

Achieve your fitness goals in a welcoming, supportive environment.

Tania Atkin

www.taniaatkin.com

*Tania
atkin*

*Integrative
Fitness | Nutrition | Resiliency*

NOT JUST FITNESS.
MOVEMENT IS THERAPY~ NUTRITION~RESILIENCY

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Who am I

My work in women's coaching is very much dedicated to women who are
READY TO MAKE A CHANGE

I will always help to facilitate a positive learning environment, so that my clients have a better understanding of new choices and new possibilities in both a physical and emotional context. In and out of the gym, my goal is to encourage an understanding of a woman's daily experiences, to build insight, to establish a new perspective, to encourage personal growth, to establish a trusting teaching alliance, and to promote overall **BALANCE/WELLNESS**.

I am passionate about fitness health and healing. I am passionate about doing the inner work with my clients, nourishing wisdom to get to the heart of the issues and understanding one's life story to allow for a true transformation. It is your story that counts.



*A community of women working
together towards a healthy
lifestyle.*

Why Me

24/7 ACCESS

Access at your finger tips

MEMBERSHIP

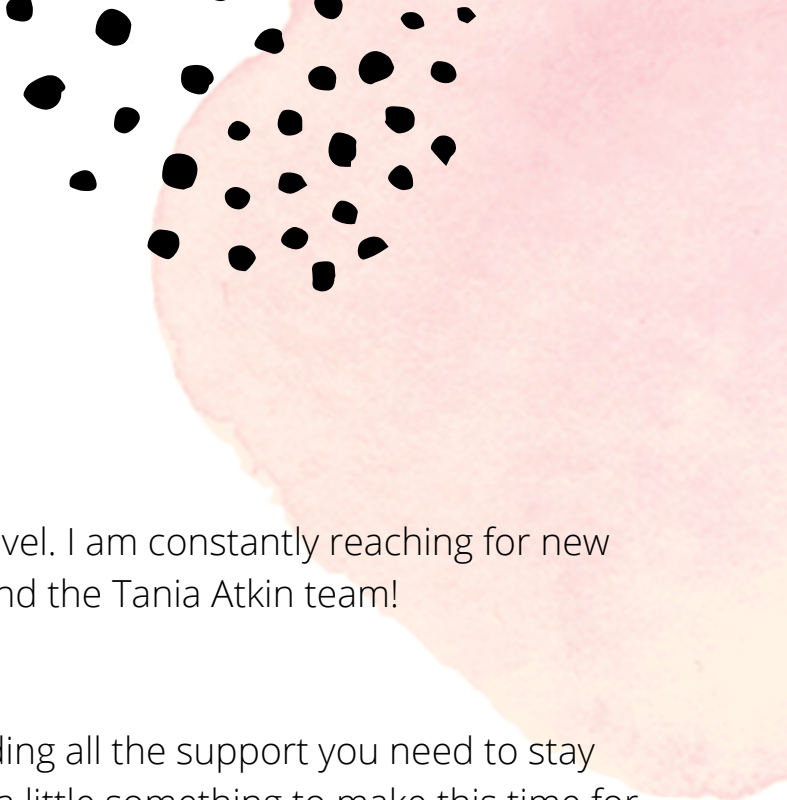
Join the community and get access to workouts, recipes, motivation, tips, nutrition and much more... a community!

PROGRAMMES

custom programmes are available for you with you in mind.

Disclaimer:

The purpose of this manual cannot be regarded as a replacement for seeking medical treatment or expert fitness advice. Ensure that your physician is consulted before you begin any nutrition or physical activities programme. It should be noted that this program is used at your own risk. The creator is not accountable or answerable for any damage or injury caused by the utilization of this program.



Every **Tania Atkin** challenge is set out to take things to the next level. I am constantly reaching for new heights to inspire and motivate you, our community, and the Tania Atkin team!

With everything going on in the world right now, I hope you're finding all the support you need to stay healthy and safe at home. And in case you missed it, I wanted to do a little something to make this time for you, your friends, and your family easier ~ after all, self-care is so important right now!

I can't wait to see your sweaty selfies, soul checkins, and everything you're up to at home. Remember you are never alone ~ check out the [#TaniaAtkinteam](#) hashtag to connect with amazing girls around the world.

Love you so much and are so grateful to be a part of your lives

Tania Atkin♡

XOXO

Home Workout

We make it our mission to offer our clients as well as those that rely on us as their fat loss, fitness, and well-being answer with functional and adaptable working out solutions to enable them to keep progressing irrespective of the circumstance.

You can do these exercises with a straight forward is of dumbbells or even your own body weight.

Three workouts a week is required to be performed if these workouts are being completed as a program and not just something that you do when you are stuck at home. Challenge yourself on each set if you want to know whether you are making progress or not and every training continually trying to outshine your work from the previous exercise.

How to Perform the Workouts

To save you time, these workouts are designed like giants sets or supersets and to guarantee that your effectiveness and efficiency of your workouts are maximized. The rest periods can be shortened once your exercises are superset accurately. With this, the metabolic effect of the workout is being optimized. Greater fat loss result from greater metabolic effect.

The number of times that these exercises are performed are reps. Sets are the number of sessions you will carry out the set number of reps for every workout. Set and reps are recommended in the following style "SETS" x "REPS," so 3x15 signifies that you are going to carry out 3 sets of 15 reps.

You will occasionally see rep varies. For example, 2x12-15. This means that you will execute 12-15 reps depending on your level of fitness. During the first week, steer toward the higher end of the variety, and if you decide to increase the weight on the subsequent exercise, you ought to try to finalize the same array of reps. In this instance, it is suggested to have to reduce the reps to concentrate on the heavier weight. By this method, training as intensely as possible will be realistic depending on you feel that day.

Dumbbell Workout

These workouts are best for at home or on the road where the hotel has dumbbells up to 50lbs. You should only need a set of 5lbs–30lbs for women and 25–40lbs for men.

Workout A

- Plank Row Row 4x30s
- DB Goblet Squat 4x20–25
- DB 1 Arm Press 4x12–15 each Rest 30s
- DB Single Leg RDL 4x12–15 Each Leg
- DB Single Arm Row 4x12–15 Each Arm
- DB Swings 4x20s Rest 40s

Workout B

- Feet to sky 4x8–12
- DB Reverse Lunge 4x10–12 Rest 30s
- DB Press 3x8–10
- DB Rear Foot Elevated Split Squat 4x8–10
- DB Hammer Curl 4x8–10
- Inchworm 5x20s Rest 40s

Workout C

- Side Plank w/Rota=on 2x15 each side
- Push Up or Dive bomber Push Up 3x8–15 Rest 30s
- DB Walking Lunge 4x12–15
- DB Bent Over Row 4x12–20
- DB Sumo Deadlift 4x8–10
- Skier Swings 5x20s Rest 40s

Bonus Cardio!

*20–30 minutes of easy walking, outside if possible,
3–5 times per week.*



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