

# THE APEX BLUEPRINT

**MUSCLE. MIND.  
METABOLISM.**



**SAMA,**  
PERSONAL TRAINER

**A FITNESS REVIVAL**

# **MUSCLE. MIND. METABOLISM.**

We've made the task of getting fit much more complicated than it has any right to be. You don't need a dozen supplements, complicated recipes, or advanced training protocols.

If you want to get the body that matches the look, you just have to press the reset button. We're using the tools that brought us to the top of the food chain.



## **TECHNIQUE-FOCUSED LIFTING**

Shape the physique by losing the fluff and maxing the muscle

## **BUILD AN INDESTRUCTIBLE BRAIN**

Beat the morning blues, the chronic stress, fire up your focus

## **RESET BACK TO THE ANCESTRAL DIET**

Delete the foods that are crippling the body, and bring back the superfoods

**FIND OUT MORE AT [FITAWAKENING.CO.UK/BLOG](https://fitawakening.co.uk/blog)**

*THE MODERN FITNESS TEMPLATE ISN'T WORKING*

## **SIGNS YOU'RE IN NEED OF AN OVERHAUL**

**DAYTIME TIREDNESS**

**MOOD SWINGS**

**CONSTANT CRAVINGS**

**LOW MOTIVATION**

**CHRONIC STRESS AND ANXIETY**

**SHARP BREATHING**

**INSOMNIA**

**JOINT PAIN**

**POST-MEAL BLOATING**

**WEIGHT LOSS STALLS**

**MINISCULE STRENGTH GAINS**

## **THE APEX BLUEPRINT FIX**

**DROP THE TRIGGER FOODS**

**ELIMINATE EMPTY CALORIES**

**BRING BACK THE SUPERFOODS**

**INCLUDE HABITS THAT PURGE UNHEALTHY STRESS**

**SEEK OUT RESILIENCE-BUILDING STRESS**

**FOCUS ON TECHNIQUE DURING TRAINING**

**MASTER STABILISING AND CONTRACTING MUSCLE**



# MUSCLE

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## WALK



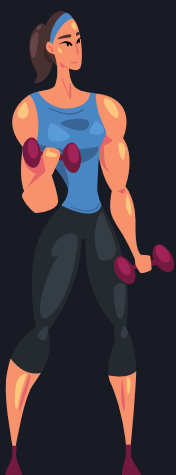
Without motion, the rest of the fitness lifestyle falls apart. The brain literally exists to produce co-ordinated movement

## STABILISE



The first step in lifting is learning to actually control the weight. Hold it still before you think about speeding it up.

## CONTRACT



If you're not feeling the muscle during an exercise, it's simply not working. Technique trumps intensity.



# MIND.

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## MEDITATE



Switch off the noise and get comfortable with your own thoughts. Meditation itself isn't the only way of practicing mindfulness.

## USE FOCUSED HABITS



The daily grind is where the money is. Make it easy by including daily habits that get you closer to your goals.

## TAKE ON STRESS



Stress isn't inherently bad, it's a natural process. And it happens to be the best route for becoming stronger.

# METABOLISM

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## DITCH VEGETABLE OILS



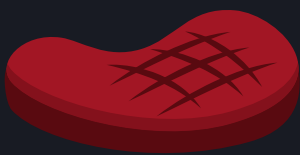
Seed oils, or factory fats, are highly inflammatory and obesogenic. They should be the first off the menu.

## CONTROL CARBS



A high carb diet is going to send you into a constant energy rollercoaster. We need more stability, and some moderation goes a long way.

## BRING IN SUPERFOODS



Meat, in particular red meat, is a food that we've been eating for millions of years. For good reason. It's stacked in nutrition, digests with no fuss, and primes you to be superhuman.



# THE MONTHLY PLAN



## MUSCLE

Receive customised training plans on the webapp  
Each exercise comes with instructional videos  
Start with an intensity you can safely manage  
Focus on technique from the beginning

## MIND

Incorporate daily habits that further your goals  
Use a habit tracker to stay on top  
Schedule weekly Zoom calls to recap progress

## METABOLISM

Take on a diet plan that's customised for your goals  
Make it as low effort as possible  
Use a style that works best within your routine  
Eliminate inflammation and ensure total nutrition  
Turn the body into a fat-burning machine  
That can also pack on the muscle





## MUSCLE

### ONE-ON-ONE COACHING

- LEARN HOW TO FOCUS
- MASTER TECHNIQUE
- THEN GO HEAVY



## MIND

### HABIT TRACKING

- PLAN THE PERFECT DAY
- PICK HABITS THAT FOCUS AND RELAX
- BOOST MOOD AND COGNITION



## METABOLISM

### MEAL PLANS

- DROP THE TOXINS AND MAX OUT THE NUTRITION
- PRIME THE BODY TO BUILD MUSCLE AND BURN FAT
- TURN THE DIET INTO A LIFESTYLE

**CONTACT ME FOR A FREE CONSULTATION**



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