



AC COACHING

**LOSE 15-
20KG IN
16 WEEKS**

STARTER KIT



More information:

www.aonlinecoaching.co.uk

Welcome to Your Transformation Journey!

Congratulations! You've just taken the first step toward a new YOU. In the next 4 months, you'll have the opportunity to lose 15–20 kg — safely, sustainably, and without giving up your favorite foods or spending hours in the gym.

This Starter Kit will show you exactly how to get started.

Your secret weapon? Our fitness app, where you'll find your full meal plan, workouts, and personalized adjustments — all at your fingertips!

In order to gain access to the **AC Coaching App**, firstly **download** it on either the 'app store' or 'play store'

scan QR CODE



See You Inside the App! 🚀

The 4-Month Roadmap



Month 1: Build Your Foundation

Focus: Building habits and resetting your metabolism.

Goals:

Start your workout plan (3–4x/week beginner program)

Follow your meal plan at least 80% consistently

Master portion control without obsessing over calories

Key Tip: Progress > Perfection — small daily wins matter!



Month 2: Accelerate Your Fat Loss

Focus: Slight calorie deficit + building strength

Goals:

Increase workout intensity (progressive overload)

Introduce light cardio (2x per week — walks, cycling)

Tighten up your meal choices (follow app adjustments)

Key Tip: Track your wins — measurements > scale weight alone!



Month 3: Maximize Your Results

Focus: Smarter training and optimizing recovery

Goals:

Dial in your protein intake (aim for 1.6–2.2g/kg body weight)

Add 1 higher-intensity cardio session (HIIT optional)

Keep stress low, sleep high (7–9 hours!)

Key Tip: Mindset shift — you're not dieting, you're upgrading your life!



Month 4: Lock in Your New Body

Focus: Sustain results and prepare for "maintenance"

Goals:

Learn flexible eating (you won't need strict diets forever)

Taper cardio slightly, focus on strength

Celebrate non-scale victories: energy, confidence, strength!

Key Tip: This is just the beginning — not the end!

Your Starter Meal Plan

(Full personalized meal plans available!)

(Portion sizes dependant on body weight and gender)

Here's an example day to get started:

Breakfast: 2 boiled eggs + 1 slice wholegrain toast + ½ avocado

Snack: Greek yogurt (unsweetened) + berries

Lunch: Grilled chicken breast + mixed greens + olive oil dressing

Snack: Handful of almonds + 1 apple

Dinner: Baked salmon + steamed broccoli + quinoa

Optional Snack: Cottage cheese + cucumber slices

Key Rules:

Prioritize protein at every meal.

Stay hydrated — aim for 2–3L water/day.

Stick to whole foods 80% of the time.

(Inside the app: you'll get your calorie target, macros, and meal ideas tailored to you.)

Your Starter Workout Plan

(Full detailed workouts available inside the app!)

Here’s your sample first week:

Day	Workout
Monday	Lower Body session
Tuesday	30 min brisk walk or light cardio (active recovery)
Wednesday	Upper Push Session and meal prep
Thursday	Rest or yoga/stretching session
Friday	Upper Pull Session
Saturday	Optional HIIT or bodyweight workout (20 min)
Sunday	Rest and meal prep for success

Key Rules:

Consistency wins — even 20-minute workouts make a difference!

Focus on compound movements: squats, push-ups, rows, lunges.

Inside the app, your plan will scale with your progress!

Daily Habits Checklist:

Drink 2–3L water

Hit daily step goal (start at 7,000 steps/day)

7-8 hours sleep

3–4 workouts per week

80%+ compliance with your meal plan

Mindset work: positive affirmations, journaling 5 min/day