

*How to*

# **Lose 20 pounds Without Going To The Gym**

*...Even If You've Failed In The Past*





# Hello there!

It's your girl Salomé here and I'm going to be showing you how to effectively lose 20 pounds without stepping foot in a gym even if you've failed in the past! I will also be taking a dive into a few of my favorite bodyweight workouts that I do personally at home and some healthy recipes you can follow to hit your goals time and time again.

**This isn't going to be a fancy well-designed super cool book, but it's going to be the one of the most practical tools you've ever found when it comes to losing weight from home without having to go to the gym at all.**

*Salomé*

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# My Journey

Just over 4 years ago this journey started for me, I was a full-time student with not much money to spend which left me with not being able to afford a gym membership. I thought just because I was studying a lot, I could workout whenever I had the time without being consistent with it and eat somewhat healthy without having a good plan.

I spent all my time researching the best fast workout routines and things I needed to do to get my strength back, flat stomach, and feeling confident in my body again. Even though I was working out and eating what I thought was right I was not seeing great progress, my body fat % was not changing and I was staying in a stagnant stage.

It wasn't until I really keyed in on my workout routine and become INTENTIONAL with my goals that my body fat % went down and I started seeing progress again.

**I was always working out with what I "thought" were good and effective workouts....**

However, that was quickly proven to be VERY wrong. It wasn't until I put some time into understand the way our body works and understand how to be intentional with my nutritional choices.

So, I went back to the drawing board.

I wanted to be toned AND being able to do it from home.

And it didn't just stop at workouts...it had a lot to do with my nutrition and of course, from there I also understood that the reason WHY I wanted those goals played a massive role in my fitness journey and was holding me back...until I too cracked that code.

**This book is a compilation of the 4 years of experience I have had over the years building the body and confidence of my dreams and maintaining it**

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# Why Work with Me

This book has taken me 4 years to build for you, because all of the EASY tips and tricks you find here have taken me years to uncover, refine, and make simple enough for you to execute with ease.

So... you busy professional.

If you're ready to achieve the physique you've always wanted without having to worry about a gym membership... you're in the right place.

I am the bridge between your current physique and the physique you have always wanted no matter how hectic things are or what kind of restraint you are in.

This isn't just about my story though...this is about all the clients I've been able to make into empowered busy pros who are in complete control of their physique no matter if it's a busy week at work or at home with the kids.



# My Clients



## Kris

Who was able to lose 70 pounds within 16 weeks as a busy mom always on the move.

## Chandra

Who was able to melt over 50 pounds with me under 12 weeks with me and had to buy an entire new wardrobe.



When it comes to Working out from home and staying on track my results speak for themselves.

The content you are going to consume in this book will put you ahead of the Sustainable Fitness learning curve.

If you're ready to FINALLY see how YOU can make this happen with ease, then let's dive in.

# Let's talk about the Wrong Way to Lose 20 pounds without going to the gym

The biggest mistake you can make here is not having a plan for your fitness journey.

Sounds super simple I get it but, failing to prepare is preparing to fail.

Know or at least get an idea of what you can and cannot do or would not be a good choice of doing before you start your journey.

Now once that is set in stone, you are fully equipped to make a decision and know whether or not this type of workout will be a good fit for you, which type of meal is better and so on.

## Best Practices To Lose Weight Without The Gym

### 01 Create a sustainable workout routine

This means that you need to create a schedule for all the strength training workouts you are planning on doing every week.

Why? Because having a plan will allow you to not guess on which exercises to do each day and which body part to work on.

It's also important because you want to make sure you are not over doing it throughout the week and keeps you accountable to finish them if they are easy to follow.

Along with keeping a good workout schedule will allow you to have the flexibility to do it on your time.

**Like Alice, who was able to get off 36 pounds with me in under 10 weeks all from HOME.**



## 02 Understand Your Macros

This is fairly self-explanatory but if you don't know what your macros are, I highly recommend you do so.

Macros = Protein, Carbs, & Fat. These make up your total caloric intake.

By knowing this you will in turn know what your body needs daily to hit your nutritional goals which will in turn determine you wanting to lose weight.

You can find your macros online through a calculator on [bodybuilding.com](http://bodybuilding.com) But be aware that they need to change as you progress and lose weight.

**After we figured out Bethany's macros, she was able to incinerate 14 pounds off at in just 6 weeks while being a busy working mom**



## 03 Making the right choices

Be intentional with your food choices.

Meaning instead of snacking because you are at home, prepare your meals ahead of time so you don't end up eating out or whatever you find in your pantry.

When cooking your meals, it is the same thing you want to have and plan ahead of time and have dishes high in protein, low in fat and carbs.

Now as for snacks be SMART. Make sure you are stocking up on fruits, yogurts, vegetables, and trail mix to get your healthy snacks in, so you don't end up eating all the chips and cookies that meant to be for the kids.

However, if you did prepare ahead of time for the day and followed best practice #2 this will allow you to still have that side of ranch sauce and dessert or whatever it may be because you planned and prepared perfectly to fit your nutritional goals with more fats and carbs left to be eaten ;)

**Like Amanda, who followed this practice to the T and is able to lose between 1.5-2 pounds EVERY TIME she eats pizza.**

**(This does not mean she eats pizza all the time lol)**

True but I lost 1.8 pounds! And I ate pizza! However, after I ate my pizza last night, I didnt eat anything else and I think that was a first for me! It's been so long since I've not eaten anything at night!!



Oh also, I was backup to 256 yesterday and then needless to say we had pizza for dinner last night, a different kind of pizza, but I weighed myself today and way 254



# Bonus Section 1

## AT HOME WORKOUTS

### 1. Upper Body

4 Sets, Rest 90 seconds to 2 minutes between each set,  
30 seconds exercises

- Knee Pushups
- Kneeling Floor Triceps Extension
- Leg Raises
- Kneeling Assisted Handstand Push Ups
- Chair Dips
- 6 Inch Crunches
- Kneeling Negative Push Ups
- Chair Negative Dips
- Hand Plank
- Kneeling Elbow In Push Ups
- Superman
- Roll Ups

## **2. Lower Body**

4 Sets, Rest 90 seconds to 2 minutes between each set,  
30 seconds exercises

- Squats
- Hip Thrusters
- Heel Taps
- Lunges
- Light Jumping Squats
- Russian Twists
- Lateral Explosive Lunges
- Single Leg Hip Thrusts
- Reverse Crunches
- Mini Jump Squats
- Lunges
- Side Plank

## **3. Full Body HIIT**

4 Sets, Rest 90 seconds to 2 minutes between each set,  
30 seconds exercises

- Jumping Jacks
- Duck Walking
- Flutter Kicks
- High Knees
- Squats
- Bicycle Crunches
- Mountain Climbers
- Knee Push Ups
- Roll Ups
- High Heels
- Squat Hold
- Hand Plank

# Bonus Section 2

## HEALTHY MEAL RECIPES



## BREAKFAST TURKEY BURGER



Serves: 3  
Prep: 10 mins  
Cook: 15 mins



Nutrition per serving:

311 kcals  
18g Fats  
5g Carbs  
32g Protein

### WHAT YOU NEED TO DO:

Season the ground turkey with herbs and salt & pepper, then form three burgers. Heat 1/4 the coconut oil in a pan and cook the burgers for about 10 mm turning halfway until browned and cooked throughout

in the meantime, prepare the avocado mash. Remove the stone and scoop out the avocado flesh into a bowl. Mash it with a fork and mix with the lime juice.

Lastly, fry up the eggs using the remaining coconut oil.

Stack it all up by adding mashed avocado on top of the burger and then the fried egg. Serve on a bed of salad leaves.

### WHAT YOU NEED:

- 10.5 oz, lean ground turkey
- 1 tbsp mixed herbs • salt & pepper
- 1 tbsp coconut oil • 1 large ripe avocado
- juice of 1/4 lime
- 3 eggs
- salad leaves, to serve

# LUNCH: CHICKEN WITH AVOCADO DRESSING



Serves: 3  
Prep: 5 mins  
Cook: 5 mins



Nutrition per serving:  
433 kcals  
28g Fats  
6g Carbs  
35g Protein

## WHAT YOU NEED:

- 1.4 cup (50g) edamame beans
- 4.2 oz (120g) cooked chicken breast, chopped
- 1/4 cucumber, peeled, deseeded and chopped
- 1/2 avocado
- Tabasco sauce, to taste
- juice of 1/2 lemon
- 2 tsp. extra-virgin olive oil
- 2 handfuls iceberg lettuce, chopped
- 1 tsp. mixed seed

## WHAT YOU NEED TO DO:

Put the chicken, beans and cucumber in a bowl.

Blitz the avocado, Tabasco, lemon juice and oil in a food processor or with a hand blender. Season, pour into the bowl and mix well to coat.

Layer a bowl with the iceberg lettuce and spoon the chicken mixture over it, sprinkle with the seeds.

Serve imminently or chill until lunch, then serve with a lemon wedge.



# DINNER: ITALIAN STYLE CHICKEN



Serves: 4  
Prep: 10 mins  
Cook: 25 mins



Nutrition per serving:  
260 kcals  
10g Fats  
16g Carbs  
38g Protein

## WHAT YOU NEED:

- 14.1 oz. (400g) chicken breasts
- 1 tbsp. coconut oil
- 1 red onion, sliced
- 1 cup (250g) eggplant, cubed
- 1 can 14.5 oz. (400g) chopped tomatoes
- 1 cup (100g) sun-dried tomatoes, drained, chopped
- 1/4 cup (50g) olives, sliced
- 2 handfuls basil, chopped
- salt & pepper

## WHAT YOU NEED TO DO:

Cut the chicken breasts into bite size chunks. Heat the coconut oil in a pan and fry the chicken until browned and cooked throughout.

Add in the onion and eggplant and cook for another 2–3 min. until onion is soft. Then add the chopped tomatoes and reduce the heat. Cover and simmer for 10 min.

Once eggplant is soft add the sun-dried tomatoes, olives and basil. Season with salt and pepper.

Serve garnished with fresh basil and rice or pasta.



# TREAT: WHITE CHOCOLATE ALMOND PROTEIN BARS



Serves: 6  
Prep: 25 mins  
Cook: 0 mins



Nutrition per serving:  
139 kcals  
7g Fats  
7g Carbs  
6g Protein

## WHAT YOU NEED:

- 1.4 cup (25g) vanilla whey
- 2 tbsp. flaked almonds
- 1/4 cup (30g) ground almonds
- 1.5 tbsp. coconut flour
- 1/4 cup (60ml) plant milk
- 2 oz. (60g) white chocolate, melted
- 2/3 oz. (20g) dark chocolate, melted

## WHAT YOU NEED TO DO:

Combine all ingredients (except the chocolate) and add the milk until the desired dough texture is achieved. Shape into bars.

Melt the chocolate (in a bain-marie or microwave) and coat each bar in a thin layer, allow to set. Melt the dark chocolate and drizzle it over the top of the bars, then sprinkle with flaked almonds (optional).

Chill the bars in the refrigerator before serving.



# Thank you for Reading

I hope you enjoyed this and found it useful! It's way easier to lose weight at home and staying aligned with your goals than you think!



**MORLEY COACHING**

If you want my help implementing the strategies in this book, click this link

below to book

in a quick 15 minute chat:

<https://morley-coaching.as.me/coaching>

*Salomé*

