

**Active & Career Driven Women**

**Lose 5+kg &  
Tone up Whilst  
Working with  
Your Female  
Physiology &  
Hormones...  
*Not Against Them***

***In under 90 days***

**FEMININE**  
*& thriving*

With Coach & Naturopath - Lilybelle Baker

**1**

# Intro



Hey! Lilybelle here,

In the coming pages, I'll reveal the exact system that **Active & Career Driven Women In Their 20s & 30s** are using to ***Drop 5+ kgs In Under 90 Days Whilst Working with their Female Physiology & Hormones... Not Against Them.***

All without spending hours in the gym, following rigid diets and working yourself to the grave.

Skeptical? I would be too if I were you.

But I'm not here to convince you of anything, I'm purely here to document the system my ***Feminine & Thriving*** clients are using.

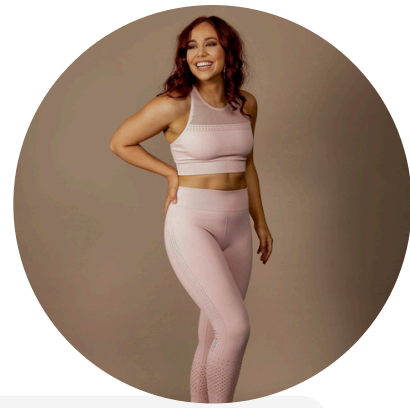
**You can decide for yourself, if it feels like it might work for you too.**

# Lilybelle Baker

Coach & BHSc(Naturopath)

**Ex Professional Dancer**

**Dance Teacher | Coach | Naturopath**



As a former full-time dancer, I experienced firsthand the harmful norms around nutrition and body image. This inspired me to advocate for a natural, body-honouring approach to health & fitness as well as studying Naturopathy with a focus on female physiology.

I've seen how common conditions like PCOS, endometriosis and even the natural menstrual cycle are often overlooked and treated as burdens, rather than signals of our body's needs.

After transforming my physique and overcoming chronic fatigue, restrictive dieting and chronic inflammation (endometriosis)...

I now help active and career-driven women in their 20s and 30s drop 5+ kgs whilst working with their female physiology, not against them...

One of the biggest mistakes I see busy women make on their health and fitness journey is following a rigid plan that doesn't work around your busy environment and natural hormonal changes.



# My Journey



**From constantly inflamed, bloated, lethargic, restrictive eating and burning myself out by training everyday**

**To leaner, stronger, more energised and aligned with my natural feminine hormones. This has allowed me to keep my lean physique effortlessly, be full of energy and no longer experience bloating or any inflammations such as endometriosis**

**My face says it all!**



# Pillars

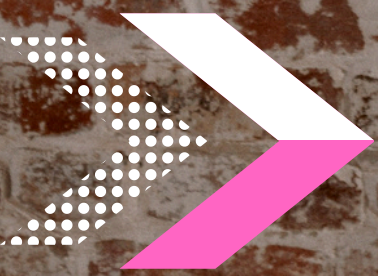
**THE 3 BIGGEST PROBLEMS THAT  
STOP BUSY WOMEN FROM  
ACHIEVING THEIR OPTIMAL  
HORMONAL HEALTH & PHYSIQUE  
GOALS ARE:**

**Ineffective/Over Training**

**Poor Nutrition Choices**

**Working against natural hormones**

My simple 3-pillar system was designed from the ground up to solve these 3 problems.



# PILLAR 1

Training



# Training

## Your Body Is Changing...

**& THAT'S OKAY... WE CAN CHANGE IT IN THE DESIRABLE DIRECTION**

As busy, active women, our priorities change and sometimes work becomes the main focus. This causes our health, fitness, and physique to go on the back-burner.

Trying to stay financially ahead and focusing on your career while maintaining a social group and enjoying life **IS ALL GREAT.**

But now that you got your career and finances in check, you just can't seem to lose that **5+kg of stubborn body fat, tone up and stay on top of your energy level with life's busy demands.**

Perhaps it's the fluctuating energy levels, lack of confidence on the summer holidays or your motivation for the gym slipping as life gets busy.

**HERE ARE THE BIGGEST MISTAKES I SEE BUSY WOMEN MAKE**



## #1 Training Too Frequently

Training more than 4x/week tends to result in a decrease in intensity or running yourself into the ground. Spoiler, if you can train everyday without requiring a rest day, you are NOT training with the intensity required to build/preserve muscle and thus lose fat. Doing a HIIT class everyday is slowly killing you



## #2 Doing Cardio To Burn Calories

Cardio is fantastic for your cardiovascular system, hence the name. But is probably the worst thing to fixate on when trying to get a lean and toned physique.

Creating a calorie deficit through more cardio is like saving for house by not going out for coffee... It's ineffective and sucks the life out of you. It also causes muscle loss, meaning less energy, slower metabolism and even if you do lose weight, you will be just as flabby.



## #3 Lost With Lifting Weights

This one isn't really a mistake. It's a barrier that we need to overcome.

Because, if we want to lose fat and tone up, that requires muscle to be built or at least... **PRESERVED**.

This is why we will guide you through the process and have included an example gym day below. **\*(pg 12)\***

# Build Lean Muscle & Melt Fat Through Specific Training

THIS IS WHERE THE SIMPLE BUT POWERFUL **TONE IN TIME** PROTOCOL COMES INTO PLAY.

This training strategy is designed for busy women who don't have endless hours to spend in the gym each week.

But want to build a toned and lean physique that is strong, slender and functional.

So you can show up confidently to that event or your next hot girl summer holiday, without worrying that you left it too late.

When following this training protocol and tone up you will look and feel your most confident and glowing self...

***All the time***

So what does this training protocol look like...

P.S. it's simpler and involves less time and energy than you think.

It's a 3 x 45-60 minutes per week, strategic, specific approach that prioritises:

### **Building Lean Muscle In **The Key Areas****

- Glutes, Back, Arms & Legs that create curves, promote slenderness and increase your metabolism.

### **Increasing Strength Across **Compound Movements****

- No pish posh workouts or high rep HIIT classes (they certainly have their time and place). Instead utilising big movements to train multiple muscles in functional movement patterns. Saving you time and boosting training efficacy.

### **Progressively Overloading **To Build Strength & Tone Up Quickly.****

- Continuously stimulating changes in your physique via incremental progression is the key to creating dramatic transformations in under 90 days.

And it's about quality over quantity where less actually leads to more.

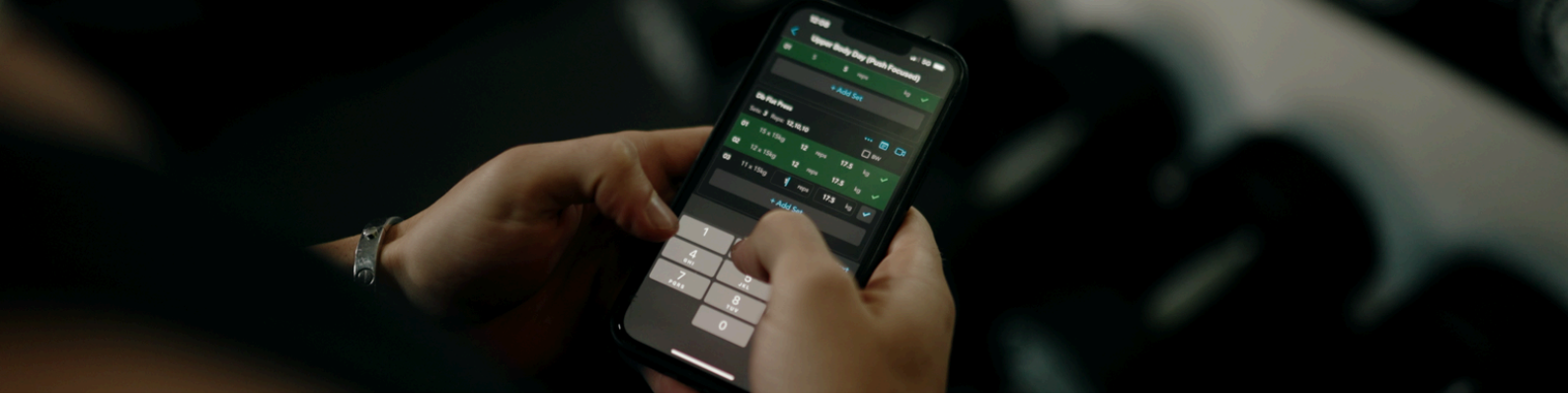
MORE muscle growth (= more toned... not bulky)

MORE fat loss

MORE flexibility, motivation and adherence.

LESS burn out, injuries and overtraining.

**It's a simple process.**

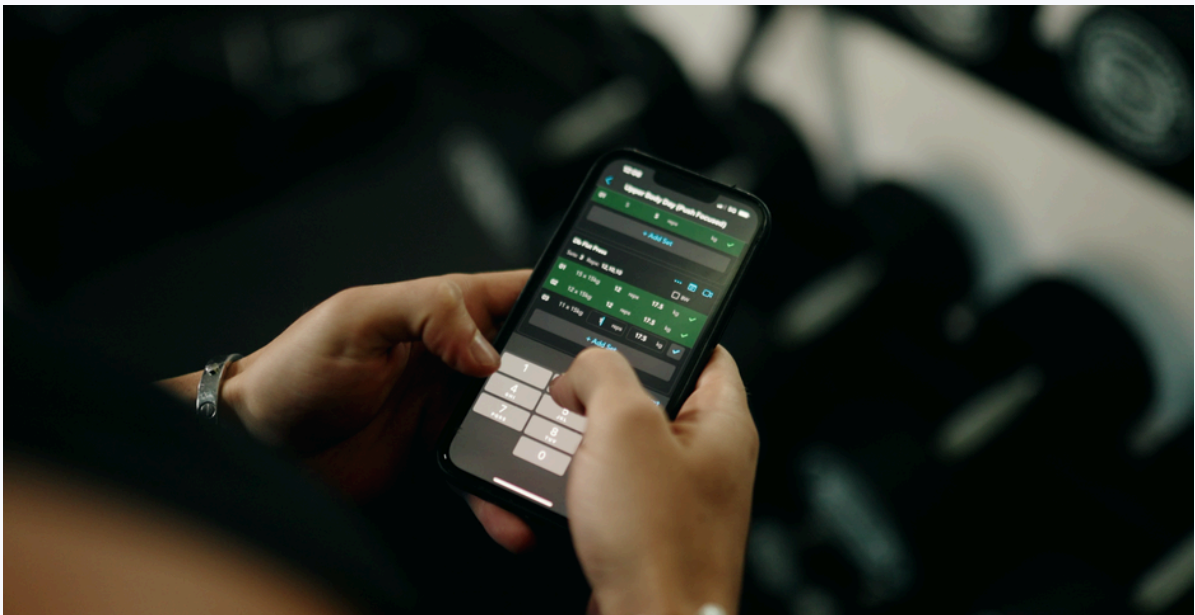


**BY IMPROVING THE QUALITY & INTENTION IN THE GYM... YOU CAN MAKE MORE PROGRESS IN **LESS TIME****



**Your workouts will be efficient, yet extremely effective... Best of all, delivered straight to your phone.**

## SAMPLE **WORKOUT** 45 MINUTES



*This is exactly how we deliver programs to our clients for maximum adherence, simplicity and effortless tracking*

### ***Dynamic Lower Body Warm Up***

**A: 3 Sets of** Barbell Squats 8-12 Reps With 2 Minutes Rest

**B: 3 Sets of** Hip Thrusts 12-15 Reps With 2 Minutes Rest

**C: 2 Sets of** Split Squats 15-20 Reps With 2 Min Rest

**D: 2 Sets of** Leg Extension Supersetted With Calf Raises

**E: 2 Sets of** Hamstring Curls 12-15 Reps With 90 Sec Rest

**If you train like this, you can get build a sculpted and toned physique with less than 3 sessions per week.**

***No crazy cardio required!***



# PILLAR 2

Nutrition





# Nutrition

## The Nutrition World Is **Intentionally** Confusing

**FOR THE PAST 20 YEARS WE'VE BEEN OFFERED PALEO, MEDITERRANEAN, KETO AND MANY MORE**

But none of these actually suit 95% of busy women especially if you are wanting to build a toned physique, increase your strength and take care of your cycle and natural hormones.

***The women I speak with report:***

- ❗ Shying away from wearing that dress or bikini due to fear of it 'not fitting'
- ❗ Exhausted & fighting brain fog all day
- ❗ Make progress for a couple of weeks and then losing it the next week
- ❗ Think cutting out certain food and restrictive dieting is the **ONLY** way to lose weight

With a lack of clear information and the tonne of responsibilities that busy women have, it's easy to see how we can end up with an extra 5+kg of fat that we want to get rid of **FAST**.

As hard as it can sometimes be for us to admit, the reason for the excess fat is simple, eating more calories than you burn, and getting inadequate protein.

And the flabby arms and tummy is a result of not having enough muscle.

It's not rocket science

But it is ridiculously **simple to reverse this in a timely manner**

**Busy active women** who find themselves here are normally just struggling to:



Get enough of the right types of **TRAINING** to build muscle, strength and metabolism.



Find a simple, enjoyable way of eating the right **QUANTITY** of food (that guarantees 1kg of fat loss per week)



Eat enough **PROTEIN** to support fat loss, strength gains, and muscle building potential.



To align their training and nutrition around their weekly energy balance and **HORMONE FLUCTUATIONS**.



# Protein

## MACROS? PROTEIN, FATS & CARBS

### STOP OVER COMPLICATING IT.

Dialling in your calories will dictate how much weight you lose.

Dialling in your calories coupled with hitting enough protein will dictate how much **FAT** you will **LOSE** and how much **MUSCLE** you will **BUILD**.

Both of these combined results in a **TONED PHYSIQUE**

That's it!



*Side note: Focusing on protein and overall calories (as opposed to macros) mean you can stop ordering the BS salad and actually eat a proper meal whilst losing fat... Whilst enjoying your weekend.*

## Example day following complicated “I eat healthy why aren't I losing fat” diets.

- Breakfast – Yoghurt, muesli, honey and a banana
- Snack – 30g almonds
- Lunch – Chicken salad with olive oil dress and pine nuts
- Snack – 3 wholegrain crackers with a small pot of hummus
- Dinner – Salmon cooked in soy sauce, potatoes and mixed veggies
- Snack – 3 brown rice cakes with 1 Tbsp of natural peanut butter

*And this is a good day... no takeaway.*

**2870 Calories, 150g fat, 150g carbs, 90g protein**

## Example day following the **simple** 4-Hour-Physique Protocol. (An example with Fasting)

- Breakfast – 3 eggs on sourdough with avo and cheese
- 12pm Lunch - 200g Mince bowl with veggies, avo and rice - **45g protein**
- 4pm Snack – Greek yoghurt, fruit & honey - **20g protein**
- 6pm Dinner – 200g steak, 200g potatoes & any veggies - **60g protein**
- **Optional Protein shake**

**1503 Calories, 120g protein, Carbs & Fat (Don't matter)**

*This even free's up extra calories for weekend flexibility whilst keeping you full, sharp and energised throughout the day. All whilst losing 1kg of fat per week*

# Make it simple and it becomes **EFFORTLESS**

WE ALL KNOW HOW IMPORTANT NUTRITION IS WHEN IT COMES TO LOSING FAT, BUILDING MUSCLE AND MAXIMISING ENERGY.

But we don't want to live on shakes, salads, eat out of Tupperware containers or miss out on the rare social events/night out that we get. ***And we don't need to.***

Combining a ***protein set-point*** for your goals, our ***80/20 principle*** and our ***cycle sync method***, you can achieve predictable fat loss while building muscle and thriving every day

- 1** **PROTEIN TARGET.** Eat enough **PROTEIN** to support fat loss, strength gains, and muscle growth.
- 2** **80/20.** Get MOST of the remaining calories from wholesome foods (80%). And the other 20% from more flexible & discretionary options.

**KEEP READING TO FIND OUT HOW TO FOLLOW THE CYCLE SYNC METHOD**

# BUT QUICKLY! Can I Still Go Out On The Weekend?

**SORRY TO BREAK IT TO YOU, BUT NOBODY GAINED WEIGHT FROM ENJOYING A DATE NIGHT, EVENT OR WEEKEND AWAY.**

Not one of my clients restricted themselves on weekends or purposely stayed in to lose fat! & ***Neither will you...***

OKAY NOW LET'S MOVE ON TO THE CYCLE SYNC METHOD





# PILLAR 3

Natural Physiology

# Integrating The **Cycle-Sync** Principle Into **Your Life**

**SIMPLE, YOU DON'T FOLLOW A RIGID STRUCTURE. YOU GO WITH YOUR **FLOW****

In today's fast-paced world, busy women often find themselves constantly stressed by work, deadlines, and rigid schedules.

The Cycle-Sync Principle offers a more natural, effective, and flexible approach to fitness and nutrition. Instead of imposing more rigidity through strict meal plans and excessive training.

This is why 99% of busy women can't stick to a set in stone training and nutrition protocol.

This is why we aim to empower, educate, and guide you through the natural ebbs and flows of your body, so you don't crash and burn.

For example. There are times in the month that you're body craves more carbs and red meat. **NOT BECAUSE YOUR CRAZY** but because **IT NEEDS MORE CARBS & IRON.**

**A CALORIE IS JUST A CALORIE. YOU ALSO WANT NUTRIENTS TO SUPPORT YOUR NATURAL HORMONE PRODUCTION.**

Whilst you can still eat a certain amount of calories and lose weight, the quality of those calories will dictate how you feel.

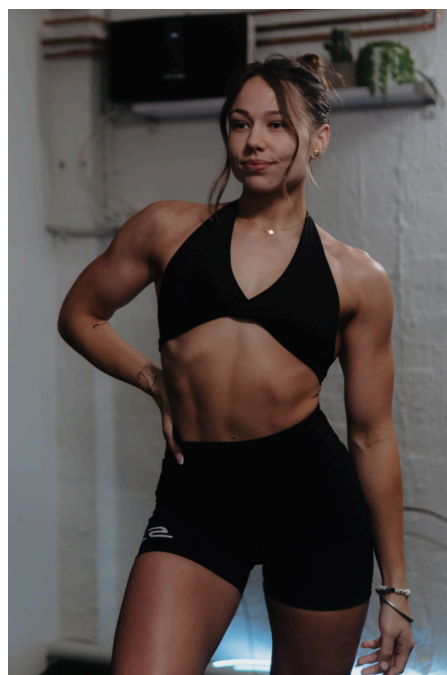
Hence eating low carb, low fat, low quality and ultra processed works in the short run for losing weight (if your calories are dialled in), **but never in the long run.**

This is why I will educate you on how to construct balanced meals that guarantee you to lose fat, tone up, and re-ignite your energy and hormonal balance.

**This approach allows you to follow a flexible routine that adapts to your body's needs rather than forcing you into a rigid structure. Embrace the Cycle-Sync Principle to thrive naturally and reclaim your vitality.**

**DM me "MORE" to learn how to action this next step.**

# Cycle-Syncing



## LUTEAL

- Progesterone peaks and energy levels start to decrease
- Resistance training and strength training with medium/light weights.
- Prioritise healthy fats + protein
- Manage PMS symptoms
- Stay hydrated

## MENSTRUAL

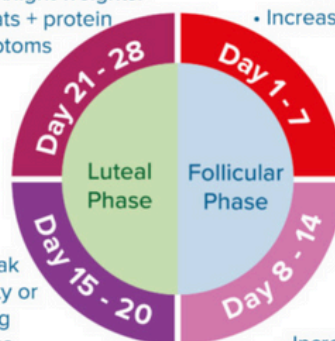
- Hormone levels (and energy levels) are at their lowest
- Movement can help with cramps
  - Practise gentle exercise
  - Increase carbohydrate intake
  - Eat iron rich foods

## OVULATION

- Estrogen levels peak
- Go for high intensity or heavy weight training
- Increase fibre intake
- High fat utilisation

## FOLLICULAR

- Energy levels on the rise as estrogen levels increases
- Increase workout intensity
- Learn a new skill, challenge yourself



Be in sync with your cycle for better performance.

**Our feminine intuition matters!**

*In 3 months I transformed my physique and overcame my chronic period pains and ovarian cysts all while celebrating my 3 year anniversary, going overseas eating all the churros, **weekly date nights** and getting in the best shape of my life while honouring my cycle and intuition! (This also still applies if you are on the "pill" as it only **decreases** the peaks and toughs in your hormones)*



# Why You May Need A Coach?

## AND IT'S EXACTLY WHY YOU'RE FEELING STUCK

No doubt one of these sounds very familiar to you:

**1 = On-Again, Off-Again:** Losing fat and gaining momentum one week only to lose it the following week.

**2 = Next Week:** Constantly thinking... “I’m too tired this week, let me just wait until I have a quieter week”

**3 = Return To Default:** Even after successful fat loss attempts, you struggle to maintain it through the peaks, troughs and the inevitable stressors of life.



# “I Don’t Have Time”!

WE ARE NOT TAKING ANY, BUT RATHER **RESTRUCTURING** YOUR TIME.

You’re **PROBABLY** already doing 99% of the work.

My job is to convert that energy that you’re already putting into your health & fitness **INTO REAL & LONG LASTING RESULTS**

Those results being, fat loss and building muscle whilst working with your natural energy & hormonal fluctuations.

If there’s any doubt in your mind that this is a crazy and rigid program, you are in the wrong place...

Watch any of my Youtube videos to see the crazy adventures, date nights and holidays I have enjoyed whilst following this protocol.

If you're ready to lose **5+kg** of stubborn body fat & **tone up** whilst honouring and optimising your hormones.

Drop me a DM with the word **“MORE”** on the button below

**DM ME “MORE”**

