K.G FITNESS

THE HOME STRENGTH STARTER KIT

3 x 30-Minute Workouts You Can Actually Stick To

FINALLY… WORKOUTS THAT WORK FOR YOUR LIFE

Hi, I'm Kara — coach, mum, and expert in helping women get strong without the all-or-nothing approach.

If you've ever said:

- "I always fall off track"
- "I can't stay motivated"
- "I've tried everything and nothing works"
- Then this starter kit is made for you.

You don't need more willpower — you need a plan that fits into your life. These 3 workouts are designed to get you feeling stronger, clearer and more in control — without needing to leave your house, overhaul your life or be 'perfect'.

Pick 3 days this week. Set a 30-minute timer. And just do it.

You've got this.

Kara x

WORKOUT 1: FULL BODY FOUNDATIONS

- GOBLET SQUATS X 12
- BENT OVER ROWS X 12
- DB FLOOR PRESS X 12
- GLUTE BRIDGES X 20

- 3 ROUNDS — REST 60S BETWEEN EACH ROUND
- CHOOSE A CHALLENGING WEIGHT

"I BELIEVE IN MYSELF"

WORKOUT 2: GLUTES & CORE BURN

- DUMBBELL RDLS X 12
- SUMO GOBLET SQUATS X 12
- BUTTERFLY CRUNCHES 30"
- BICYCLE CRUNCHES 30"

- 3 ROUNDS
- FOCUS ON SLOW, CONTROLLED MOVEMENT

"I BELIEVE IN MYSELF"

WORKOUT 3: UPPER BODY EXPRESS

- OVERHEAD PRESS X 10
- RENEGADE ROWS X 8/SIDE
- BICEP CURLS X 12
- TRICEP DIPS ON CHAIR X 10

- 3 ROUNDS
- MODIFY AS NEEDED AND REST AS YOU GO

"I BELIEVE IN MYSELF"

TRACK IT. REFLECT. REPEAT.

□ WORKOUT 1 – DONE!
HOW DID I FEEL BEFORE?

_____
HOW DID I FEEL AFTER?

_____
ONE THING THAT HELPED ME SHOW UP: _____

□ WORKOUT 2 – DONE!
BEFORE: _____
AFTER: _____
HELPFUL HABIT I NOTICED:

_____

□ WORKOUT 3 – DONE!
BEFORE: _____
AFTER: _____
I'M PROUD OF MYSELF FOR:

_____

🔥 WANT MORE? TRACK YOUR WATER INTAKE FOR THE DAY.

WHAT COACHING STYLE WORKS FOR YOU?

Take this quick quiz to discover how you best stay on track — no one-size-fits-all here.

1. I PREFER SUPPORT THAT IS:

□ FLEXIBLE & RELAXED
□ STRUCTURED & CONSISTENT
□ A MIX OF BOTH

2. I'M MORE MOTIVATED BY:

□ ACCOUNTABILITY TO SOMEONE
□ SEEING PROGRESS IN NUMBERS
□ FEELING BETTER DAY BY DAY

3.WHEN IT COMES TO NUTRITION:

□ I NEED SIMPLE RULES
□ I WANT FULL GUIDANCE
□ I WANT IT TO BE FLEXIBLE

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READY TO LEVEL UP?

🎯 WANT TO EXPLORE HOW COACHING COULD WORK FOR YOU? LET'S CHAT IT THROUGH — NO PRESSURE, NO HARD SELL. JUST A 15-MIN CALL TO HELP YOU FEEL MORE IN CONTROL AGAIN.

👉 **BOOK YOUR FREE CONSISTENCY KICKSTART CALL: HTTPS://CALENDLY.COM/KARA-KGFITNESS/DISCOVERY-CALL**