



# TRAIN WITH PURPOSE FUEL WITH INTENTION LIVE WITH GRIT

Issue #2



## ★ 1. MINDSET RESET

Self-care isn't a luxury—it's the foundation of every strong, healthy life. When you carve out time to recharge, you're not stepping away from your goals; you're fueling the energy and clarity you need to reach them. Whether it's a quiet walk, a nourishing meal, or simply five minutes of deep breathing, these small acts create resilience. Think of self-care as the maintenance your mind and body deserve so you can show up stronger, steadier, and more present in everything you do.



## 🏋️ 2. TRAINING FOCUS

The PULL portion of your training is where real structural strength is built. Movements like rows, pull-ups, and face pulls target the muscles that support your posture, stabilize your shoulders, and balance out all the pushing we do in daily life. When your pull muscles are strong, everything from lifting groceries to crushing your workouts feels smoother and safer. It's not just about a stronger back—it's about creating a body that moves well, stays injury-resistant, and performs with confidence.

### 3. NUTRITION CORNER

Aiming for 25–30 grams of protein at each meal is one of the simplest, most effective nutrition habits you can build. This amount gives your body the steady supply of amino acids it needs to repair muscle, support metabolism, and keep you feeling satisfied instead of chasing snacks an hour later. Hitting that range consistently also helps maintain lean muscle—especially important if you’re training hard or trying to manage your weight. Think of protein as the anchor of your plate: when you get it right, everything else falls into place more easily.



### 4. DO THIS TODAY

Pick One Small Win Today In a world that constantly pushes you to do more, achieve more, and hustle harder, the real power move is choosing one small win to accomplish today. It might be a 10-minute walk, prepping a balanced lunch, or finally tackling that tiny task you’ve been avoiding. Small wins aren’t insignificant—they’re momentum builders. Each one reinforces your confidence, strengthens your discipline, and reminds you that progress doesn’t require perfection. When you stack these wins day after day, you create a rhythm of success that feels natural instead of forced. Start with one. Own it. Let it set the tone for everything else you do.



 T3: Total Transformation Tabata is Coming 

Get ready for the class that doesn’t just change your workout — it changes you. T3 is fast, focused, and built to push your limits in all the right ways.

Short bursts. Big impact. Zero wasted seconds. If you’re ready to level up your strength, conditioning, and mindset, this is your moment.

Spring launch. Limited spots. Transformation starts the second you show up.



# 5. COACH'S CORNER

**You Think You Can't Afford a Trainer? You Can't Afford Not To.**

When people say they can't afford a personal trainer, what they usually mean is they haven't made it a priority.

Because the same people saying it are often spending money elsewhere without thinking twice — \$7 lattes, eating out three or more times a week, fake nails, eyelashes, tanning, or drinks out a few nights every week.

Those things aren't bad. But they are choices.

Meanwhile many people sit all day at work, skip workouts, smoke cigarettes or vape, and slowly watch their energy, strength, and health decline.

The real cost isn't the money saved by skipping training.

The real cost shows up later — back pain, weight gain, medications, injuries, and a body that doesn't move the way it should.

People understand investing when it comes to money. That's why they contribute to a 401k. But here's the truth: a retirement account is only valuable if your body is healthy enough to enjoy the life it funds.

A good trainer isn't a luxury. It's guidance, structure, accountability, and a faster path to real results.

So the real question isn't "Can I afford a trainer?"

It's "What will it cost me if I keep putting my health last?"

Because the most important investment you'll ever make isn't in the stock market.

**It's in the body you have to live in for the rest of your life.**

**FIRST SESSION IS ALWAYS FREE  
FOR NEW CLIENTS!!!**

And current clients get a FREE session with each successful referral!!!



**@COACHKDOCB**