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Marlee Jayne

YOUR GUIDE TO YOUR GOAL BODY

HEY GUYS!

I'm so glad you're here and you're taking the first step in your health and fitness journey. It's time to put the fad diets, weight loss pills, and starvation behind us. We aren't about that here.

My goal when writing this eBook was to give you a heap of tips and tricks that will help you achieve your goals the right way, as well as give you a bit of a reality check on what can and cannot be achieved.

So! Let's start out with the reality check. You may not like what you're about to hear but I'm going to tell you anyway so you can stop wasting your time on crappy training advice, and silly diets.



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KETO, PALEO, LOW CARB, INTERMITTENT FASTING, AND SO ON

Okay fam, lets get this one out of the way, because i get asked about this 12634739427 times a day, so i think it's time we set the record straight.

Keto, low carb, intermittent fasting, and so on will only work if you are in a CALORIE DEFICIT!

D-E-F-I-C-I-T !!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

You can try all the diets in the world and none will work if you're eating more calories than what you're bodies are burning.

Will some give the appearance of weight loss by reducing bloating? Yes.

Will some make you feel like you're losing weight because you're trying so hard to? Absolutely.

But if you're not in a calorie deficit, you're getting nowhere. I repeat; NOWHERE!

Has slight mental breakdown while writing this

On top of this, the majority of people will suddenly decide they don't want to do these kinds of diets anymore, go back to their old eating habits, and then the weight creeps back on because you've stressed out your body.

So, what do i suggest?

I am all for macronutrients. What is this you may ask? It's a breakdown of your calories into carbs, protein, and fats. Each person needs a certain amount of macronutrients to function correctly, but these macros can also be altered to achieve a certain goal. You can find my favourite macro calculator on my website!

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GETTING RID OF HIP DIPS

Nope, not going to happen.

You can't change your bone structure. Plain and simple.

With social media being such a big part of everyone's lives, it's easier than ever to look at an "Instagram model" and say "I want to look like that". Unfortunately, you can't. You don't have her bone structure. But let's think about this for a minute. Just because you can't look like her, doesn't mean you can't look amazing. Some day you might look in the mirror and think to yourself "I look better as me", and that's exactly how it should be.

So forget about everyone else, and have a look at yourself and all your amazingness. Why look like someone else when you can be the best version of you?

CREATING AN HOUR GLASS FIGURE

This goes hand in hand with hip dips. If you don't have wide hips, what are you going to do? Grow more bone?
(Haha that would be funny though!)

Luckily for you though, there is one little trick to give the illusion of an hour glass figure, and it's called the X shape.

What the frig is an X shape?

In a nutshell, we increase training to our shoulders and glutes to increase muscle. I'll be honest, from front on, your glutes aren't really going to stand out, but having larger and more defined shoulders is going to give the appearance of a smaller waist, somewhat creating an hourglass shape.

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TARGETING YOUR ABS WON'T HELP YOU LOSE BODY FAT THERE

Have you ever heard someone say "You can't spot fix?".
Well, they are not wrong.

Whilst we can choose where we gain muscle (for example, if you do bicep curls every day, your biceps will grow), we can't choose where we lose our body fat from. To make it even more disappointing, the spot you want to lose it from the most will probably be the last spot it goes. Yeh, it sucks, I know.

When reducing body fat, it's kind of an all or nothing thing. Fat will burn from everywhere, which is why weight loss can seem so slow.

My advice is to be patient. If you're putting the effort in consistently, you will reap the rewards, I promise.

CONSISTENCY IS KEY

Show of hands, how many of you have wondered why you're not losing weight?

Now, how many of you can tell me you have eaten and trained PERFECTLY, for three months straight?

Chances are, you've snuck in some late night chocolate, or had a few too many wines and thought "it shouldn't matter".

Well, it won't matter if it's included in your macros for the day, but I'm going to take a stab in the dark and say that it wasn't.

My point? Consistency is everything. If you want the results, you need to put in the work.

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WHY YOU'RE NOT LOSING WEIGHT

When someone wants to lose weight they picture chicken, vegetables, egg whites, and really low calories. They may stick to this low calorie diet for the first week or so, but will eventually increase calories because they're hungry or just give up.

It's a viscous cycle, so where does it end?

All diets have one thing in common...you need to be in a calorie deficit.

This is 100% necessary to lose weight. No ifs or buts about it. Where most people go wrong is they lower their calories too much, and are unable to stick to such unrealistic diets.

This leads to

- No weight loss
- Sudden weight loss followed by gaining it all back
- Stress of getting nowhere
- giving up

What we are going to do instead is use a macronutrient calculator to determine how many calories we need to consume each day to not only lose weight, but achieve your goals long term.

Step 1:

Head to my website. You can find a link to my favorite macro calculator. I personally pick the higher protein option, but the choice is yours!

You now have a complete breakdown of your calories, carbs, fats, and protein.

Stick to it! Don't aim to eat less than what your plan says. It's already calculated for you to lose weight!

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CONTINUING ON

Now that you have your macros, the next step is to download my favorite app!

MY FITNESS PAL

This app is going to be your white knight in the battlefield of health and fitness.

My Fitness Pal allows you to track the foods you eat, by entering in the brand or item name, or by scanning the bar code of the items you eat. By the end of your day, you're going to have an idea of the macronutrients you consume, and what we need to do to reach your goals.

STEPS

- Open My Fitness Pal
- Register your account
- Click "more", "goals", "calorie, carbs, pro., fat goals"
- Adjust your goals to match your macro calculator results.

Woo Hoo! Now, whenever you scan your foods, you will know exactly what macros you have left for the day, kind of like a countdown!

Remember! You want to hit the values, not go under them. Aim to be within 5g of each, and I promise you will see amazing results!

TYPES OF MACRONUTRIENTS

CARBS

- Grains, including oats, brown rice and quinoa
 - Whole-wheat pasta
 - Whole-grain bread
- Starchy vegetables; potatoes, sweet potatoes and winter squash
 - Fruits; berries, bananas, pineapple and apples
 - Beans, lentils and peas
 - Milk and yogurt

PROTEINS

- Egg whites
 - Meats
 - Poultry
 - Fish
 - Shellfish
 - Tofu
- Milk and yogurt
- Protein powders

FATS

- Egg yolks
- Olive and avocado oils
 - Butter
- Nuts and nut butters
- Coconut oil and coconut flakes
 - Avocado
- Full-fat milk and yogurt
 - Full-fat cheese
- Flaxseeds and chia seeds
- Fatty fish; salmon and sardines

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BINGE DAY TIP

You're going to have those days where you binge. Don't stress, it's 100% normal and everyone does it. Below is a trick that I personally use to correct my binge days!

What is calorie offsetting?

Lets just say your goal for each day is:

150g carbs

120g protein

80g fat

If you experience a binge day, we can expect your carbs and fats to increase by quite a bit. So for arguments sake, lets say after your binge you ate:

200g carbs

120g protein

100g fat

To correct this, you are going to subtract the additional macros from the following day, leaving you with:

100g carbs

120g protein

60g fat

Does this make sense?

By doing this, we are balancing our macros over a few days, so that by the end of the week it equals the same.

Lets say you had a BIG binge. Spread the reduction in macros over the next few days.

Crisis averted!

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PLAN AHEAD

I cannot stress this enough!

When tracking macros, 99% of people will scan the foods as they eat them, then get to dinner time and find they have no macros left for the day. uhh what do you do now?

To avoid these situations, spend 10 minutes each night planning the next day.

Not only will this help to avoid dinner time mishaps, but it will also hold you accountable! Let's be honest...you don't want to have to add that pizza slice into MFP after you spent the previous night planning out your day perfectly, right?

OTHER THINGS TO CONSIDER

So many external factors come into play when trying to achieve health and fitness goals. Stress, sleep, and water intake are three of those factors.

Stress: bad bad bad!

Ever heard of the term stress eating? Yeh, it's called that for a reason. Whatever is causing your stress, try to step away from it. You don't need it, for a number of reasons.

Sleep: Get your zzzzzz's in!

Recent studies have shown when a person has a full night's sleep, more than half of the weight they lose is fat. When someone is sleep deprived, only one-fourth of their weight loss comes from fat.

Water: eights cups a day they say

Water not only works as an appetite suppressor, but also helps to flush nasty toxins out of the body.

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MY TOP TEN FOOD SWAPS

The key to a successful dieting is loving the foods you eat. Here are my top ten food swaps to make the process a hell of a lot easier!

10. PB2

<https://www.australiansportsnutrition.com.au/bell-plantation-pb2.html>

If you love Peanut Butter and Nutella, but don't like the extra calories that come along with it, then you NEED to try PB2!

PB2 calories: 45cal (2tbsp)

Standard Peanut butter: 160cal (2tbsp)

Standard Nutella: 200cal (2tbsp)

9. Fro Pro

<https://www.woolworths.com.au/shop/productdetails/63922/fro-pro-singles-salted-caramel>

For ice-cream on the go, look no further than Fro Pro!

Fro Pro: 150calMagnum

Classic: 261cal

8. Noshu Donuts

<https://www.woolworths.com.au/shop/search/products?searchTerm=noshu%20donut>

Anyone that knows me knows that I live for donuts! Especially when there is a low sugar alternative!

Noshu Donut: 118cal

Regular Donut: 323cal

6. Noshu Cookies

<https://www.woolworths.com.au/shop/productdetails/847895/noshu-sugar-free-white-choc-vanilla-cookies-mix>

Whether you need something to give to the kids, or just want a snack for yourself, these are perfect!

Noshu Cookie: 103cal

Standard Cookie: 220cal

5. Peters No Added Sugar ice-cream

<https://www.woolworths.com.au/shop/productdetails/330934/peters-ice-cream-no-added-sugar-creamy-vanilla>

I bought this by mistake the first time I had it. As I went to scan my serve size into My Fitness Pal, I realised I could probably eat the whole tub and still stay under my macronutrients for the day.

Win!

Peters Ice-cream: 60cal

Standard Ice-cream: 128cal

4. Queen Maple flavoured syrup, sugar-free

<https://www.woolworths.com.au/shop/productdetails/252668/queen-sugar-free-maple-flavoured-syrup>

There isn't a day I go without this! I put it in smoothies, on oats, on ice-cream, you name it!

Queen maple syrup: 36cal

Standard maple syrup: 112cal

3. Atkins Chocolate Break bars

<https://www.chemistwarehouse.com.au/buy/77996/atkins-endulge-chocolate-break-64-5g>

Think Kit-Kat, just with fewer calories!

Choc Break bar: 109cal

Kit Kat: 210cal

2. Avalanche hot chocolate

<https://www.woolworths.com.au/shop/productdetails/738745/avalanche-sugar-free-drinking-chocolate>

Throw away your normal drinking chocolate and get your hands on Avalanche! Combined with almond milk it is amazing!

Avalanche: 8cal

Standard: 76cal

1. Noshu Cakes Slices

<https://www.woolworths.com.au/shop/productdetails/861012/noshu-97-sugar-free-funtella-cake>

I dare you to try and spot the difference between Noshu's cake mix and a standard cake mix! They have done an incredible job with this recipe! Game changer!

Noshu cake slice: 113cal

Standard cake slice: 355cal

TRAINING PLAN

It's time to walk into the gym with a game plan. Put your headphones on and get sh*t done!

The following pages feature 6 days of workouts. If you're unsure of the exercises, head to my Youtube page and watch the demonstration workouts!

Some things to remember...

1. Lifting a weight that doesn't challenge you, won't change you. It needs to be hard. If you find that the weight you picked is too light, do extra reps at the end of the set until you fatigue.
2. Move away from the "I can't be bothered doing that exercise today" mindset. If it's on the program, you do it.
3. Always aim to get stronger. If you focus on improving your strength, your appearance will change alongside it AND it's much more enjoyable when you focus on strength instead of looks.
4. It takes 30 days to build a habit, so don't give up. You can do this!

Shoulders & Tris

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Exercises should be performed until failure. What this means is, you will continue the movement until you can't lift it anymore, then record you reps. Adjust the weight to match the below table.

Goal		
Weight loss	15+ reps	Lighter weight
Lean muscle gain	10 – 12 reps	Moderate weight
Strength	5 – 8 reps	Heavy weight

Before starting each exercise, complete 1 high rep warm up set (1 warm up set + 4 actual sets)

Exercise	Set	Reps	W	R	W	R	W	R	W	R	W	R	W	R	W	R
Superset																
Shoulder Press	4															
Tricep Pushdown	4															
Superset																
Upright Row	4															
Face Pull	4															
Superset																
Arnold Press	4															
Lateral Raise	4															
Superset																
Front Raise	4															
Bench Dips	4															

Day 1

Glutes, Calves & Abs

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Exercises should be performed until failure. What this means is, you will continue the movement until you can't lift it anymore, then record you reps. Adjust the weight to match the below table.

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Weight loss	15+ reps
Lean muscle gain	10 – 12 reps
Strength	5 – 8 reps
	Lighter weight
	Moderate weight
	Heavy weight

Before starting each exercise, complete 1 high rep warm up set (1 warm up set + 4 actual sets)

Exercise	Set	Reps	W	R	W	R	W	R	W	R	W	R	W	R	W	R
Hip Thrust (Bar or Smith)	5															
Superset																
Single Leg Hip Thrust (L)	4															
Single Leg Hip Thrust (R)	4															
Calf Raise	4	25														
Circuit (30 sec rest at end)																
Half Jack Knife	4	30sec														
Toe Touch	4	30sec														
Weighted Crunch	4	30sec														
Bicycle Crunch	4	30sec														
Ankle Taps	4	30sec														
Left Side Plank Dip	4	30sec														
Right Side Plank Dip	4	30sec														
Plank Jacks	4	30sec														

Day 2

Shoulders

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Exercises should be performed until failure. What this means is, you will continue the movement until you can't lift it anymore, then record you reps. Adjust the weight to match the below table.

Goal		
Weight loss	15+ reps	Lighter weight
Lean muscle gain	10 – 12 reps	Moderate weight
Strength	5 – 8 reps	Heavy weight

Before starting each exercise, complete 1 high rep warm up set (1 warm up set + 4 actual sets)

Exercise	Set	Reps	W	R	W	R	W	R	W	R	W	R	W	R	W	R
Superset																
Shoulder Press	4															
Lateral Raise	4															
Superset																
Standing Bar Push Press	4															
Front Raise	4															
Superset																
Arnold Press	4															
Rear Delt Raise	4															
Superset																
Upright Row	4															
Face Pull	4															

Day 3

LEGS & ABS

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Exercises should be performed until failure. What this means is, you will continue the movement until you can't lift it anymore, then record you reps. Adjust the weight to match the below table.

Goal	
Weight loss	15+ reps
Lean muscle gain	10 – 12 reps
Strength	5 – 8 reps
	Lighter weight
	Moderate weight
	Heavy weight

Before starting each exercise, complete 1 high rep warm up set (1 warm up set + 4 actual sets)

Exercise	Set	Reps	W	R	W	R	W	R	W	R	W	R	W	R	W	R	W	R
Sumo Deadlift	5																	
Hip Thrust	5																	
Superset																		
Hamstring Curl	4																	
Leg Extension	4																	
Superset																		
Pigeon Toe Calf Raise	4	25																
Calf Raise	4	25																
Circuit (30 sec rest at end)																		
Ankle Taps	4	30sec																
Full Sit Up	4	30sec																
Russian Twist	4	30sec																
V Sit Kickout	4	30sec																

Day 4

Shoulders & Abs

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Exercises should be performed until failure. What this means is, you will continue the movement until you can't lift it anymore, then record you reps. Adjust the weight to match the below table.

Goal	
Weight loss	15+ reps
Lean muscle gain	10 – 12 reps
Strength	5 – 8 reps
	Lighter weight
	Moderate weight
	Heavy weight

Before starting each exercise, complete 1 high rep warm up set (1 warm up set + 4 actual sets)

Exercise	Set	Reps	W	R	W	R	W	R	W	R	W	R	W	R	W	R
Superset																
Arnold Press	4															
Front Raise	4															
Superset																
Shoulder Press	4															
Lateral Raise	4															
Superset																
Upright Row	4															
Rear Delt Raise	4															
Circuit (30 sec rest at end)																
Butterfly Crunch	4	30sec														
Leg Raise w Hip Thrust	4	30sec														
Flutter Kicks	4	30sec														
V Sit Kickout	4	30sec														

Day 5

Back and Bi's

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Exercises should be performed until failure. What this means is, you will continue the movement until you can't lift it anymore, then record you reps. Adjust the weight to match the below table.

Goal	
Weight loss	15+ reps
Lean muscle gain	10 – 12 reps
Strength	5 – 8 reps

Before starting each exercise, complete 1 high rep warm up set (1 warm up set + 4 actual sets)

Exercise	Set	Reps	W	R	W	R	W	R	W	R	W	R	W	R	W	R
Superset																
Wide Grip Lat Pulldown	4															
Bicep Curls	4															
Superset																
Reverse Grip Lat Pulldown	4															
Cable Rope Pulldown	4															
Superset																
Seated Row	4															
Concentration Curl	4															
Superset																
Single Arm DB Row (L)	4															
Single Arm DB Row (R)	4															

Day 6

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The End

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