THE STUCK TO STRONG SERIES

FOR COMPLETE BEGINNERS

Start Here

The no-jargon guide to training, food and habits that stick



Mark Saker

Personal Trainer · Nutrition Coach · Menopause Coach

Fit By Choice · fitbychoice.co.uk

Nutrition powered by Compound Nutrition (CN^2)

MEET YOUR COACH

Hello, I'm Mark

I'm Mark, founder of Fit By Choice.



Loads of my clients walked in having never lifted a weight, nervous and unsure where to start. If that's you, you're in exactly the right place.

For over ten years I've helped people go from stuck to strong with honest, simple coaching and no judgement. This guide gives you everything you need to take your first steps with confidence.

Qualified and experienced

- ✓ CIMSPA Level 3 Advanced Personal Trainer
- ✓ Certified Menopause Coach
- ✓ Founder of Compound Nutrition (CN^2)
- ✓ Private studio in Bexhill-on-Sea, online UK-wide

10+	200+	5★
YEARS COACHING	CLIENTS TRANSFORMED	GOOGLE REVIEWS

CLIENT RESULT

Simon went from dreading the gym to training consistently every single week, losing 10lbs and 14 inches along the way.

Simon, 54, Bexhill

THE CHALLENGE

Why starting feels hard

If you've never felt at home in a gym, or you've started and stopped more times than you can count, you're not alone. Most people get stuck for the same few reasons.

Does this sound familiar?

- ✓ You've started and stopped more times than you can count
- ✓ You don't know what to do in the gym, so you avoid it
- ✓ You've tried every diet and none of them lasted
- ✓ Conflicting advice online has left you confused
- ✓ You're worried about getting injured
- ✓ You want results but don't know where to begin

Why it happens

Most plans fail because they ask for too much, too soon. All-or-nothing thinking, complicated programmes and strict diets are hard to stick to. The truth is you don't need to be fit to start; you need to start to get fit.

How this guide helps

- ✓ Two simple workout plans: one using your bodyweight, one using dumbbells
- ✓ Five no-jargon nutrition habits, with no foods banned
- ✓ Easy habit strategies and a tracker to help you keep showing up

PLAN A · BODYWEIGHT

Your first 4 weeks

2 to 3 days a week · 30 minutes · at home or in the gym

No equipment? No problem. This plan uses your bodyweight and a resistance band. Weeks 1 and 2: two sessions a week. Weeks 3 and 4: add the Friday session.

MON	TUE	WED	THU	FRI	SAT	SUN
TRAIN	Walk	TRAIN	Walk	TRAIN*	Walk	Rest

*Friday session from week 3

Warm-up (5 minutes): 2 minutes marching on the spot, 10 arm circles each way and 10 gentle squats to a chair.

#	EXERCISE	SETS x REPS	COACHING CUE	VIDEO
1	Sit-to-Stand	3 x 10	Sit on a chair, stand up without using your hands, sit back down slowly.	▶ Watch
2	Wall Press-Up	3 x 8	Hands on the wall, body straight, bring your chest to the wall and push away.	▶ Watch
3	Glute Bridge	3 x 10	Lie on your back, push through your heels and squeeze at the top.	▶ Watch
4	Band Row	3 x 12	Loop a band round a sturdy post, pull your elbows back and squeeze.	▶ Watch
5	Bird Dog	3 x 6 each side	On all fours, reach your opposite arm and leg out slowly, back flat.	▶ Watch
6	Brisk Walk	10 minutes	A pace where you can talk but not sing.	▶ Watch

How to progress: When all sets feel comfortable, add two reps to each exercise. After four weeks, move on to Plan B. Check with your GP first if you have a medical condition.

PLAN B · DUMBBELLS

Ready for weights?

2 to 3 days a week · 30 to 40 minutes · dumbbells and a bench

The same six movements, now with dumbbells. Use it at the gym, or once Plan A feels easy (weeks 5 to 8). Most beginners start with 2 to 6kg: pick a weight where the last two reps feel hard but your form stays good.

Warm-up (5 minutes): 2 minutes brisk walking or cycling, 10 squats to a bench and 10 arm circles each way.

#	EXERCISE	SETS x REPS	COACHING CUE	VIDEO
1	Goblet Box Squat	3 x 10	Hold one dumbbell at your chest and sit back to a bench.	▶ Watch
2	Dumbbell Floor Press	3 x 10	Lie on the floor, elbows at 45 degrees, press up and together.	▶ Watch
3	Dumbbell Glute Bridge	3 x 10	Rest a dumbbell on your hips and squeeze at the top.	▶ Watch
4	Single-Arm Dumbbell Row	3 x 10 each side	Hand on a bench, pull your elbow towards your hip.	▶ Watch
5	Dumbbell Dead Bug	3 x 6 each side	Hold a light weight above you and keep your back flat.	▶ Watch
6	Farmer's Walk	3 x 30 metres	A dumbbell in each hand, stand tall and walk slowly.	▶ Watch

How to progress: When all sets feel comfortable, go up to the next dumbbell. Rest 60 to 90 seconds between sets. Check with your GP first if you have a medical condition.

First time at the gym?

- ✓ Ask for a free induction so staff can show you around
- ✓ Go at quieter times, such as mid-morning or early afternoon
- ✓ Start light and master good form before adding weight
- ✓ Wipe equipment after use. Nobody is watching you as much as you think

Nutrition made simple

Forget calorie counting and banned foods. Start with these five habits and build from there.

1

Build your plate

A palm of protein, a fist of carbs, two fists of veg and a thumb of healthy fats.

2

Add before you subtract

Add water, fruit and veg before you think about cutting anything out.

3

Eat real food

Choose mostly foods you recognise as ingredients. Less packaging, more goodness.

4

Keep a food diary

Write down what you eat for one week. Just noticing your patterns is powerful.

5

Nothing is banned

Your favourite foods still fit. Consistency beats perfection every time.

Want a plan built around you?

Compound Nutrition (CN^2) is my specialist nutrition service, from a 45-minute Nutrition MOT to a full 8-week goal programme. Find out more at compoundnutrition.co.uk

MINDSET & HABITS

Small steps, big changes

Change doesn't come from one huge effort. It comes from small things done consistently. Here's how to make them stick.

01

Start tiny

A 10-minute walk counts. Make it so easy you can't say no.

02

Stack your habits

Link new habits to old ones, like squats while the kettle boils.

03

Plan on Sunday

Pick your training days and meals for the week ahead.

04

Never miss twice

Missed a day? No drama. Just get back to it next time.

05

Show up, don't show off

Focus on turning up, not on being perfect.

06

Watch the streak grow

Tick off every session on your tracker. Seeing progress is motivating.

Your 4-week habit tracker

Tick a box for each day you hit the habit (Monday to Sunday).

HABIT	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Workout (Plan A or B)	☐☐☐☐☐☐☐	☐☐☐☐☐☐☐	☐☐☐☐☐☐☐	☐☐☐☐☐☐☐
Walk 10+ minutes	☐☐☐☐☐☐☐	☐☐☐☐☐☐☐	☐☐☐☐☐☐☐	☐☐☐☐☐☐☐
Protein at every meal	☐☐☐☐☐☐☐	☐☐☐☐☐☐☐	☐☐☐☐☐☐☐	☐☐☐☐☐☐☐
5 portions of fruit and veg	☐☐☐☐☐☐☐	☐☐☐☐☐☐☐	☐☐☐☐☐☐☐	☐☐☐☐☐☐☐
Water bottle finished	☐☐☐☐☐☐☐	☐☐☐☐☐☐☐	☐☐☐☐☐☐☐	☐☐☐☐☐☐☐

YOUR NEXT STEP

Ready to make a change that actually sticks?

Want someone in your corner?

Book your free, no-obligation consultation. We'll talk through your goals, what's been holding you back and build a plan that finally works for you.

How I can help

- ✓ Personal training at my private studio in Bexhill-on-Sea
- ✓ Online coaching with personalised programmes and weekly check-ins, UK-wide
- ✓ Nutrition coaching with Compound Nutrition (CN^2), from a Nutrition MOT to a full 8-week programme

BOOK YOUR FREE CONSULTATION →

Call 07864 069326

Email mark.saker@fitbychoice.co.uk

Web fitbychoice.co.uk

Instagram @markfitbychoice

Studio 115 Belle Hill, Bexhill-on-Sea, TN40 2AP (parking available)

Important

This guide is for general information only and is not medical advice. Please check with your GP before starting any new exercise or nutrition plan, especially if you are pregnant, have a medical condition or take medication. Stop any exercise that causes pain and seek advice.

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