

# *30 Day **Booty** Gains*

ALL YOU NEED IS 30 DAYS  
FOR A  
BIGGER BETTER BOOTY



**30 DAY BOOTY  
GAINS IS FOR  
ANYONE LOOKING  
TO CHANGE THEIR  
PHYSIQUE, GAIN  
POSITIVE MINDSET,  
AND DEVELOP  
BETTER HABITS!**

**Bigger Better  
Booty!**

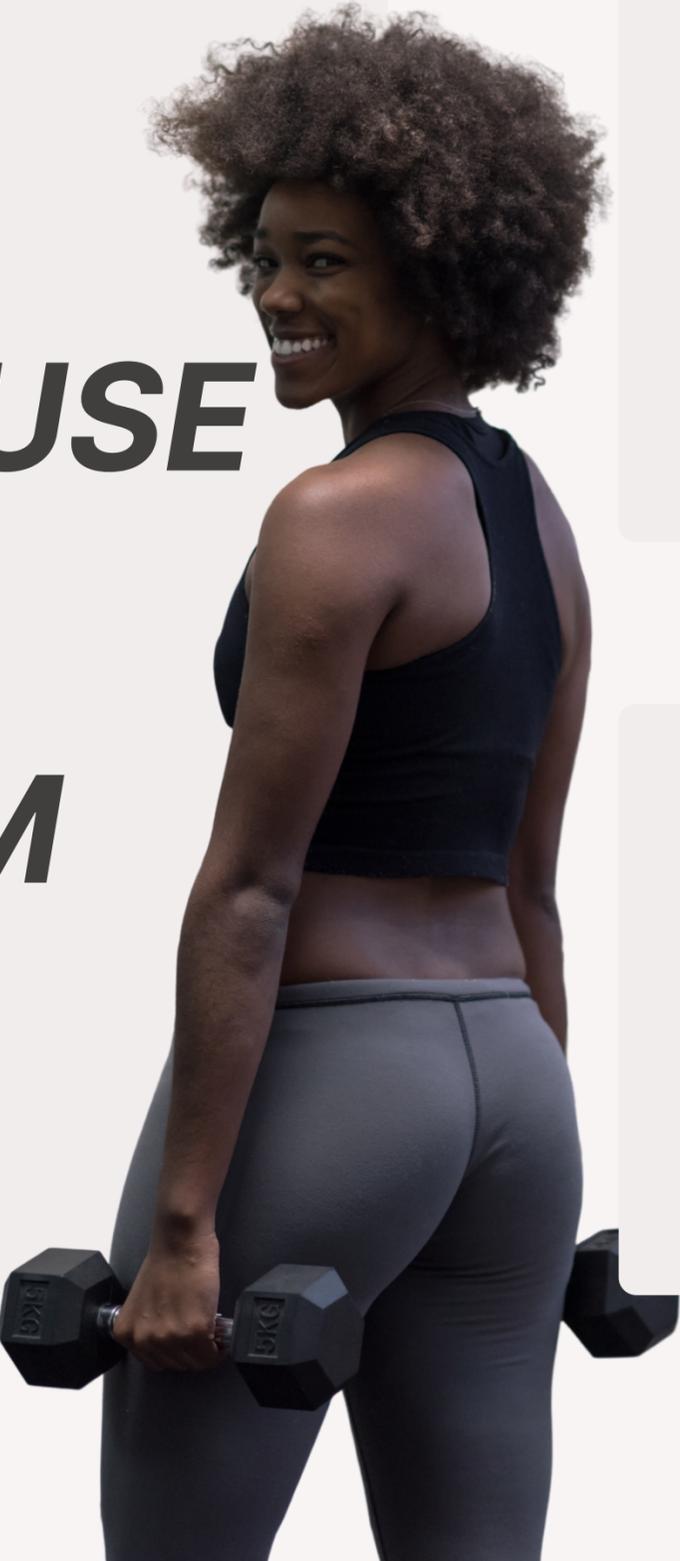
**Lasting  
Results!**



# WHAT TO EXPECT



- Access to 15 30-minute workouts w/Coach Brandi Nik
- Access to a breakdown of the proper form and body alignment for all workouts w/Coach Brandi Nik.
- 8 Plant Based Recipes for breakfast, lunch, dinner, and snacks.
- 7 Mindset Affirmations for positive habit coaching.
- 1 month complementary access to our FitNu Life Facebook Group where we post health, wellness & fitness tips as well as provide accountability to our FitNu Lifers
- WITH KIT PURCHASE you also get:
  - Workout kit to help maximize the benefits of the 30 Day Booty Gains Program
  - Supplement kit to help burn more fat and control appetite



# ***HOW TO USE THIS PROGRAM***

## **Do you have 30 days?**

This program is designed to be practiced every day within a 30 day period.

- 15 days are "workout days"
- 8 days are "nutrition days"
- 7 days are "mindset days"

## **No days off! **Intentional Rest** is key!**

Not everyday is a workout day. But it's important for you to do your daily tasks for the full 30 days. They are designed to not only get you into shape, but to also help you build positive habits that will support your long term fitness goals.

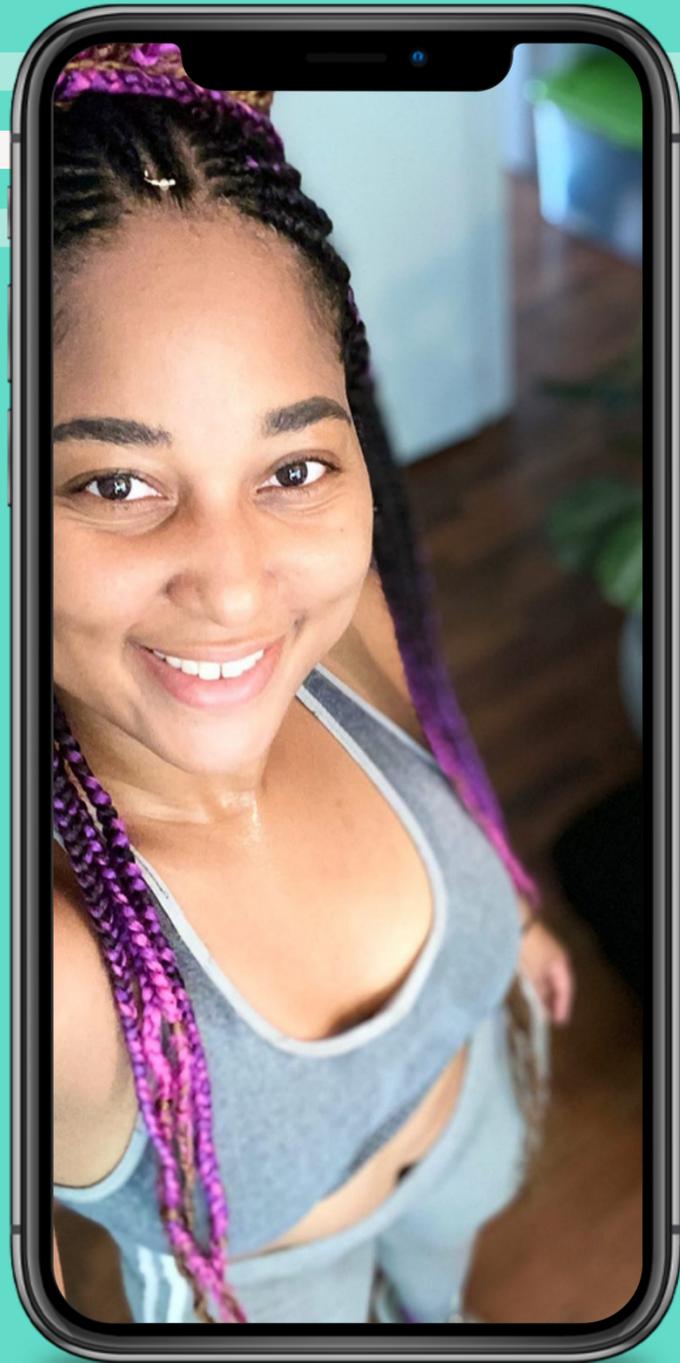


## MEET YOUR TRAINER

**COACH  
BRANDI NIK**

A full-body photograph of a woman with dark skin and curly hair, wearing a dark purple crop top and leggings. She is flexing her biceps and smiling. The background is a plain, light-colored wall.

Coach Brandi Nik is an ACE Certified Personal Trainer with over 10 years of movement & fitness experience. Starting off with a dance background, Coach Brandi Nik is passionate about helping others reach their goals and teaching long lasting change through movement, positive behavior coaching and nutrition guidance.



**JOIN OUR FACEBOOK GROUP**  
**FITNU LIFE COACHING**  
**FOR REAL INTERACTION**  
**WITH YOUR TRAINER,**  
**COACH BRANDI NIK**





# ***15 WORKOUT DAYS***

**There are 15 workouts in this plan.**

Each workout targets different core and lower body muscle groups that will strengthen and sculpt your glute muscles and accessory muscles to the gluteus complex.

**Workouts may be done up to 2xs within the 30 day period.**

While it is possible to double up on your workouts, you should be mindful to honor at minimum 1 rest day a week. Muscle hypertrophy occurs due to a number of factors including proper rest and nutrition.

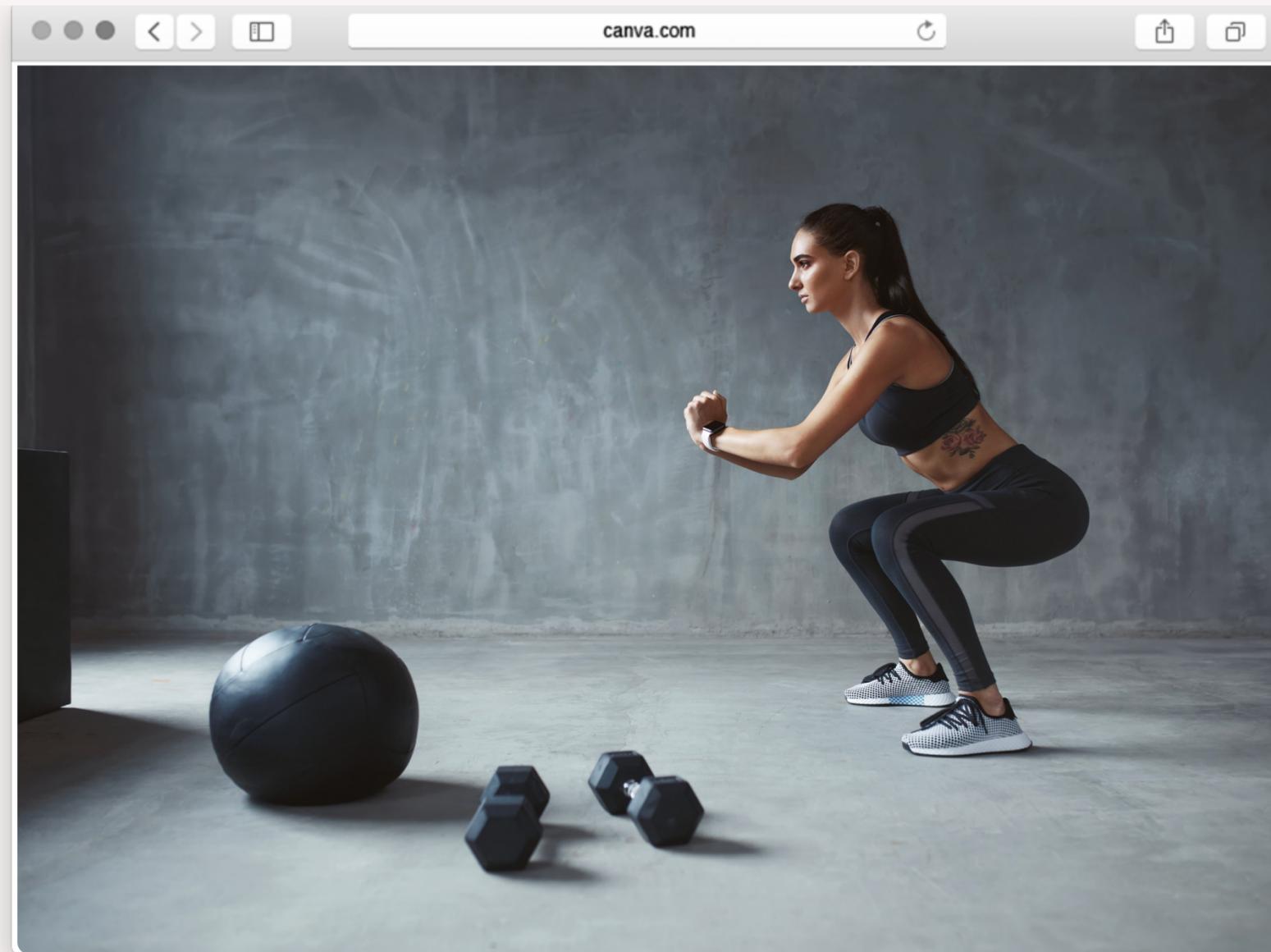
# 8 NUTRITION DAYS

Nutrition days are non-workout days where we set intentional goals surround food and nutrition habits, including supplemental nutrition.

## YOU WILL GET:

- 8 Whole Food Plant Based Recipe Videos (2 Breakfast/2 Lunch/2 Dinner/2 Snacks)
- 1 Digital Food Journal





# 7 MINDSET DAYS

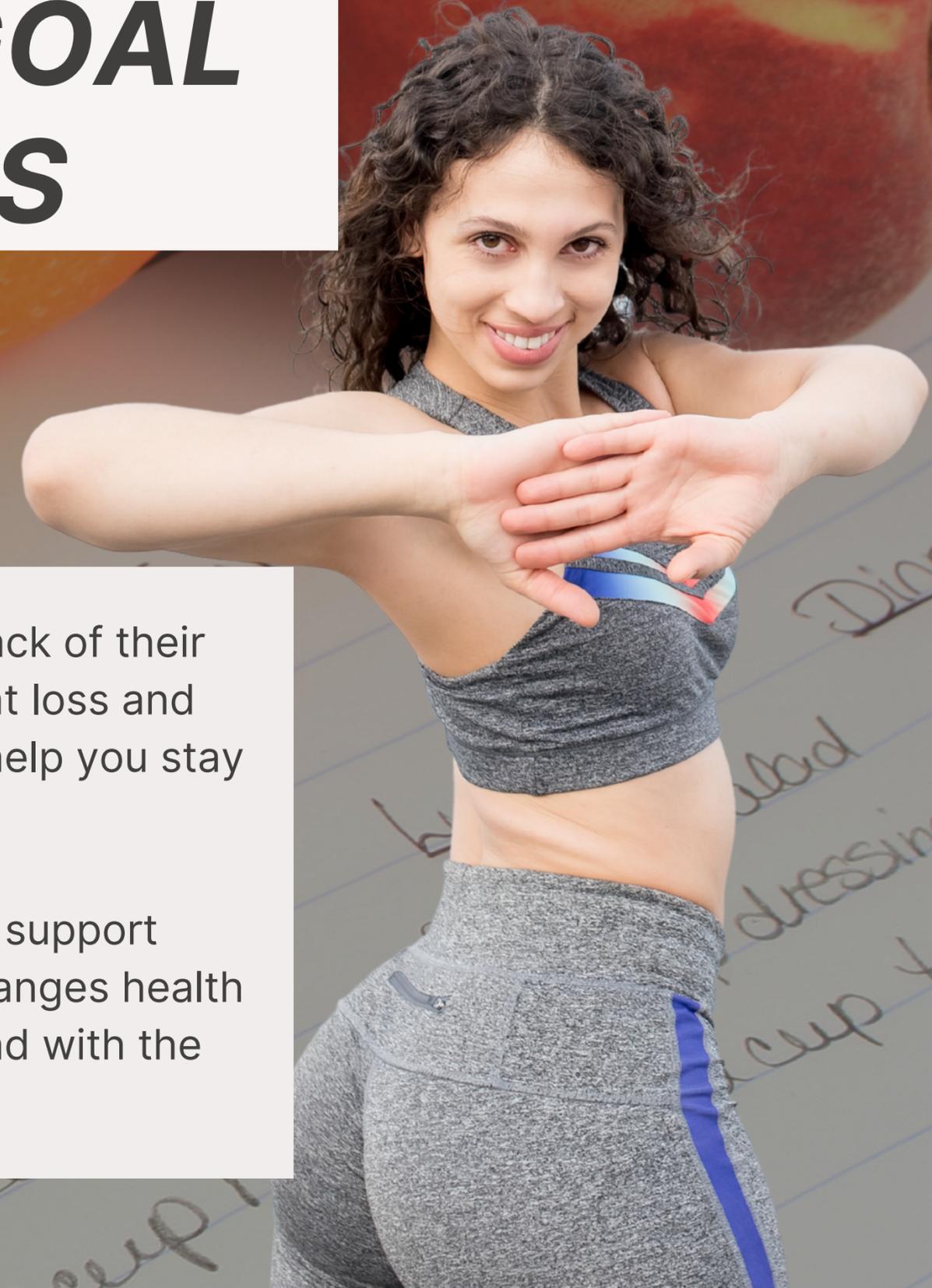
Real change happens in the mind! Mindset days are scheduled on your non-workout days. They include health and behavior change coaching to help support you on your 30 day fitness journey in this program.

Check your modules for Mindset exercises.

# ***HOW TO USE YOUR GOAL SETTING JOURNALS***

Research has proven that people who keep consistent written track of their food intake and weight are more likely to see desired results in fat loss and fitness programs. We've designed a daily digital food journal to help you stay on track.

\*Disclaimer: Supplements are important nutritional additions that support your program. If you have chosen to use one of our Total Life Changes health supplement kits with this program, use according to directions and with the consent of your primary care physician.



# DIGITAL FOOD JOURNAL

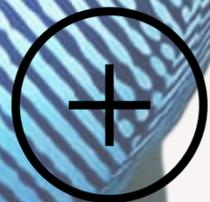
## TRACK YOUR FOOD & WEIGHT DAILY!

Your program comes complete with a digital food journal. **STICK WITH IT!** Track all meals that you eat during the day along. Because daily weight tracking and body measuring will also help you stay on track with your "30 Day Booty Gains" goals, there is also a spot for you to track your daily weight and measurements over the 30 day period.



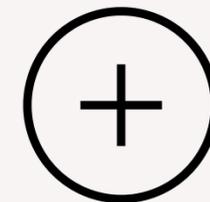
# **RECOMMENDED** Supplements **FOR THIS PROGRAM**

## **LIQUID MULTIVITAMIN**



**\$60**

## **FAT BURNER**



**\$60**



# FITNU LIFE REVIEWS

“

You had me so fit in just a month!

”

“

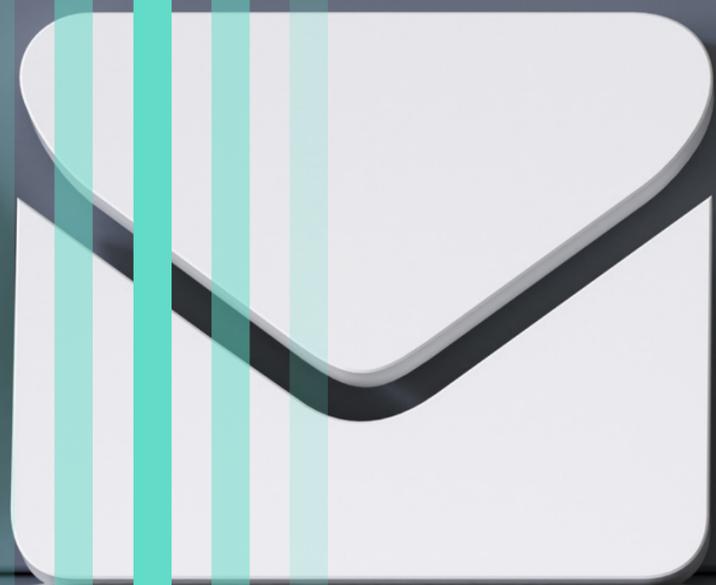
I can't thank you enough for pushing me towards my goals and finding a new path into fitness that I can follow forever!

”

“

...My mind is getting back into routine which is important for me.

”



## TALK TO US

FB: Fitnu Life Coaching

IG: @coachbrandinik

Email: [yourcoach@fitnulife](mailto:yourcoach@fitnulife)