

GET TONED FAST WORKOUT PLAN

Get Stronger & Fitter in
ONLY 20 MINS!!

By Tara Hammett



YOUR WORKOUTS

**TAP EACH VIDEO IMAGE TO PLAY
WORKOUT**

By Tara Hammett



**Monday:
Legs & Butt**



**Tuesday:
Upper Body & Core**



**Thursday:
Legs & Butt**



**Friday:
Full Body**

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THANK YOU!

Thank you for your support on my social media and for downloading my workouts.

I do hope you learn lots, feel inspired and enjoy getting fitter & more toned at home

Are you struggling to stay motivated with healthy habits?

Or maybe find it hard to reach your health goals because you give up easy, get frustrated with slow progress or simply don't know what to do because you're confused?

I'm here to help.

In this guide I am going to cover the most common questions and complaints I get from Women, just like you, who want to give up dieting and feel in control of their health, confidence and life.

DM me on social media or email me tara@tarahammett.com and let's have a quick catch up on the ways I can help you.



This Guide Is for You If...

- > You've lost weight before but keep gaining it back
- > You beat yourself up when the scale doesn't budge
 - > You feel overwhelmed and inconsistent
- > You've ever said, "I just need to get back on track"
 - > You want to feel confident, in control, and like yourself again

The Great News Is.....

I can help you overcome all of the struggles you face when trying to lose weight, just like I have helped 1000's of women to *Lose Weight & Keep It Off*

(You can start with my 14 Day Challenge which is SO EASY to follow?)

Here's How I Stay In Shape As A 45 Year Old Busy Mama (and you can copy)

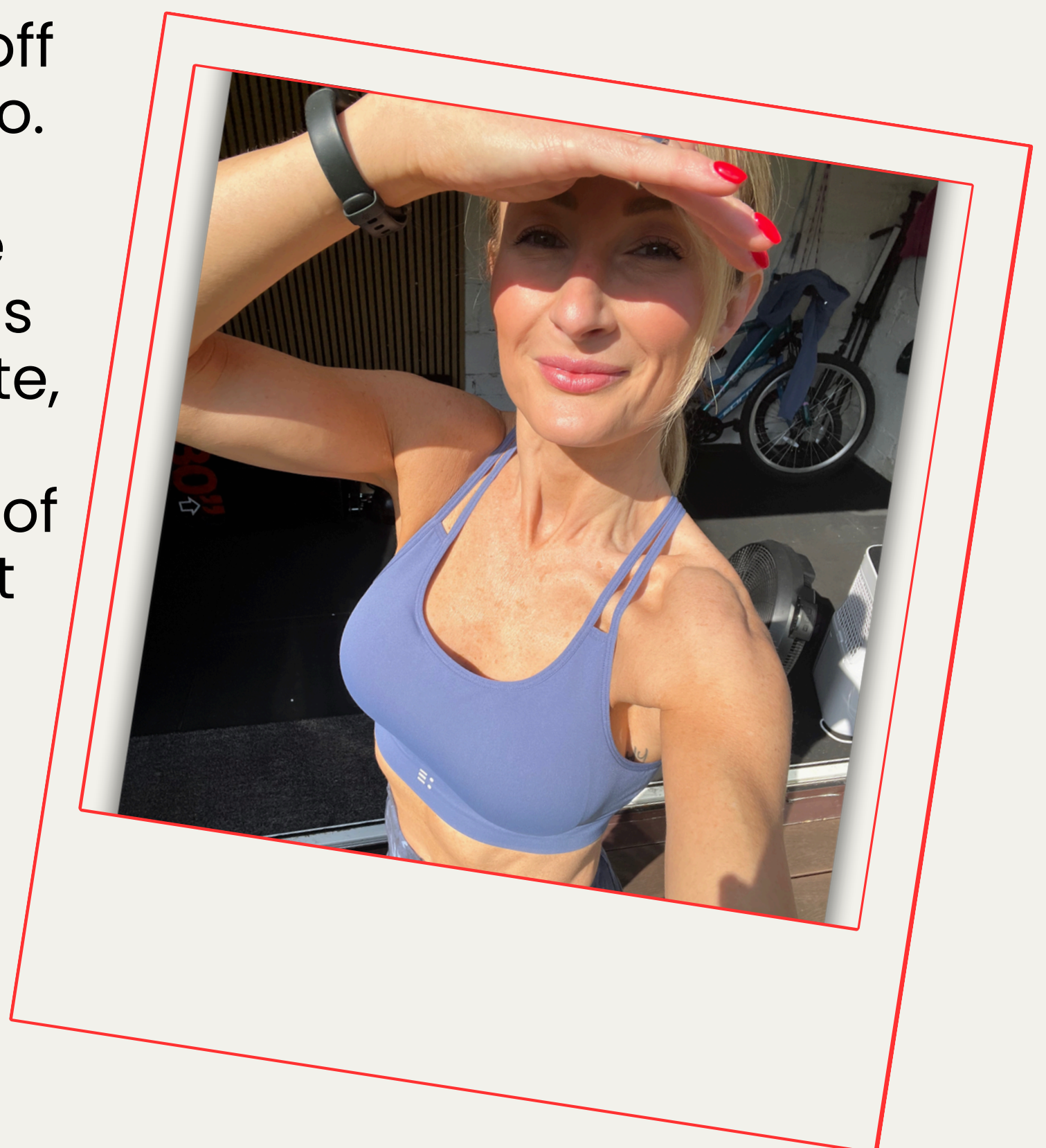
>> Walk. I hit between 9-12k daily. I'm busy and can spend hours on my butt coaching. Ways I get it done is with little pockets in my day like the school run & pottering in the house, catching up with friends walking or whatever I can spare on the walking pad.

>> 20 minute workouts from home. 3-4 time per week. I haven't trained in a gym for years. I need to be smart at home to look after my little boy and stay consistent.

>> 4 Meals per day. I rarely pick because when I eat I have something that's going to manage my hunger. Typically I'll eat 8ish, 11ish, 3ish & 6pm ish.

>> I get my sleep. I send myself to bed early so I can get the rest I need otherwise I'll be more stressed, hungrier and feel disorganised.

>> I NEVER think I'm 'off track' in anything I do. It's all part of my lifestyle - the routine and the spontaneous stuff. If I eat chocolate, burgers or drink alcohol - it's all part of the journey and I just move on. No regret, guilt, punishment, 'making up for it' or giving up.





HOW TO GET MORE HELP:

One crucial aspect of your success is support & accountability.

Those that get help, have daily support & reassurance are proven to be more successful in pursuit of their health goals.

If you'd love to find out more about how I can help you as an Evidence Based Nutritionist, Personal Trainer & Behaviour Change Coach, please do reach out and let's catch up about how I can help you.



@tarahammett

Are you fed up of trying to lose weight and feeling down? Ready to stop fad diets forever? Let's focus on you and your goals - Email me to chat about my Life Transformer Plan. tara@tarahammett.com