



**OUR TOP 7 TIPS**  
**TO TRANSFORM YOUR BODY IN 2021**

**bodyseek**

HEALTH | PERFORMANCE | TRANSFORMATION

**DISCOVER**  
**OUR TOP 7**  
**TIPS TO**  
**TRANSFORM**  
**YOUR BODY**  
**IN 2021**

# WHEN YOU THINK OF PERSONAL TRAINING, WHAT DO YOU HAVE IN MIND?

Is it a "fun" group setting, with random workouts, fast paced, minimal focus on the individual and never really knowing what exercises you'll do on the day of your session? OR a drill-sargeant barking orders in your ear, with relentless amounts of pushups, situps and burpees?

Bodyseek provides neither of these, instead we are all about structure, accountability, and encouragement, training and nutrition plan's customised to the individual based on their experience levels and lifestyle, a focus on results,

Our clients make better progress in their first 12 weeks of 1:1 Coaching than many do in their first 12 months at a commercial gym or group setting.

Why? Because we are more than just a gym. We believe the key to people making proper lifestyle changes & sticking with their new habits, training and nutrition routines is providing a personal, positive & friendly environment, while educating on the importance of nutrition, strength training and holistic health.

From working professionals, stay at home mums, business owners, personal trainers and competitors, everyone comes to bodyseek with the goal of becoming the best version of themselves.

**Are you ready to finally Achieve the body of your dreams? You have found the right place!**





**SOME OF OUR CHAMPION TRANSFORMATIONS**





# SO, IF YOU HAVE EVER BEEN TO THE GYM & FOUND YOURSELF ASKING...

Why does this feel so impersonal?

Why don't I feel I don't know or trust anyone?

Why do I feel alone & confused about how to use the equipment?

It doesn't have to be this way anymore!

**It's time to leave the commercial gym behind!**

## OUR TOP 7 TIPS TO ACHIEVE BODY TRANSFORMATION

1

### PRIORITIZE STRENGTH TRAINING

STRENGTH TRAINING is the mother of all qualities:

Forget the gimmicks, fads and circus exercises!  
Compound movements are King!

Whether you want to get stronger, lose body fat, gain muscle, move better or all of the above! properly programmed strength training can do ALL of that!

2

### BE DILIGENT WITH YOUR NUTRITION

YOU ARE WHAT YOU EAT  
AND YOU CANNOT OUT-TRAIN A BAD DIET!

Eat well 80% of the time; leave some room for treats.

The 80/20 approach works well for most in general, and when your goals have a sharper deadline, 90/10 or 100% work best!

Follow a plan specifically designed for you and results will come even faster!



LET'S GET YOU  
AWESOME RESULTS  
AND TAKE THE GUESS  
WORK OUT OF BODY  
TRANSFORMATION

3

## MAKE IT SUSTAINABLE

Stop looking for those quick fixes. Let's be honest...when you downloaded this guide you were probably hoping for groundbreaking secrets you had never seen anywhere else.

Sadly, this isn't the case. All we are doing here is outlining 7 of the fundamental ways people get great results & maintain them.

Want sustainability? you **HAVE** to put the work in. It's time to start tracking your food, making better choices & exercising consistently 3-4 times a week.

4

## MANAGE YOUR STRESS!

Not everyone needs or can recover from 5 days per week of training.

Use the minimum effective dose for results; most can do well with three 45 minute strength workouts 3x/week and 10 minute "finishers" afterwards, with a walk every other day.

Be mindful of not burning the candle at both ends, and remember you can't pour from an empty cup!

5

## DON'T SKIMP ON SLEEP!

7-9 Hours sleep tonight is optimal for health, performance and achieving body transformation.

Good sleep (7-9 hours per night) will allow you to:

- Optimise your hormonal environment
- Recover from workouts
- Keep your mood positive
- Ensure you aren't reaching for coffee or sugar every few hours

Less than this will:

- Lower insulin sensitivity (your body's ability to tolerate carbohydrates)
- Affect appetite hormones negatively
- Impede performance
- Result in sub-par recovery

**BOOK YOUR FREE  
PHONE CONSULT  
RIGHT NOW**

6

## INVEST IN A PERSONAL TRAINER

Yes, when you see amazing celebrity transformations, they have had access to a PT & nutrition coach without a doubt; and this is because it is the most efficient way to get brilliant results.

Someone there holding you accountable, planning your sessions, making sure you are hitting your goals

Bodyseek is Inner West Melbourne's Premier 1on1 PT studio, no one achieves body transformation and optimal health for over 30's like we do, our holistic, comprehensive, individualised approach is second to none!

7

## JOIN BODYSEEK TODAY

Our 12 week platinum and gold transformation packages are designed to help you get the kick-start you need with your health & fitness journey.

All programmes include our 21 day Rapid Fat-Loss protocol, stripping your nutrition back to basics, prioritising full body workouts, sleep, steps and whole foods, after a few days of your body detoxing you will find you are less bloated, have more energy and feel like you're eating heaps!

After your initial 12 week fat-loss focused block, we then build you back to your maintenance calories to keep your health and hormones at optimal, while focusing on performance in the gym, continued enhancements to body composition or both!

This isn't a quick fix, this is about making a proper change that you will maintain for the rest of your life.

We are so serious about this we only take on 20 new clients every month. There are just 20 spaces available for March & they're filling FAST.

**BOOK YOUR FREE  
PHONE CONSULT  
RIGHT NOW**





A photograph of a gym interior. The floor is covered with black rubber mats, and a green mat is laid out in the center. Various exercise machines, including treadmills, weight benches, and strength training equipment, are visible. The lighting is bright, and the overall atmosphere is clean and professional.

Let us  
introduce  
you to some  
of our  
members  
who have  
followed  
these 7 tips

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Mum of 2 and business owner Simone went from a starvation diet and binge cycle to personalised nutrition and training, and achieving her photshoot body inside 12months AND while going through lockdown!



Ex Soccer Player, Father of 2, beer and pizza lover Theo decided to get rid of the dad bod and lost 27kgs in 6 months, while gaining 5kilograms of lean muscle thanks to bodyseek's platinum transformation package



BUSY MUM Anna fit back into her favorite dress, lost 12 kilograms, gained lean muscle and became the fittest and strongest she had ever been in her life at 40 years old



Corporate over 30 Swanny succumbed to the drinking, eating and high stress lifestyle of the corporate world, with her best friend's wedding coming up though she knew she needed to change, and fast! Swanny lost 10kg in 10weeks on our gold transformation package!

# FAQ'S

## **DOES IT MATTER THAT I HAVE NEVER BEEN TO THE GYM BEFORE?**

ABSOLUTELY NOT. EACH SESSION IS PT LED MEANING YOU ARE WALKED THROUGH EVERY MOVEMENT AND THEY ARE CHECKING TO MAKE SURE YOUR FORM IS CORRECT. PLUS YOU CAN ASK QUESTIONS AT ANY TIME!

## **HOW DO YOU GET YOUR RESULTS?**

HARD WORK, DETERMINATION, CONSISTENCY AND ACCOUNTABILITY. ALL SESSIONS ARE BOOKED BY APPOINTMENT. YOUR HOMEWORK (STEPS, NON-PT SESSIONS, SLEEP SCORES, SCALE WEIGHT AND NUTRITION COMPLIANCE) ARE ALL CHECK ON A WEEKLY BASIS. YOUR COACH IS WITH YOU EVERY STEP OF THE WAY WITH SUPPORT, ENCOURAGEMENT AND A WEALTH OF KNOWLEDGE

## **DO YOU HELP WITH NUTRITION?**

ABSOLUTELY! FROM DAY 1: OUR FIRST APPOINTMENT IS YOUR BODY COMPOSITION ANALYSIS AND CUSTOM NUTRITION CONSULTATION, OUR NUTRITION COACHING AND SOFTWARE IS ONE OF THE MANY THINGS THAT SEPERATES US FROM OUR COMPETITION!

## **AM I GOING TO BE REALLY UNFIT COMPARED TO EVERYONE ELSE?**

NO! WE HAVE PEOPLE WHO STARTED 2 YEARS AGO, 2 MONTHS AGO AND 2 DAYS AGO. EVERYONE IS AT A DIFFERENT LEVEL OF FITNESS AND THAT IS ABSOLUTELY FINE. YOU GO AT YOUR OWN PACE

## **HOW MANY SESSIONS SHOULD I DO A WEEK?**

4 SESSIONS PER WEEK IS THE GOLD STANDARD FOR BODY TRANSFORMATION AND MAINTAINABLE RESULTS HOWEVER WE WILL MATCH YOU WITH THE PACKAGE AND COACH THAT BEST SUITS YOUR GOALS, BUDGET AND TIMEFRAME OF DESIRED RESULTS

## **AM I GOING TO BE THE ONLY NEWBIE?**

NOPE! WE HAVE NEW PEOPLE JOINING ALL OF THE TIME, REMEMBER YOU DON'T HAVE TO BE GREAT TO START, BUT YOU HAVE TO START TO BE GREAT!



**WE WANT TO SECURE YOUR  
MARCH SPACE NOW**

**WANTED**

**20 MEN & WOMEN WHO WANT TO BECOME  
STRONGER, LEANER AND HEALTHIER**

**WANT TO BECOME ANOTHER BODYSEEK  
TRANSFORMATION?**

**BOOK YOUR FREE PHONE  
CONSULT RIGHT NOW**

# Thank you

As we have come to the conclusion of our E-Book we'd like to say the biggest thank you for trusting us to help you with your health and fitness goals.

At Bodyseek, for over a decade we have strived to find every edge possible to optimise the health of our clients and in-turn the body transformations they have received.

To expand further on the principles and methodologies you have experienced in this book, visit the Bodyseek website:

**[www.bodyseek.com.au](http://www.bodyseek.com.au)**

Online the Bodyseek website you will find more information on what we can do for you. Our articles page and social media platforms offer a wealth of information and resources.

We also recommend you do take us up on our consultation offer, you can even register your interest via this link - [www.bodyseek.com.au/contact-us](http://www.bodyseek.com.au/contact-us)







**HERE'S TO A HEALTHIER YOU**

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