

RISE

The Foundation Guide



PHOENIX
FITNESS ACADEMY

A clear pathway to stronger training, better habits, and sustainable progress.



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THANK YOU

Before we dive in, I want to say a genuine thank you.

Thank you for trusting me — and trusting yourself — enough to open this guide.

Creating Phoenix Fitness Academy, and this resource, comes from years of learning, making mistakes, starting again, and working with people who simply wanted to feel better in their own bodies.

I'm grateful to everyone who has:

- shared their struggles honestly
- asked questions
- shown up for themselves, even on tough days
- reminded me why simple, sustainable fitness matters
- And I'm especially grateful to you for being here.

● **You could have kept scrolling.**

● **You could have done nothing.**

● **But instead, you chose to take a step.**

I hope this guide gives you clarity, reassurance, and the confidence to believe:

You can rise — at any stage, any age, and at any starting point.

Thank you for being part of this journey.

— Sean

WELCOME

If you're reading this, there's probably a part of you that's ready for change.

- Maybe you're tired of starting again every Monday.
- Maybe you feel lost with calories, macros, and "what you should be doing."
- Maybe life, stress, work, family, or confidence has simply gotten in the way.

Whatever brought you here, I want you to know this:

You're not behind.

You're not broken.

And you absolutely don't need to "**punish**" yourself back into shape.

This guide is here to help you **rise again — steadily, calmly, and realistically.**

What this guide is (and what it isn't)

This isn't:

- ✗ a crash-diet manual
- ✗ a 6-week extreme challenge
- ✗ a list of foods you're "not allowed" to eat

And it definitely isn't about being perfect.



Instead, this guide will help you:

- ✓ understand your real goal (beyond “lose weight”)
- ✓ set clear, achievable SMART goals
- ✓ understand calories and macros without overwhelm
- ✓ learn why balanced nutrition matters
- ✓ see how exercise fits into your life — not takes it over
- ✓ start building habits you can actually stick to

My goal is simple:

Give you clarity — not confusion.

Confidence — not guilt.

A fresh start — not another restart.

Why rising matters

The phoenix is a powerful symbol.

Not because it never falls — **but because it always rises again.**

- You may have stopped before.
- You may have tried and struggled.
- You may have felt frustrated with yourself.

But today, you took a step.

And that **MATTERS.**



HOW TO USE THIS GUIDE

Work through it at your own pace.

- ✓ Read
- ✓ Highlight what resonates
- ✓ Try the worksheets and reflections
- ✓ Come back to it whenever you need a reminder

Later in the guide, if you feel ready, I'll also show you how to take the next step with a personalised plan — but there's no pressure. Learn first. Decide later.

Right now, just focus on understanding your body, your mindset, and your goals.

You're here.

You're trying.

And that's the beginning of your rise.

Let's get started.

ABOUT THE COACH:

Phoenix Fitness Academy was created by **Sean Paul Phoenix**, a qualified personal trainer focused on structured, sustainable progress.

The Academy exists to replace confusion with clarity – guiding individuals through training, nutrition and habit-building that supports long-term results.



YOUR RISE BEGINS

Discovering your real why

Most people start a fitness journey with a goal like:

"I want to lose weight."

"I want to tone up."

"I want to get fitter."

Those are outcomes — but they are not the **REAL WHY!**

Your real "why" is deeper:

- "I want to feel confident in my clothes again."
- "I want to be fitter for my children or grandchildren."
- "I'm tired of feeling held back by my body."
- "I want to be healthier long-term — not just for summer."

When motivation dips (**and it will**), the number on the scales won't keep you going.

But your "**WHY**" will.



REFLECTION EXERCISE

Take a few moments and answer honestly:

1. What made you decide to start now?
2. How is your current situation affecting your life?
3. If nothing changed over the next 12 months — how would that feel?
4. If everything improved — what would life look like?

When your reason becomes clear, your actions become easier.



SMART GOALS

Most people start with good intentions: “I want to get fitter” or “I want to lose weight.”

The problem isn’t motivation — it’s clarity.

SMART goals help you turn vague ideas into clear actions you can actually follow through on. When a goal is **Specific, Measurable, Achievable, Relevant** and **Time-bound**, you know exactly what you’re working towards and how to track your progress.

Start with the diagram on the next page to see how **SMART** fits together. Then follow the step-by-step guide that follows to shape your own goal.

Before you start

- Keep it simple — one clear goal is enough.
- Focus on what you can control.
- Make it realistic for your life right now.
- Progress over perfection — you can refine it later.

Remember: **SMART** goals aren’t about being perfect — they simply give your energy direction so you can keep rising, one step at a time.



S

Specific:

What exactly do you want to achieve?

- Example: Instead of saying "I want to lose weight," a more specific goal would be "I want to lose 10kg in 3 months."

Measurable:

How will you track your progress? Choose a way to measure your progress so you can stay on track.

- Example: "I'll track my weight every week using body scales and track my food intake with a food diary."

M

Achievable:

Is this goal realistic for you? Your goal should be challenging but not impossible. It's important to stay motivated.

- Example: "Losing 1kg per week is achievable, and I can make this happen by adjusting my diet and working out 4 times a week."

A

Relevant:

Does this goal align with what's important to you? Your goal should be relevant to your life, helping you move closer to your overall fitness vision.

- Example: "Losing 10kg will make me feel healthier, more energetic, and more confident."

R

Time-Bound:

When do you want to achieve your goal? Set a time frame to give yourself a sense of urgency.

- Example: "I want to lose 10kg in 3 months."

T



SETTING SMART FITNESS GOALS

1

Start with your main goal

Before we shape your goal using **SMART**, let's keep things really simple.

Write your goal in your own words — the first thing that comes to mind. Don't worry about perfect wording or detail yet. This is just about capturing what you'd like to work towards.

Examples people often write:

- "I want to lose weight."
- "I want to get fitter and feel healthier."
- "I want to build some muscle tone."
- "I want to feel more confident in my body."

There are no right or wrong answers here — just be honest with yourself.

JOT IT DOWN

We'll gently shape this into a clearer **SMART** goal in the next steps — so clarity builds gradually, without pressure.



2

Specific

(Make your goal clear and focused)**

Examples

Fat loss:

"I want to lose body fat and drop a clothes size."

Muscle gain:

"I want to build visible muscle in my upper body and legs."

General fitness:

"I want to improve my fitness so I'm less out of breath and feel healthier."

Your turn — what exactly do you want to achieve?

JOT IT DOWN

"Write your goal clearly here"



3

Measurable

(So you know if you're making progress)**

Examples

Fat loss:

"I'd like to lose 6–10lbs over the next few months and notice my clothes fit better."

Muscle gain:

"I'd like to increase the weight I can lift or improve my body-weight strength, and see gradual muscle growth."

General fitness:

"I'd like to be able to walk 5K comfortably or complete 30–45 minutes of activity most days."

Your turn — how will you measure your progress?

JOT IT DOWN

"Clothes, strength, distance, energy, consistency etc."





Achievable

(Realistic for your life — not extreme)**

Examples

Fat loss:

"I can follow a balanced plan without cutting out foods I enjoy."

Muscle gain:

"I can train 3–4 times per week and progress gradually."

General fitness:

"I can start with 2–3 sessions a week and build up slowly."

Your turn — does this feel realistic right now?

JOT IT DOWN

"Consider time, energy, stress, lifestyle"





Relevant

(Meaningful and linked to your 'why')**

Examples

Fat loss:

"This will help me feel healthier, more confident and comfortable in my clothes."

Muscle gain:

"This will help me feel stronger and more capable in my body."

General fitness:

"This will help my energy, mood and long-term health."

Your turn — why does this matter to you?

JOT IT DOWN

"What difference will this make to your life?"





Time-bound

(Set a gentle review point — not pressure)**

Examples

Fat loss:

"I'll review my progress after 8–12 weeks."

Muscle gain:

"I'll review progress after 12–16 weeks — knowing muscle takes time."

General fitness:

"I'll review how I'm feeling in 6–8 weeks."

Your turn — when will you review your progress?

JOT IT DOWN

"Choose a realistic review window"





Putting It All Together

You can now combine your answers into one clear, goal statement. Like this:

My goal is to: _____ (your goal)

I'll work towards this by: _____ (what you'll do)

Because: _____ (why it matters to you)

And I'll review it in: _____ (your timeframe)

"Don't worry about perfect wording — just be honest"

Use these examples as a guide:

Fat Loss

My goal is to lose body fat and feel more comfortable.

I'll work towards this by eating in a balanced way and moving more.

Because my health and confidence matter.

I'll review it in 8–12 weeks.

Muscle Gain

My goal is to build strength and muscle.

I'll work towards this by strength training a few times a week.

Because feeling strong supports long-term health.

I'll review it in 12–16 weeks.

General Fitness

My goal is to improve overall fitness and energy.

I'll work towards this by walking regularly and increasing activity gradually.

Because it improves daily life and wellbeing.

I'll review it in 6–8 weeks.

Your goals can evolve — and that's okay.

SMART goals aren't about pressure or perfection. They simply give you **clarity, direction and kindness — with room to grow.**

Progress over perfection. Always.



NUTRITION

There's a lot of confusion around nutrition.

Low-carb, no-carb, fasting, detoxing, cutting out whole food groups...

It's no wonder most people feel stuck.

This section isn't about rules or strict plans.

It's about understanding a few simple ideas that make everyday choices easier — whether you're losing fat, gaining strength, or simply trying to be healthier.

Think of this as a clear starting point, not a diet.

Calories explained:

Calories are simply energy.

- **Eat more than your body uses** → weight gain
- **Eat less than your body uses** → weight loss
- **Eat roughly the same** → maintenance

No food is “**good**” or “**bad**”.

Some foods are simply more nutritious and fill you up better than others.

Crash dieting works short-term — but it's rarely sustainable. Focus on a steady calorie deficit instead, so you can still enjoy real life.



WHAT ARE MACROS?

Macronutrients (often called "**macros**") are the building blocks of your nutrition. Understanding how they work helps you make better decisions about what and how much to eat, whether your goal is fat loss, muscle gain, or maintaining your current weight.

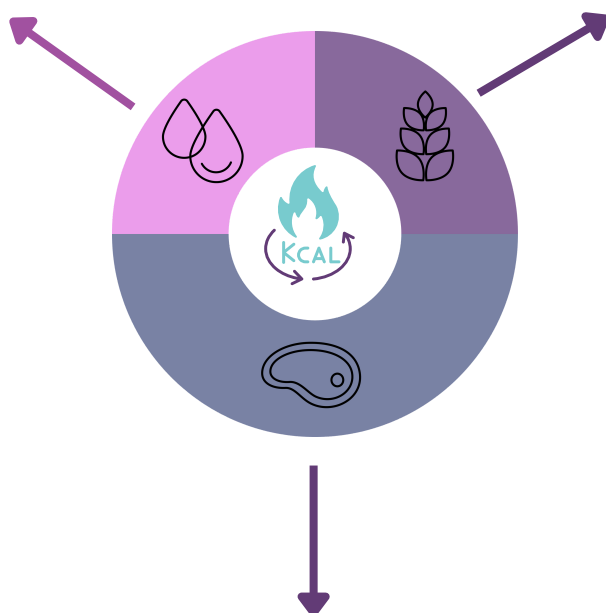
Every food you eat provides calories and is made up of a combination of three main macros: **protein, carbohydrates and fats.**

Fats

Dietary fats support hormone production, brain function and overall health. They are also concentrated sources of energy.

Carbohydrates

Are your body's main source of energy. They fuel training, movement and many important bodily functions.



Protein

Protein supports muscle repair, growth and recovery. It also helps you feel fuller longer and plays an important role in maintaining muscle while losing body fat.

When you get the right balance of these, it becomes much easier to:

- Manage your body weight
- Support muscle growth and recovery
- Maintain consistent energy levels
- Improve training performance
- Build sustainable eating habits



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FREE CALORIE AND MACRO CALCULATOR

Find your daily calorie and macro targets in seconds and remove guesswork from your nutrition.

One of the most common questions when starting a fitness journey is:

"How much should I actually be eating?"

You now know calories and macronutrients play a major role in fat loss, muscle gain and overall health. To make things easier, I've created a **free online calorie and macro calculator** that estimates your daily nutrition targets based on your body measurements, activity level and goals, helping take the guesswork out of how many calories and macros you need each day.

WHAT THE CALCULATOR SHOWS



Calories

Energy intake



Protein

Muscle support



Carbohydrates

Energy for training



Fats

Hormone support



Fibre

Digestion support



Estimated Targets

Starting point

Important

The results from the calculator are estimates, not fixed rules.

Individual needs can vary based on training, lifestyle and consistency, and adjustments may be needed over time based on progress.



CALCULATE YOUR TARGETS

Before continuing with the guide, take 30 seconds to calculate your targets.

Once You have your results, save them and refer back to them as you work through the rest of this guide.

EXAMPLE RESULTS

Calories 2,400 kcal

Protein 180g

Carbs 260g

Fats 70g

Fibre 34g

Example (for illustration only)

Your own personal targets will vary depending on your body measurements, activity level and goal.

TRY THE CALCULATOR

SCAN
ME



phoenixfitnessacademy.com/calculator



Prefer clicking instead of scanning? Use the link above.



BUILDING BALANCED MEALS

You don't need a "perfect" diet to make progress.

Most people go wrong because they either undereat, over-restrict, or try to follow plans that feel nothing like real life. What works best — for fat loss, muscle gain and long-term health — is simply building balanced meals most of the time.

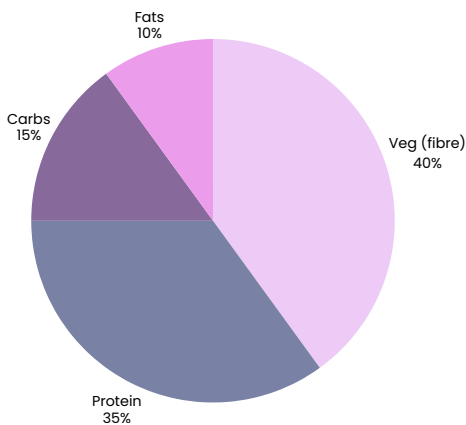
Think of each meal as an opportunity to support your goal, not a test you can fail.

Balanced Meal Plates for Different Goals

How to adjust your plate depending on whether your goal is fat loss, maintenance, or muscle gain.

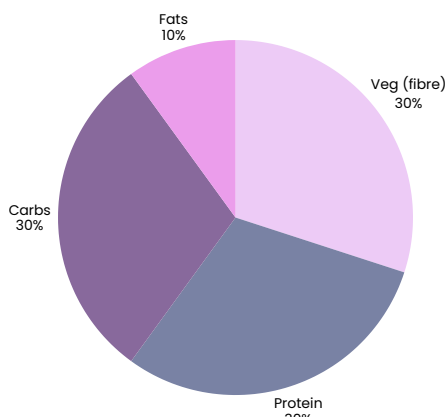
While your exact calorie and macro targets will vary, a simple way to build balanced meals is by using a plate method. Adjusting the proportions of protein, carbohydrates, vegetables/fibre and healthy fats can help support fat loss, maintenance or muscle gain.

Fat Loss Plate



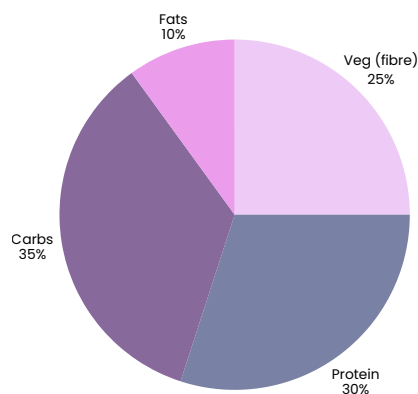
Higher protein and fibre help increase fullness while keeping calories controlled.

Maintenance Plate



A balanced plate that supports overall health and stable energy levels.

Muscle Gain Plate



Extra carbohydrates help fuel training performance and recovery.

These are examples — not rules. Portions and balance will vary depending on your goals, activity levels and appetite.



Example Foods

Protein

Chicken, fish, eggs, Greek yoghurt, lean beef, tofu...

Carbohydrates

Rice, oats, potatoes, pasta, whole grains...

Vegetables/Fibre

Broccoli, spinach, peppers, carrots, salad...

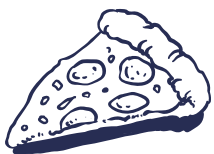
Healthy Fats

Avocado, olive oil, nuts, seeds...

Quick checklist (keep this in mind before meals)

- ☐ Have I included protein?
- ☐ Is there at least one fruit or veg?
- ☐ Do I genuinely need carbs here (energy, training, busy day)?
- ☐ Did I add fats intentionally — not accidentally?
- ☐ Have I had some water today?

Tick most boxes, most days — and your body will respond.



You can still enjoy pizza, burgers, desserts and takeaways.

The aim isn't restriction — it's balance over time.



A few common traps to avoid:

- Skipping meals then overeating later
- Removing whole food groups “just because”
- Living on ultra-low calories and calling it discipline
- Drinking lots of calories without realising

If something feels extreme, miserable or unsustainable — it usually is.

Want more personal guidance?

Everyone’s lifestyle, preferences and goals are different.

Some people need more carbs, some need more protein, some need simpler plans, and some just want it all mapped out so they don’t have to think.

This is where the Phoenix Blueprint and coaching pathways can really help:

- your calories and macros set for you
- meals and ideas aligned with foods you actually enjoy
- flexibility — not “eat this or fail”

(You’ll learn more about these towards the end of the book — no pressure, just options.)



WHAT TO DO WHEN EATING OUT

Real-world meal combos that can still support your goals.

These examples show how everyday eating out can still fit your goals. The same principles apply across many similar cafés, bakeries and fast-food outlets.

Greggs

🔥 Fat Loss Focus

Chicken baguette (brown where available)
Fruit pot
Water, tea or diet drink

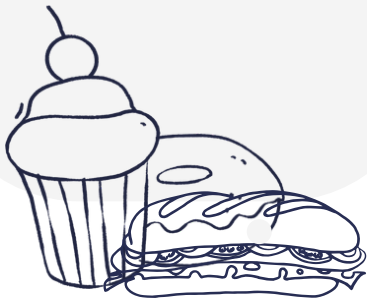
⚖️ Maintenance / Balance

Chicken bake or steak bake
Fruit pot
Water or hot drink

💪 Muscle Gain / Training

Chicken baguette
Fruit pot + milk-based drink
Optional extra savoury item

Higher-fat pastries and sweet treats can still be enjoyed occasionally – balance matters more than avoidance.



McDonald's

🔥 Fat Loss Focus

Hamburger or Mayo Chicken
Side salad (where available)
Water or diet drink

⚖️ Maintenance / Balance

Cheeseburger
Medium fries or side salad
Sugar-free drink

💪 Muscle Gain / Training

Double Cheeseburger
Medium fries
Milk or milk-based coffee

Simpler burgers and portion awareness tend to work best day to day.



Starbucks

🔥 Fat Loss Focus

Americano or filter coffee
Skimmed or semi-skimmed milk
Sugar-free syrup (optional)

⚖️ Maintenance / Balance

Latte or cappuccino
Reduced-sugar syrup
Banana or small snack

💪 Muscle Gain / Training

Latte with whole milk
Snack box or porridge*
Optional flavoured syrup

Milk choice, syrups and portion size often make the biggest difference.
***Availability varies by store.**



You don't need to avoid restaurants, birthdays or takeaways.

What matters is making a few calm choices — not perfection.

When you eat out, think:

- protein first
- sensible portions
- enjoy it — then move on

You'll still make progress.

Simple swaps that make a big difference

When Possible Choose:

- Grilled instead of fried
- Tomato-based sauces instead of creamy ones
- veg or salad (low in calories, high in fibre and vitamins)
- Water, diet drinks or tea most of the time
- Sauces on the side (use only what you need)

Be mindful of:

- ⚠ Bottomless refills
- ⚠ Large "sharing" starters
- ⚠ Extra sides "just because"
- ⚠ Desserts because everyone else is having one

You don't have to say "no" — just choose what actually feels worth it.



**"Progress begins,
when structure
replaces
guesswork."**

Phoenix Fitness Academy

UNDERSTANDING UK FOOD LABELS

Food labels don't need to be complicated.

Here's a quick, three-step way to understand what you're buying — without overthinking it.

First — Check the Front (Traffic-Light System)

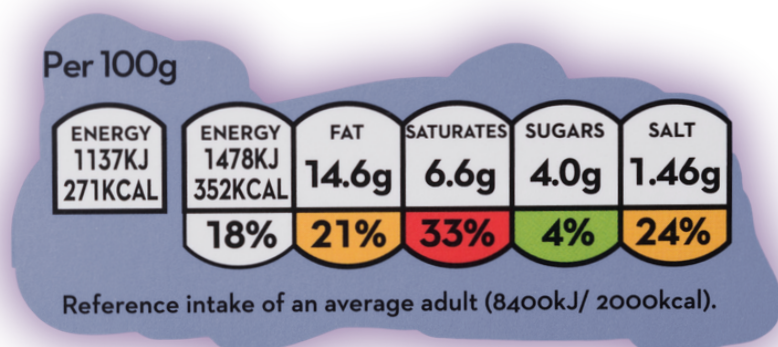
Many UK foods show coloured boxes on the front of the packet:

- Green = lower
- Amber = medium
- Red = higher

You'll usually see this for:

- **Fat**
- **Saturated fat**
- **Sugars**
- **Salt**

This gives you a quick snapshot at a glance.



A mix of colours is normal — and red doesn't mean "bad", just something to enjoy in sensible portions.



Next — Look at the Nutrition Table

This is normally on the back or side of the packet.

You'll see values per 100g and often per portion for:

- **Energy (kcal)**
- **Fat & Saturates**
- **Carbohydrates & Sugars**
- **Protein**
- **Fibre**
- **Salt**

› Per 100g lets you compare similar foods fairly.

› Per portion shows what you'll get from a typical serving (but remember — portions vary in real life).

Protein and fibre can help you feel fuller for longer — so including foods that provide some of these regularly can really support your goals.

Finally — Check the Ingredients List

Ingredients are listed from highest to lowest amount, so the first few items make up most of the product.

As a general guide, look for foods where the main ingredients are things you recognise and enjoy — such as oats, potatoes, rice, fruit, vegetables, beans, eggs, chicken or dairy.

Be a little more mindful if:

- sugar, syrups or salt appear near the top of the list
- there's a very long list of ingredients
- many ingredients are unfamiliar or hard to recognise (including lots of E-numbers)

You don't need to avoid processed foods completely — just aim for a balance, choosing simpler options more often where you can.



HYDRATION

Why Staying Hydrated Matters?

- Supports focus, memory and mood
- Helps regulate body temperature
- Keeps heart and circulation working well
- Supports kidney function and waste removal
- Lubricates joints and tissues
- Aids digestion and prevents constipation
- Can help reduce dehydration-related headaches
- Supports skin health
- Helps maintain energy levels
- Supports exercise performance and recovery

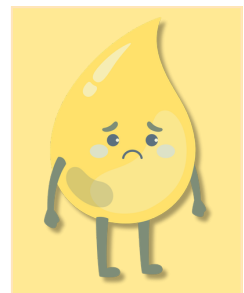
How much to drink: Aim for around 6–8 glasses a day (about 1.5–2L). Drink a little more if you're active or it's hot.

What counts: Water, tea, coffee, milk, sugar-free squash and herbal teas all count — and foods like fruit and yoghurt help too. (Alcohol doesn't hydrate.)



How Hydrated Are You?

HYDRATED



DEHYDRATED

Use urine colour as your guide — pale yellow usually means you're well hydrated. Darker yellow or amber often suggests you need more fluid.



EXERCISE BASICS

Moving With Purpose — Not Pressure

You don't need to train like an athlete to make real progress.

The goal isn't punishment, exhaustion, or chasing workouts that leave you barely able to walk. The goal is movement that builds strength, confidence and energy — step by step.

Think of exercise as training your future self.

When you move regularly, you:

- build strength and protect your joints
- support fat loss (alongside nutrition)
- improve mood, sleep, and stress
- feel more capable in everyday life

You don't need perfect workouts. You need consistent ones.

A simple framework to follow:

When you're starting (or restarting), focus on three pillars:

Move more across the day:

- Walks, stairs, housework, playing with the kids — it all counts.

Strength training 2–3 times per week:

- Bodyweight, dumbbells, resistance bands — anything that challenges your muscles.



Get your heart rate up a few times each week:

- Brisk walking, cycling, swimming, aerobic classes — choose something you enjoy.

Before each workout, ask yourself:



- Am I rushing — or moving with control?
- Can I feel the muscle I'm trying to work?
- Is my breathing calm?
- Does the weight feel challenging, not painful?
- Could I finish the set with 1–2 reps left?

If the answer is “yes” to most of these — you’re doing it right.

If you’d prefer exercises tailored to your body, goals, and confidence level, the **Phoenix Fitness Academy Coaching options** bring everything together into simple, structured plans you can actually follow.

Instead of guessing, worrying whether you’re “**doing it right**”, or jumping from one workout to the next, you’ll know exactly:

- what to do
- how often to do it
- how to progress safely

No pressure. No punishment. Just steady, realistic progress designed around you — so exercise finally feels doable rather than overwhelming.



WALKING

A Powerful Place to Start

If you're not sure where to begin with exercise, walking is one of the best places to start — and one of the most under rated tools for improving health, fitness and confidence.

Walking is free, accessible, and easy to fit into real life. You don't need special equipment, perfect weather, or a gym membership. You simply need a place to move — and permission to start where you are.

Why walking works

Walking may look simple, but it offers powerful benefits when done consistently:

- improves cardiovascular health
- supports fat loss when paired with balanced nutrition
- helps manage stress and mental wellbeing
- builds routine and consistency
- supports joint health and recovery
- boosts energy and mood
- suitable for most fitness levels

And importantly — walking is realistic. That's why it works.

How to approach walking the Phoenix way

There's no "right" pace or distance.

Start with what feels manageable for you:

- short walks still count
- slower walks still count
- broken-up walks still count

Consistency matters far more than speed or distance.



Some days you might walk longer. Other days it might just be 10 minutes around the block — and that's still progress.

Making walking part of everyday life:

Walking doesn't have to be a **"workout"**.

You can:

- walk to clear your head
- walk while listening to music or podcasts
- walk after meals
- park further away
- take the stairs where comfortable

These small choices add up — and help build confidence without pressure.

A Phoenix reminder

Walking isn't **"less than"** other forms of exercise.

It's a foundation — and for many people, it's the start of something bigger.

You don't need to earn the right to move.

Movement should support your life — not punish you.



STRENGTH TRAINING

Strength training isn't just for **athletes** or **bodybuilders**. It's one of the most valuable forms of exercise for long-term health, confidence and independence — at any age.

At its core, strength training is simply about helping your body stay strong and capable.

Why strength training matters

Strength training helps to:

- maintain and build muscle
- support metabolism
- improve bone health
- protect joints
- improve posture and balance
- make everyday tasks feel easier
- build confidence in your body

You don't need heavy weights or complex routines to benefit. You just need the right approach — at the right level for you.

What strength training actually looks like

A simple full-body session usually includes:

- a lower-body movement (**e.g. squats or sit-to-stands**)
- a push movement (**e.g. wall, bench or floor press**)
- a pull movement (**e.g. rowing action or resistance band pull**)
- a core or balance exercise



Starting the Phoenix way:

Strength training should feel:

- manageable
- repeatable
- confidence-building

Not exhausting.

Not intimidating.

Not punishing.

Progress comes from doing the basics well — and doing them consistently.

In the **Phoenix Blueprint** and **upgraded coaching pathways**, exercises are tailored to you — based on your goals, experience, confidence level, and available equipment. This way, strength training supports your body rather than overwhelming it.



HABITS THAT LAST

Small Steps, Real Progress

Lasting change isn't about willpower.

It's about creating habits that are easy enough to repeat — even on busy, stressful days.

Most people don't struggle because they lack motivation. They struggle because life gets in the way.

Why willpower isn't the problem:

- motivation comes and goes
- stress drains energy
- busy schedules reduce decision-making
- perfection thinking leads to stopping altogether

When habits rely on motivation alone, they usually don't last.

The Phoenix habit rule:

If it feels too hard to repeat — it's too **BIG!**

Habits work best when they feel:

- simple
- realistic
- flexible

You don't need to change everything at once.

You just need to make the next step easier.



Small habits that support progress might look like:

- keeping trainers by the door
- filling a water bottle each morning
- walking after dinner
- planning workouts into your calendar
- prepping one balanced meal per day
- stopping at “good enough” instead of perfect

These habits don't demand perfection — they support consistency.

Building habits in layers...

Think of habits like a ladder:

Show up — even briefly

Repeat — without pressure

Refine — when ready

You don't climb the whole ladder at once. You take one step at a time.

Progress doesn't come from doing everything right.
It comes from doing small things often — and being kind to yourself when life gets messy.

Habits aren't about control.

They're about support.



COMMON MISTAKES AND MYTHS

There's a lot of confusing advice out there. Let's clear a few big ones.

"I need to cut out carbs to lose weight."



Reality: *Fat loss comes from an overall calorie deficit. Carbs can absolutely fit — especially wholegrains, potatoes, fruit and veg.*

"If I'm not drenched in sweat, it doesn't count."



Reality: *Gentle walks, strength work and lighter sessions still move you forward. Not every workout should feel brutal.*

"I've ruined the week because I had a takeaway."



Reality: *One meal doesn't undo progress — just get back to normal at the next meal.*

"I should do endless cardio to lose fat."



Reality: *Cardio is great for health, but strength training helps keep muscle, shape and metabolism while you lose weight.*

"Supplements will fix everything."



Reality: *Sleep, food, movement, relaxation — these come first. Supplements are only ever extras.*



So... what actually works?

- ✓ Eat mostly whole foods — with room for foods you enjoy
- ✓ Hit your protein, fibre and hydration most days
- ✓ Strength train 2–3 times per week
- ✓ Move more across the day
- ✓ Sleep, manage stress, and be patient

Boring? Maybe.

Effective? Absolutely.

And the good news: it doesn't have to be complicated — and you don't have to figure it all out alone.

When you're ready for simple structure — personalised to your goals, lifestyle and confidence level — the **Phoenix Blueprint and upgraded coaching pathways** show you exactly what to focus on, without overwhelm.



CHOOSE HOW YOU RISE

You've built a strong foundation.

You understand your goals, your nutrition, your movement, and the habits required to create lasting progress. That alone places you ahead of most.

The question now isn't whether you should continue — it's how you'd like to continue.

Phoenix Fitness Academy is designed as a structured pathway. Not a single program. Not a forced upgrade. A progression that meets you where you are.

- Some people want tools and independence.
- Some want a personalised plan to follow.
- Others want accountability, regular check-ins and ongoing refinement.

Each option serves a different stage of the journey.

You don't need to jump to the highest tier. You need to choose the level of structure and support that matches your current situation.

- start with guidance.
- start with structure.
- or step into coaching.

Whichever route you choose, the objective remains the same: clarity, consistency and measurable progress.

The next pages outline the different ways you can continue your journey inside Phoenix Fitness Academy.

Choose your starting point.
Commit to it.
Then rise from there.



YOUR COACHING JOURNEY

Choose the level of structure that fits your journey.

Whether you want simple guidance or full coaching support, there's a place for you inside the Academy.

Challenges

- Focused momentum
- Time-limited program
- Defined outcome

Blueprint

- Personalised training program
- 12 months' app access
- One structured program review

Ignite

- Regular program adjustments
- In-app support
- Ongoing guidance

Ascend

- Enhanced planning
- Community support
- Expanded resources

Forge

- Advanced programming
- Detailed performance tracking
- Elevated coaching support

Elite

- Priority support
- Priority program reviews
- Highest level of guidance

RISE AT YOUR OWN PACE

EVERY PHOENIX BEGINS SOMEWHERE



ONE – OFF CHALLENGES

Train with structure - without coaching.

Looking for a structured way to stay motivated?

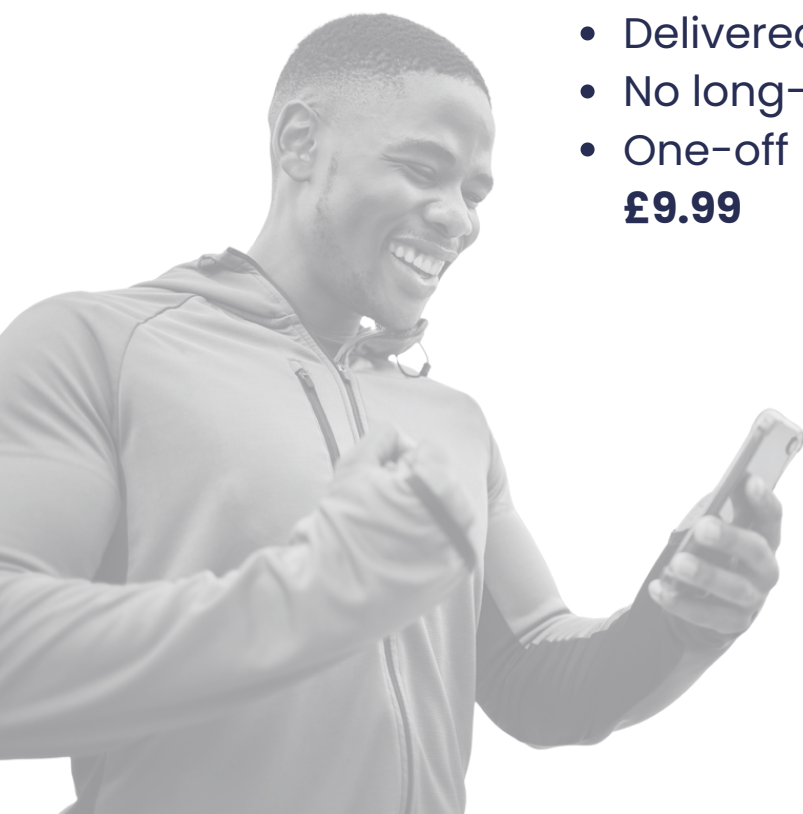
Phoenix Fitness Academy Challenges provide a focused, time-limited way to build consistency, work towards a specific goal and experience structured training—without committing to an ongoing coaching pathway.



- Time-limited challenges
- Goal-focused structure
- Delivered entirely in-app
- No long-term commitment
- One-off payments starting at just **£9.99**



OR CLICK [**HERE**](#)



PHOENIX BLUEPRINT

Structured Direction.

Where personalised progress begins.



Phoenix Blueprint is your personalised starting point, designed around your goals, experience and training environment.

Includes:

- Personalised PDF training program
- 12 months' app access
- Guided workouts and exercise demonstrations
- Food, habit and progress tracking
- One structured program review

Start where you are. Rise with structure.

PHOENIX IGNITE

Coaching and Accountability

Structured support by guidance and refinement.



Ignite introduces structured oversight.

This is where independence transitions into guided progression.

Includes:

- Personalised programming
- Full app integration
- Structured check-ins
- Ongoing adjustments
- In-app messaging

Ignite is where refinement Begins.

Ready to get started? Scan the QR codes above, or head to www.phoenixfitnessacademy.com/coaching-pathways for full details and to apply.



PHOENIX ASCEND

Expanded Progression

Strategic development for committed individuals.



Ascend builds on Ignite with deeper strategy and expanded support.

Designed for those pursuing defined outcomes – not just general progress.

Includes:

- Everything in Ignite
- Enhanced progression planning
- Community Access
- Habit tracking
- Expanded Resources
- Advanced metrics

Ascend is progression with structure.

PHOENIX FORGE

Performance Focused

Precision programming and elevated oversight.



Forge is structured for measurable development and elevated standards.

Designed for individuals committed to disciplined progression.

Includes:

- Everything in Ascend
- Advanced programming refinement
- Elevated oversight
- Detailed performance tracking

Forge is precision under pressure.

Ready to get started? Scan the QR codes above, or head to www.phoenixfitnessacademy.com/coaching-pathways for full details and to apply.



PHOENIX ELITE

Priority Oversight

The highest level of support inside the Academy.



Elite represents the highest level of structured coaching within Phoenix Fitness Academy.

Designed for individuals who value precision, discretion and priority access.

Includes:

- Everything in Forge
- Priority reviews
- Enhanced coaching access
- Advanced refinement

Elite is refinement at the highest standard.

PHOENIX PERFORMANCE KITS

Optional Equipment

Designed to support structured home training.



Optional Phoenix Performance Add-Ons available alongside selected coaching pathways.

UK delivery only.

Full details, availability and current pricing can be found on the website.

Ready to get started? Scan the QR codes above, or head to www.phoenixfitnessacademy.com/coaching-pathways for full details and to apply.



YOUR NEXT STEP

By now you've seen how Phoenix Fitness Academy is structured.

From simple tools and independent progress, to personalised programs and deeper levels of coaching.

Each option exists for a reason.

Because progress looks different for everyone.

- Some people begin with structure.
- Others begin with accountability.
- And some simply start by building consistent habits.

What matters most is not choosing the *perfect* option.

What matters is **choosing a direction**.

Progress begins the moment structure replaces uncertainty.

Not Sure Where to Start?

If you'd like a clearer starting point based on your current situation, you can use the '**Find Your Starting Point**' quiz.

It takes just a few minutes and will guide you toward the most suitable next step — whether that's building your foundations, following a structured plan, or moving into coaching.

Start here:

www.phoenixfitnessacademy.com/scorecard

Or scan the QR code below to access it instantly.



THE PHOENIX MINDSET

Progress is rarely dramatic.

It's built quietly.

One decision at a time.

One session at a time.

One habit at a time.

Consistency creates momentum.

Structure creates progress.

And over time, progress becomes transformation.

That is the Phoenix mindset.

Not perfection.

But the willingness to rise again.



PHOENIX
FITNESS ACADEMY



**"THIS ISN'T
ABOUT
PERFECTION.
IT'S ABOUT
LEARNING YOUR
BODY, BUILDING
CONSISTENCY,
AND RISING
STRONGER
OVER TIME."**

Phoenix Fitness Academy