods 80% of the time, and allow yourself to enjoy your favourite treats 20% of the time.

No guilt. No restriction.

Just balance – that's the key to long-term success.

Full stop.

### **My Top Tips**

- **Include protein at every meal** – aim for a palm-sized portion (around 20–30g protein) such as eggs, chicken, fish, Greek yoghurt, tofu, or legumes.
- **Choose whole-food carbohydrates** like vegetables, fruit, oats, rice, and potatoes.
- **Add healthy fats** to support hormones and fullness – olive oil, nuts, seeds, avocado, and salmon.
- Stay hydrated – aim for 1–2 litres of water daily (more if you're active).
- Eat plenty of fibre and aim for 2–3 cups of vegetables per meal.
- Time most of your carbohydrates around workouts (morning or lunchtime) to support energy and recovery.

**Balanced choices, not perfection.**

# HOW TO WORK OUT YOUR CALORIES

I want to give you the tools to work out your own calories, so you can confidently fuel your body in the best way for you.

Let's dive in! I'll show you how to calculate your maintenance calories – the amount of energy your body needs to maintain its current weight. Once you know this number, you can adjust it slightly to create a calorie deficit for fat loss or a surplus for muscle growth.

Use the simple equation below to estimate your **Total Daily Energy Expenditure (TDEE)** – this is how many calories your body burns in a day when your activity level is taken into account:

First of all you need to know your Age, Height and Weight.

Age:

Height in cm:

Weight in kg:

Step 1: Calculate your Basal Metabolic Rate (BMR) This is how many calories your body burns at rest.

**BMR For women =**

$$(10 \times \text{weight in kg}) + (6.25 \times \text{height in cm}) - (5 \times \text{age in years}) - 161$$

**BMR For men:**

$$(10 \times \text{weight in kg}) + (6.25 \times \text{height in cm}) - (5 \times \text{age in years}) + 5$$

(This calculation is based on the **Mifflin-St Jeor Equation**, which is one of the most accurate and widely used formulas for estimating daily calorie needs.)

Step 2: Multiply by your activity level

Little or no exercise × 1.2  
Exercise 1–3 times a week × 1.375  
Exercise 4–5 times a week × 1.55  
Intense exercise 6–7 times a week × 1.725  
Very intense exercise or active job × 1.9

Then, take your BMR and times it by your activity level.

$$\mathbf{BMR \times Activity Level = TDEE}$$

Example:

If you're a 28-year-old woman, 55 kg, 152 cm, and work out 3 times per week:

$$\text{BMR} = (10 \times 55) + (6.25 \times 152) - (5 \times 28) - 161 = 1,199 \text{ kcal}$$

$$\text{TDEE} = 1,199 \times 1.375 = 1,649 \text{ kcal (maintenance calories)}$$

# PROTEINS, CARBS & FATS

## Protein:

- Chicken breast (skinless)
- Turkey breast
- Lean beef mince (5% fat or lower)
- Pork tenderloin or medallions
- White fish (cod, haddock, pollock, sea bass)
- Tuna (fresh or tinned in water/brine)
- Prawns or shrimp
- Egg whites (or 1 whole egg + extra whites)

## Snacks:

- Whey/plant-based protein powder
- Protein bars  
(under 200 kcal, over 15g protein)
- Jerky or biltong (low-sodium)

## Plant Based Proteins:

- Tofu
- Edamame beans
- Lentils
- Chickpeas
- Black beans

## Carbs:

- Rice (*brown, basmati, jasmine*)
- Quinoa
- Wholegrain Pasta
- Couscous/Bulgur wheat
- Oats
- Wholegrain bread/wraps/pitta
- Potatoes/ Sweet potatoes
- Parsnips/ beetroot/ carrots
- Bananas
- Apples/ Pears
- Berries (strawberries, blueberries, raspberries)
- Oranges/ Clementines/ Kiwi
- Grapes / Mango / Pineapple
- Sweetcorn
- Peas
- Butternut Squash/ Pumpkin

## Fats:

- 0% fat Greek yoghurt
- Low-fat cottage cheese
- Semi-skimmed or skimmed milk
- Light cheese (Babybel Light, Laughing Cow Light, reduced-fat cheddar)
- Almonds, walnuts, cashews
- Peanut or almond butter
- Chia seeds
- Pumpkin or hemp seeds
- Avocado



# MEAL PLANNER

FROM: / / TO: / /

PLAN 3 MEALS AND 1-2 SNACKS PER DAY

	BREAKFAST	LUNCH	DINNER	SNACKS
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

# DAILY WATER INTAKE

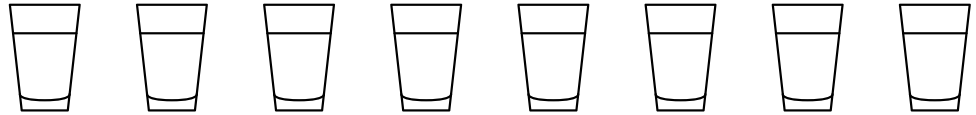
"Hydration = clarity, focus, recovery."

WEEK .....

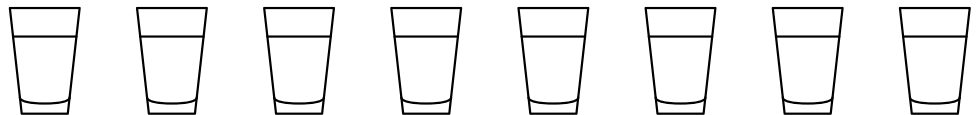
DAILY GOAL .....

RESULT .....

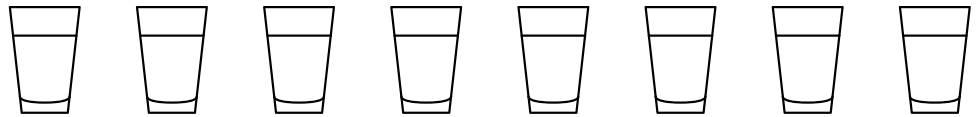
SUNDAY



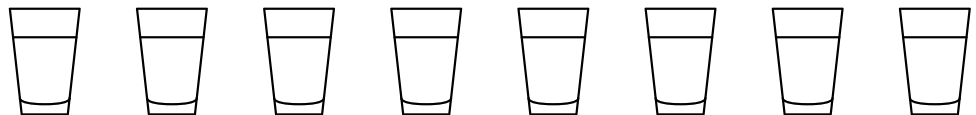
MONDAY



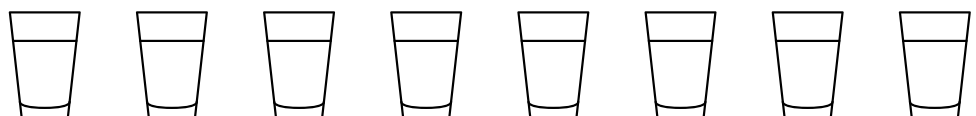
TUESDAY



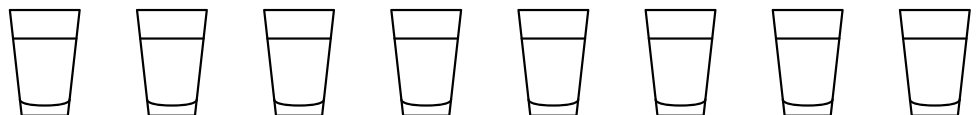
WEDNESDAY



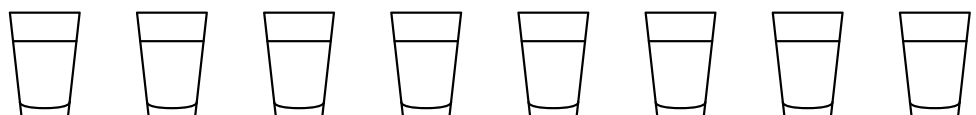
THURSDAY



FRIDAY



SATURDAY



# Gym Affirmations

Repeat these before, during, or after your workout –  
or whenever your confidence needs a boost.

I am capable of change.  
I show up even when it's hard.  
My body deserves care, not punishment.  
I am strong, capable, and resilient.  
I don't compare – I focus on my own path.  
I am enough, right now.  
I'm proud of the person I'm becoming.

Repeat After Me

**I am strong.**  
**I am capable of change.**  
**I trust the process.**  
**I show up for myself.**

Walk into the gym with your head held high, move with confidence, and train with intention.  
This workout is for you – and that is more than enough.

# REFLECTION *JOURNAL*

DATE \_\_\_\_\_

S M T W T F S

TODAY I'M GRATEFUL FOR...

1.
2.
3.

WHAT CHALLENGED ME TODAY?

•
•
•

WHAT DID I LEARN ABOUT MYSELF TODAY?

--

WHAT WENT WELL TODAY?

--

TODAY I'M PROUD FOR...

•
•
•
•

**"Consistency isn't about being perfect – it's about returning to yourself."**

# WEEKLY RESET

WEEK:

MONTH:

YEAR:

THIS WEEK I'M PROUD OF:

---

---

---

WEEKLY WINS...

WHAT CHALLENGED ME...

3 FOCUS GOALS FOR NEXT WEEK...

HAVE I FULFILLED MOST OF MY HABITS?

- MOVEMENT      LOW | MODERATE | STRONG
- NUTRITION      LOW | MODERATE | STRONG
- RECOVERY      LOW | MODERATE | STRONG
- MINDSET      LOW | MODERATE | STRONG

HOW DID I FEEL OVERALL THIS WEEK?

NOT GOOD

GOOD

Small steps, repeated consistently, create change.

# CBT Mindset & Motivation

## For Online Coaching & Gym Training

Cognitive Behavioural Therapy helps you recognise and reshape unhelpful thoughts and behaviours. Used alongside your online coaching and gym training, it supports consistency, confidence, and long-term progress.

Step	Notes
<p>1. Identify Negative Thoughts</p> <ul style="list-style-type: none"><li>• Notice thoughts like: “I’ve missed a workout, what’s the point?” or “I’m not fit enough for the gym.”</li><li>• Write them down – awareness makes them easier to challenge.</li></ul>	
<p>2. Challenge &amp; Reframe</p> <ul style="list-style-type: none"><li>• Replace unhelpful thoughts with balanced ones: “One missed session doesn’t undo my progress.” “Every workout I show up for counts.”</li><li>• Focus on progress, not perfection.</li></ul>	
<p>3. Behavioural Strategies</p> <ul style="list-style-type: none"><li>• Schedule workouts in advance like appointments.</li><li>• Prepare gym clothes, water bottle, and plan the night before.</li><li>• Start small – consistency beats intensity.</li></ul>	
<p>4. Self-Compassion</p> <ul style="list-style-type: none"><li>• Speak to yourself the way you would a friend.</li><li>• If motivation dips, remind yourself: “I’m human. I’m learning. I’m building habits.”</li></ul>	
<p>5. Celebrate Wins</p> <ul style="list-style-type: none"><li>• Track achievements: showing up, increasing confidence, improving form, staying consistent.</li><li>• Reinforce effort with praise – not punishment.</li></ul>	

Tip: Combine CBT techniques with your online coaching support – use check-ins, training plans, and accountability to stay grounded, flexible, and focused on long-term success rather than quick fixes.

## You're Not Doing This Alone

This guide is your starting point – but support doesn't end here. For ongoing guidance, encouragement, and extra workouts, you can stay connected in the following ways:

### Instagram and TikTok

For gym confidence, mindset support, and movement inspiration.

### Pilates with Jazz Community on Skool

For guided workouts, structured programmes, accountability, and a supportive community.

### YouTube

For free stretching sessions, full-body workouts, and Pilates flows to support your training and recovery. Everything is designed to complement this guide – giving you structure when you need it, and flexibility when life gets busy.

You're supported every step of the way.



You don't have to do this alone anymore.  
Ready for the next level?

If this guide helped, imagine what consistent coaching  
and accountability could do.

Continue your journey inside the  
[Pilates with Jazz Community](#),

Where you'll find:

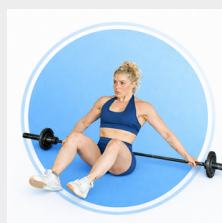
- Structured weekly training plans
- Guided Pilates flows you can follow anytime
  - Progressive strength programmes
  - Clear nutrition guidance
- Ongoing accountability and support.

What you'll unlock inside:

- Full Online Coaching PDF (complete system)
  - Exclusive Skool community content
- Affordable online coaching & support

Join us inside today.

Build strength, clarity, and confidence  
— with support.



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