



MONTH 1

MONTH 2

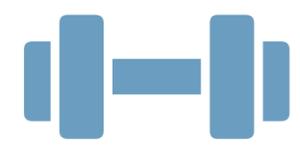
MONTH 3

MONTH 4

MONTH 5



WELCOME TO THE 8 WEEK



DIAPERS AND DUMBBELLS PROGRAM

WHY WE STARTED THIS PROGRAM



We have been a family owned gym for years. One of the first to prioritize the well-being of moms and their kids.

We realized you (mom) need a place to feel safe to bring your little one(s), but also train hardcore like the bad-ass you are! We've created a space where you get to bring your baby with you...But they're not glued to your hip. This time is for YOU! No "pushups and kiss your baby." No, you're here to get real fitness results, release stress, and socialize with other cool moms like yourself WHILE ofcourse having your baby with you!

Our mission is to help 50 moms a year transform their lives and take back their bodies!

WHAT MOMS STRUGGLE WITH



CHILD CARE

Finding child care just to go to the gym for an hour is expensive and nerve-wracking.



ENERGY

Running on no sleep and very little food, leaves you feeling tired and drained.



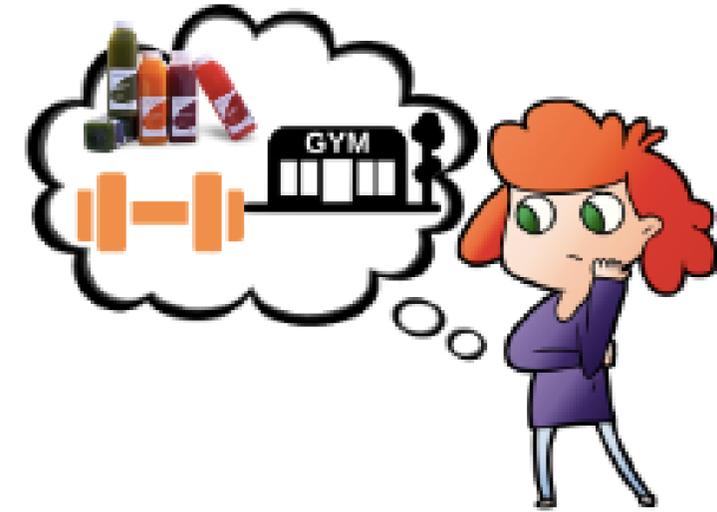
CONFIDENCE

Your body is different. You may have stretch marks, tiger stripes that weren't there before, excess weight, loose skin and breasts that aren't the same size. The list is pretty long.



TIME

When you're trying to be a wife, mother, career woman AND take care of the day to day, you feel time is limited and working out to take care of yourself just isn't a priority (this is BAD!)



EFFORT

You feel like you've tried everything! Shakes, skinny teas, diets, different programs. Nothing has gotten you lasting results.

HOW WE SOLVE THE PROBLEM



CHILD CARE

At Volition you can bring your little one(s) with you. They play in our safe kids zone located just steps from you or your trainer will assist and hold them if they're fussy.



ENERGY

We're going to teach you how to fuel your body so that you have all the energy you need to keep up with your active baby and the day to day tasks.



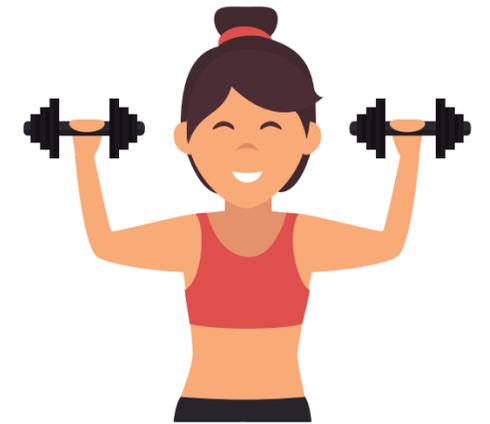
CONFIDENCE

As you start to tone, and tighten, you'll start to feel a lot better about yourself. Seeing your old clothes starting to fit again is massively satisfying.



TIME

Classes are 45 minutes and run almost every day so there is always an opportunity to fit a workout in.



EFFORT

You may have tried a ton of stuff in the past but what's different about this time is you'll have access to a nutrition training site that will teach you exactly what to eat, what not to eat, and how much to eat. You'll have a coach available 24/7 that shows you what exercises and how many sets/reps you need.



WHAT YOU NEED TO KNOW AS A NEW MOM GETTING BACK IN SHAPE

(The Super Simple Overview)



YOUR STOMACH ISN'T THE SAME

Ab Separation (Diastasis)

PROBLEM

Diastasis happens when your ab's separate during your pregnancy to make room for baby. This leaves a gap in the stomach that can be up to a 4 finger width!

This is why some women still look pregnant months/years after giving birth.

More likely to happen in the 2nd or 3rd pregnancy. When it does happen it's commonly in the 2nd or 3rd trimester

Happens to about 60% of all women.

Absolutely no sit ups, crunches, or twisting/crunching motions of that nature should be performed postpartum.

SOLUTION

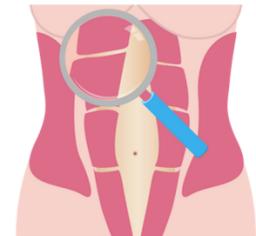
In class we'll focus on diaphragmatic breathing, which simply puts, when you breathe in the right way, it squeezes your core together properly and helps close the gap.

It can be treated at any time over time with pelvic and deep core exercises such as: Hip Bridges, toe taps, knee folds, pelvic tilts, leg slides, pelvic squeezes, etc.

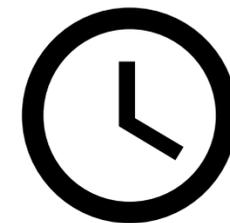
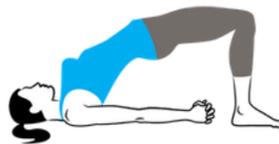
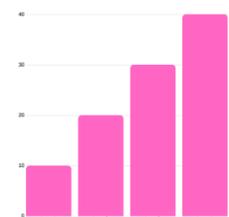
It usually takes a 1 year + to be fully healed so be patient and constantly engage in safe postpartum training

Doctors don't always do a great job checking for diastasis but we'll check that for you on your first day have no worry.

Start taking **Collagen**. It's safe for you and baby, and helps restore your ligaments, muscle, skin, hair, nails, and much more. But more importantly helps connect your stomach tissue.



© Claire Mockridge





MAIN POINT:

You should be training with a pre/postnatal expert. Lucky for you, our coaches are all certified and ready to work with you.



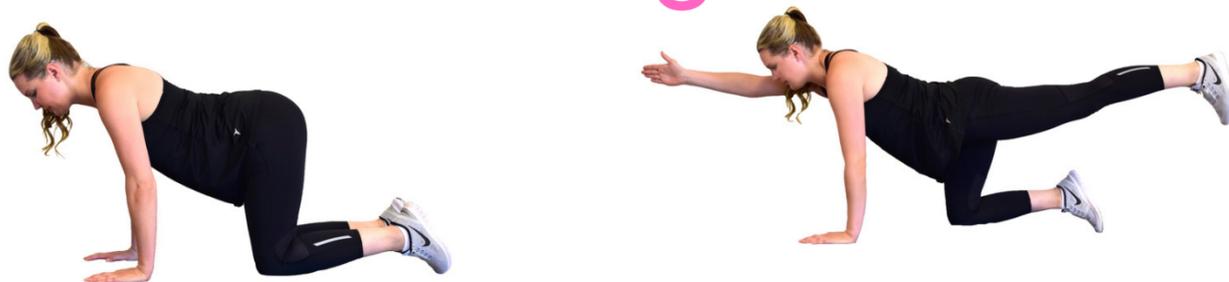
TOP 3 CORE EXERCISES YOU CAN DO AT HOME

Table Tops



Perform this exercise by starting with feet and knee's in the air with knees slightly hanging forward. Drop on leg 3 inches from the floor and hold for 2 seconds (exhale on the drop and hold). Then bring that leg up and switch with the other legs. Do 30 Reps and 3 sets

Bird Dogs



Perform this exercise by starting on your hands and knees with a flat back. Slowly take your right arm and your left leg (opposite sides) and straighten them out until you feel your core activate, pause for 4 seconds. Bring them back in and switch. (Make sure it's always opposite arms and legs.

Hollow Hold



Perform this exercise 2 ways. The beginner way is to cushion your tail bone and butt buy framing your butt with your hands but not directly sitting on them. Raise both legs to a comfortable level where you feel your core take off but no lower back pain. The other way is the same thing except raise your hands behind you for a challenge.

" Nancy started with us 6 weeks post partum"



**IN JUST 5 MONTHS BACK ROLLS ARE GONE, STOMACH
FLAT, BUTT IS TONED, FIRM, AND CELLULITE GONE**

NURSING AND NUTRITION



STARTED WITH US 6 WEEKS POSTPARTUM

FALSE

If I start dieting to lose weight i'll lose my milk supply.

TRUE

We'll probably get you eating more than you normally do as most moms "snack" throughout the day or forget to eat entirely. We'll show you the best foods to eat that are great for you and baby. So you'll lose weight and your milk will carry even more nutrients

DO NOT EAT OR LIMIT IF NURSING

Note : Below Doesn't Apply To Everyone, Just Sensitive Babies



Herbs & Spices

They're full of flavour. But some herbs may affect how much milk your body makes. For instance, eating a lot of parsley could curb lactation. And too much sage and peppermint may cut your milk supply. For some nursing moms, even peppermint-flavored toothpaste and candies are a problem.



Caffein

As refreshing as your cup of coffee ,chai or Earl Grey may be, it has some downsides. It's got caffeine, which can affect your sleep – and your baby's. It may also make it harder for your body to absorb iron, which you need for energy.



Gassy Veggies

Common culprits include beans, broccoli, cabbage, and Brussels sprouts. Bloating, burping, and passing gas are normal. But if your baby is gassy or has colic, avoid these foods for a few weeks to see whether they relieve the symptoms.



**STARTED WITH US 6 WEEKS POSTPARTUM
LOST 21LBS IN 7 MONTHS HIT HER GOAL WEIGHT**

LITTLE TIPS ON LOSING FAT FAST

1

LOSE WEIGHT EATING ANYTHING ! Every diet in the world operates off one thing... A calorie deficit. If you know exactly how much to eat every day, no matter what you eat, you'll lose weight...Obviously eating healthy foods is more advantageous. We'll help figure this number out for you.

2

MORE PASTA AND BREAD ! Most people are a bit shocked but after your workout you actually not only need to have 30 grams of protein BUT you need to incorporate refined carbs. So that means, breads, pasta, potato within 30 minutes after your workout. Because those are refined carbs, meaning they have little to no fibre so they absorb better in your body. Only for after your workout though. So realistically as long as it has 30 grams of protein and 1 cup of carbs you could have anything post workout like chicken Alfredo, pizza, a burger. IF it meets those requirements. We can explain more later

3

BURN CALORIES JUST EATING ! Every client that has ever walked through our gym under eats in protein. Having enough protein (0.7grams to 1 gram of protein per pound of body weight) will not only have you building muscle, staying full longer, and spike your metabolism. But your body burns more calories digesting protein than any other food. Meaning if you eat 150g of protein, you're probably going to burn up to 300 calories in a day off EATING . Crazy right ? We'll help you understand how to add more protein to your diet properly and how much.

HOW MUCH TO EAT...SIMPLIFIED

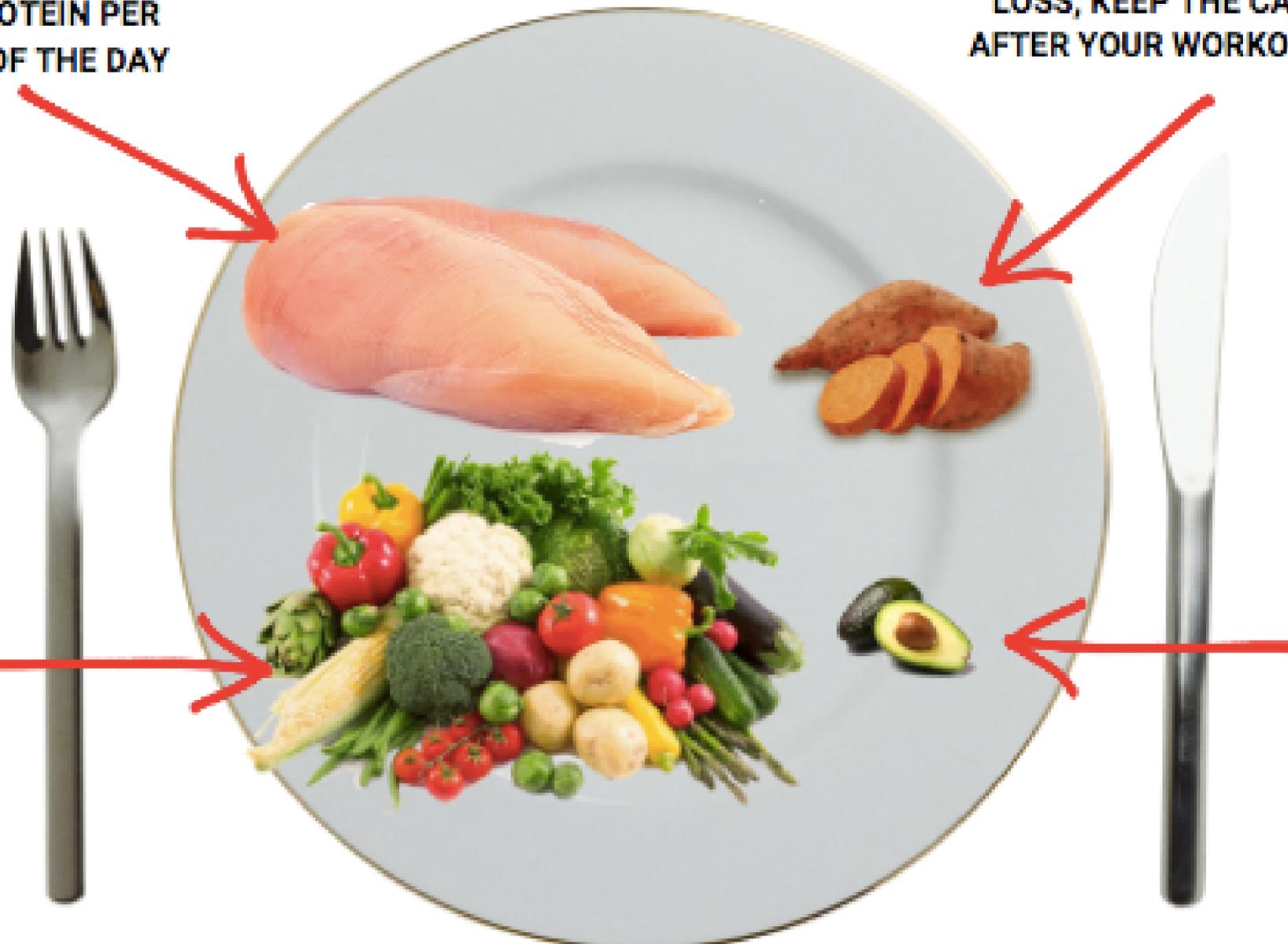
YOU NEED 1 PROTEIN/1 CARB/1 FAT AND VEGGIES PER MEAL

YOU NEED 1 PALM SIZED PORTION OF PROTEIN PER MEAL OR 30G OF PROTEIN PER MEAL OR 0.7/1G OF PROTEIN PER BODY WEIGHT BY THE END OF THE DAY

YOU NEED 1/4 TO 1/2 A CUP OF COMPLEX CARBS IN YOUR MEALS (DEPENDS ON YOUR GOALS. FOR FAT LOSS, KEEP THE CARBS IN THE MORNING AND RIGHT AFTER YOUR WORKOUT FOR YOU POST WORKOUT MEAL

EAT AS MANNYYYYY VEGETABLES AS YOU'D LIKE IN YOUR MEALS. THE MORE COLOURS OF VEGETABLES ON YOUR PLATE THE BETTER :)

YOU NEED A THUMB FULL OF HEALTHY FAT PER MEAL





MAIN POINT:

So there is only so much we can put in to a guide, these are the quick overviews of some things to think about when looking to get into working out and eating healthy again. Our goal is to meet and get in depth with your nutrition and training. I hope you enjoyed the little tips included in this guide. Going forward i'll tell you a bit about this 8 week program and how you can get signed up for a free orientation.



WHATS INCLUDED IN THIS PROGRAM



- **CHILD CARE** : Bring your little one, and they'll be right in front of you.
- **8 WEEKS OF UNLIMITED ACCESS** : You get access to the mom classes as well as every other class on our schedule.
- **CUSTOMIZABLE MEAL PLAN JUST FOR MOMS** : These plans are sensitive to busy moms and moms that are nursing. (Vegetarian options available*)
- **MEMBERSHIP SITE ACCESS** : Get access to super simple to understand nutrition guides, videos, and E-learning modules.
- **PERSONAL TRAINING** : Classes are small in size so more individualized attention and include a pre/postnatal specialized coach.
- **ACCOUNTABILITY** : **On top of seeing your coach in class.** Your coach will text you at least 2 times a week to check in with you, track your attendance to make sure you show up, and give you one on one access every week via video call to assess your current nutrition and keep you on track to reach your goals.
- **SO MUCH MORE !** : Book an orientation to find out !

**STARTED WITH US 6 WEEKS POSTPARTUM
LOST 40LBS IN 12 MONTHS !**

PRICING



To make it simple the pricing of this program and other programs can range from \$99 to \$347. But we first need to sit down and chat and see your needs and which program is best suitable to get you to your goals the fastest.

So the next step is to go to the next page and book your orientation or email/text us to book your free orientation.

CAT HAS LOST 50LBS IN A YEAR WITH US

THE NEXT STEP : BOOK A FREE ORIENTATION + CLASS

IN YOUR ORIENTATION WE WILL :



Vollion Martial Arts and Fitness
6 Week Challenge
60 min
7695 Jane Street

Welcome:) We're excited to have you for your first orientation, this will be an awesome experience!

Select a Date & Time

May 2019

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Eastern Time - US & Canada (5:00pm) →

- GIVE YOU A TOUR OF YOUR NEW GYM
- INTRODUCE YOU TO THE TRAINERS
- SIT DOWN AND TALK ABOUT YOU AND YOUR GOALS
- GIVE YOU A GAME PLAN ON HOW TO GET YOU TO YOUR GOALS
- SHOW YOU INSIDE YOUR MEMBERSHIP SITE
- TELL YOU EVERYTHING ABOUT THE CHALLENGE AND HOW IT WORKS
- ANSWER ALL AND ANY QUESTIONS YOU HAVE

[CLICK HERE TO BOOK](#)

WE LOOK FORWARD TO MEETING YOU !

