



Training Options with TSM



***Disclaimer: the information provided here is general only and Strongest U Fitness will not be held liable for any injury/illnesses/death caused by using this information or by following this program. Ensure you are cleared for exercise by your medical health professional and have equipment in good working order if you are using any. Please seek medical advice and clearance prior to commencing any fitness/training program. The information here is a guide only. By downloading this book you accept full responsibility of your actions in participating.**

Find your perfect program



6 Week Online Training Programs

*Choose from a variety of training programs such as BOOTY with 12 month access from purchase

Pre & Post Natal Program ONLINE ONLY

*10 week program online only (please note this does not include the TSM 8 week meal plan) with 12 month access from purchase

Pre & Post Natal Program - Face to Face (pregnant clients welcome)

*Choose 1,2, or 3 sessions pw with a choice of 3 locations with set times/days (term booking)

Mondays 9.30am at Strathfieldsaye

Wednesdays 9.30am at Snap Fitness Bendigo

Fridays 9.30am at Snap Fitness Epsom

1 session pw \$300 for the term

2 sessions pw \$500 for the term

3 sessions pw \$750 for the term

1:1 PT (face to face or live Zoom)

*Same time/day each week for a term of 10 weeks from \$80pw

*Casual Sessions 60min \$99

*Personalized Program 90min \$180

*Pre Designed 6 week program \$59 (see above)

*1:1 Coaching with TSM Online Membership from \$80pw



Best Option for You



**The one with 3+ ticks is the option for YOU!
Got multiple ticks in each? Why not bundle them!**



- Self motivated but benefits from some accountability
- Have an understanding of how to use your body for exercise OR willing to learn
- Time poor OR financially restricted
- Have some equipment at home OR willing to acquire the minimum
- Have seen a WHP or willing to



- Beginner/Intermediate
- Need help with technique and understanding different exercises
- Have pelvic floor concerns
- Want to make friends/meet new people
- Need somewhere to train that is kid friendly
- Prefer a small group environment
- Needs accountability of a f2f session on a budget



- Beginner/Intermediate/Advanced
- Need help with technique and understanding different exercises
- Thrives on accountability
- Have an injury/pelvic floor concerns that needs extra attention
- Would benefit from 1:1 contact & instant feedback
- Prefer 1:1 rather than a group setting

Benefits of Self Investment



Take *their* word for it!

"There's been a bit going on this year so I'm proud of myself for what I have got done, I have absolutely loved your programming and feel myself getting stronger and better all the time!"



Jorgia Young
Online Coaching/Zoom

"Alycia is absolutely amazing. After a twin pregnancy, I was so out of shape, not to mention feeling a bit hopeless that my body would never recover. But Alycia really taught me the basics of getting my body to strengthen in the way it needed to and not in the way I wanted it to. Would HIGHLY recommend any of her classes!"



Su Pakayi
The Strongest Mum Pre & Post Natal Program

"I had been struggling a lot with exercise post partum, I was feeling pretty defeated. Alycia has been so amazing to work with, her knowledge, particularly in relation to post partum training, is extensive & suddenly my whole exercise journey made sense & why I was struggling made sense too. Alycia has been a fantastic support for me, I'm getting stronger, losing weight & creating healthy habits for myself. After my first session I came home & told my husband I had found the trainer I need."



Kimberly Parker
1:1 PT





TSM ONLINE MEMBERSHIP or 6 WEEK PROGRAMS

*delivered on the TSM app

[Sign up HERE](#)



FACE 2 FACE PRE & POST NATAL PROGRAM TERM (pregnant clients welcome)

[Sign up HERE](#)



1:1 PT or COACHING HERE

[Sign up HERE](#)

Still not sure!



Ask Yourself...

What will I do if I don't do this?

Who do I want to become?

What are my core values and am I living by them currently?

What support do I need to get me to where I want to be physically / mentally / emotionally?

What is holding me back?

Money? The question here to ask is 'how do I get the money to pay for this' not to say 'I don't have the money to pay for this'. I can honestly tell you I have sold things that were no longer of use to me to pay for things I wanted. Have a look into your weekly budget or a look around your wardrobe, what don't you need? Is there a coffee, nails, hair or service sacrifice you can swap or go without to give this a go? [SEE SOME IDEAS HERE](#)

Time? Who doesn't have enough? The question is 'how best do you want to use yours?' [WATCH THIS VIDEO](#) to determine where you can find the time you seek.

Fear? Have a read here and give yourself a self check - start small and let's journey through it together! [ARTICLE HERE](#)

I HAD A CHILD YEARS AND YEARS AGO AM I STILL POST NATAL?

Yes! Once post natal, always post natal! If you have not completed any women's health checks, rehab, pelvic floor and core training or don't yet understand how to modify exercises to suit you then this is definitely the right place for you to start! If you have done all of those things, even better! I am experienced with training women of all different fitness and strength levels.

I AM PREGNANT, CAN I STILL TRAIN WITH YOU?

Yes, if you have a medical certificate to clear you for exercise and you are in a low risk category pregnancy, you may train with me face to face only - not online.

WHAT IF I HAVE NOT SEEN A WOMENS HEALTH PHYSIO?

That is ok however it is highly recommended that you do see one ideally before commencing training or at least have booked an appointment at commencement of training with me. Why? WHP are the eyes on the inside and can give us a better picture of what your body is doing on the inside to ensure we get the most out of your training, safely.

WHP SESSIONS ARE SO EXPENSIVE SO I DON'T WANT TO BOOK ONE RIGHT NOW

I totally get it! I have 2 options for you. #1 Don't train with me YET. Save the money from the weeks you would have trained with me - to use to pay for your WHP appointment. #2 Go to your GP and ask for a referral for the WHP at the local hospital - there will be a wait but it is financially a lot cheaper.

DO YOU ONLY TRAIN MUMS?

I train all women!

WHAT EQUIPMENT IS NEEDED TO TRAIN AT HOME?

See equipment list & Zoom information PDF.

IF THERE IS A PH DURING THE TERM DO YOU RUN SESSIONS ON PUBLIC HOLIDAYS?

If our sessions fall on a PH you will be given a workout to do at home from the TSM app or have the opportunity to attend another session that week if there is availability in my group sessions.

CLASS SESSIONS RUN IN LINE WITH MY CHILDS SLEEP TIME SO I CAN'T COMMIT

Yes you can! I have so many women come and train with me at all different times and I can guarantee that sleep times change and differ all of the time. Some things that have helped my clients overcome this are:

- *arrive earlier to the session to feed/settle baby/walk around before session starts
- *bring a support person to help with baby while you train
- *just come and try it! bring baby in the pram and over the weeks bub will hopefully readjust to the session time - or even better - learn how to sleep in a different place yay!

I WANT TO TRAIN BUT I AM FINANCIALLY STUCK AT THE MOMENT

I totally understand this, as an AusActive member I have a BUPA Provider number which can sometimes help you get your sessions covered by your Private Health Fund. I am more than happy to draw up a PDF receipt for your health provider. Most funds have \$200-250 allocated to 'healthy lifestyle and gym or fitness programs' which I have had many clients use and take advantage of. I also offer a weekly payment option.

I HAVE NEVER EXERCISED BEFORE, CAN I STILL JOIN?

Absolutely! That is why I am doing what I am doing! I love helping women, especially beginners get into exercise. I like to think of myself as an educator, I make it my mission to educate all of my clients so that they always leave training with me knowing more than they did when they started. I endeavor to help my clients in any way that I can whether they have experience in exercise or not.

WHAT HAPPENS IF THE TRAINER IS SICK?

This rarely happens! But if it does then sessions will either be swapped to LIVE ZOOM for that day/s or cancelled and rescheduled at YOUR next convenience.

DO YOU DO CASUAL SESSIONS?

For 1:1 PT - yes.

For The Strongest Mum Program - not exactly however there are 4 TRIAL weeks each year where you can attend with no obligation!.

I HAVE A LOT OF INJURIES/CONCERNS CAN I STILL TRAIN WITH YOU?

Of course you can! If you have a few more concerns than the average person I recommend investing in 1:1 PT rather than group training so that we can really work out what is best for you without any other distractions. I love to collaborate with local health professionals as well so if you are currently working with a physio, osteo or someone else feel free to pass them my details so that we can ensure a holistic approach to your training.

WHAT IF I CAN'T ATTEND A SESSION BECAUSE MY CHILD OR I ARE SICK?

For The Strongest Mum Pre/Post Natal Program: I may offer ZOOM sessions throughout the week which you can tune into instead of your usual face to face session time and I also have a large library of workout videos you can do at home instead of the face to face session so you don't miss a workout. Remember - when you train with me you will get the education on how to train from home for such days! You may also be able to jump into another session throughout the term as a 'catch up' class subject to availability.

If you do 1:1 PT: we simply switch to a LIVE zoom for that session instead of face to face so you can stay home with your babes. If you are unwell and cannot attend your session face to face or live zoom you will lose the session if the cancellation is made with 24 hours of your session time. I also have a large library of workout videos you can do at home instead of the face to face session so you don't miss a workout or simply do a workout from your personalized program. Remember - when you train with me you will get the education on how to train from home for such days!

NEED MORE INFORMATION?

Contact me and let's set up a complimentary 15min Live Zoom call to discuss!

Equipment List



To complete the workouts at home or virtually you may need the following pieces of equipment. I have put together this budget friendly list for your convenience. If you need help with exercise modification based on what you have at home please contact me. Products listed are from Kmart/Ebay however most sporting retailers online would have most of these items as well. Try [HART](#) or [KMART](#) or [REBEL SPORT](#).

FABRIC BOOTY BANDS 3 PACK



RESISTANCE BAND SINGLE

*at least one but 2 different resistance types are better



DUMBBELLS *at least one pair or 3-5 sets varying weights



LATEX BAND (or THERA BAND) SINGLE

*at least one but 2 different resistance types are better



FOAM ROLLER (optional)



MICRO BAND SET

includes 4 x micro bands light, medium, heavy, extra heavy



OVER DOOR LOOP or PACK

*use the door loop with bands you already have or grab a pack (Rebel Sport have a great selection)





*Begin now.
Thank yourself later.*

