

STEFI.PT



**Welcome to
my world!**

INTRODUCTION

Who Am I?

Hello! I'm Stefi, a passionate personal trainer with a decade of expertise in fitness and body transformation. My journey began at the tender age of 12, as I was a lanky child eager to gain strength. Through years of commitment, learning, and self-discovery, I have cultivated a profound understanding of effective fitness practices—and now, my aim is to assist you in achieving your own goals.

My Training Philosophy

I firmly believe in the power of hard work, balanced nutrition, patience, and consistency. Fitness doesn't offer shortcuts, but with the right strategy and mindset, remarkable results are within your reach. Whether you seek personal guidance, exercise corrections, or encouragement, I will be by your side throughout the journey.

Why Train With Me?

Customized Training Plans – Designed specifically for your body, aspirations, and lifestyle.

Results-Oriented Coaching – Time-tested methods to help you build strength, shed pounds, or tone up.

Guidance & Encouragement – I'll be there to steer, adjust, and inspire you every step of the way.

Are you prepared to revamp your body and mind? Let's embark on this journey today!

Building strength, confidence, and discipline.



Workout

Monday - Chest

- Barbell Bench Press
- Incline Dumbbell Press
- Chest Flyes
- Push-ups
- Cable Crossovers

Tuesday - Back

- Pull-ups
- Lat Pulldown
- Seated Cable Rows
- Lat Front Pulldowns
- Dumbbell Shrugs

Wednesday - Shoulders

- Military Press
- Dumbbell Lateral Raises
- Rear Delt Flyes
- Arnold Press
- Upright Rows



Workout

Thursday - Arms

- Barbell Bicep Curls
- Tricep Cable Pushdowns
- Hammer Curls
- Skull Crushers
- Tricep Rope Pushdowns

Friday - Legs

- Squats
- Leg Press
- Lunges
- Romanian Deadlifts
- Leg Extensions
- Standing Calf Raises

Saturday/Sunday

- Cardio





Meal Planning

- 3-6 meals, each with at least 1.8g of protein per kg.
- Eating fairly often is a good strategy when it comes to weight control, assuming your total calories for the day remain under control.
- Aerobic exercise burns energy, and hard gainers need to conserve energy in order to achieve maximum muscle growth.
- You won't make much progress if your program is interrupted because you become too sore or develop some kind of stress injury.
- Also, try to avoid doing your cardiovascular training too soon before your gym workouts. Some people feel doing aerobics first is a good warm-up, but this kind of exercise will fatigue your body and make it hard to train as intensely as you're capable of.