



ONLINE COACHING

INFORMATION GUIDE

WELCOME TO THE TEAM!

This pack will guide you through how the coaching process works, how to use the apps involved, and what you can expect from me as your coach. It will also outline what I expect from you, so we can make sure you get the best possible results during our time working together.

Your **workout** and **nutrition plans** will be explained in detail through separate videos, which will be sent to you shortly.

The main purpose of this guide is to help you understand how each app works and how they'll support you throughout your journey — not just in reaching your goal, but in staying structured, building new habits, and developing discipline. These are key components in creating not only a stronger, leaner body but also a more focused and resilient mindset.

There are a few important things to take on board here. If you have any questions at any point, please don't hesitate to reach out. I recommend taking your time to carefully read through the guides and watch all the videos provided.

This way, when we get started, you'll feel confident, prepared, and have a clear understanding of how everything works throughout the coaching process.

Thank you for joining the team!

Luke 🦵



ONLINE
COACHING



TRUECOACH APP



As part of your Online Coaching Package, you will now have access to an exclusive coaching app called 'Truecoach'. This is where we are going to track and monitor pretty much everything. You will be sent an email to set up your account. Once you have done this, download the app from the app store and log in using your email and password.

We will be using the TrueCoach app for:

Viewing & Tracking your workouts

All of your custom workouts will be available for you to see on the app, each move has a video demonstration performed by me for to ensure you execute the technique perfectly. You will also be able to input the weights you've used and any comments that you wanted to add too.

Entering your progress photos and metrics

On your account you will have places to input your progress photos, weight, steps, measurements and more. These are all tracked alongside a visual graph so we can see exactly how things are going.

Seeing your Nutrition plan and other documents

You will track your food with myfitnesspal but this syncs with the app too. Bonus Documents are in the app such as: Recipe Books, Eating out Guide and a Stress / Sleep guide too.

Check-ins each week

This is where you will Check-in with me each week to catch-up and monitor your progress. Simply complete the form provided and I will respond with video feedback within 48 hours.

WEEKLY CHECK INS



CHECK IN EVERY WEEK IN THE APP ON A SUNDAY.

Check ins will appear in the app the same way a workout does every Sunday.

I won't be chasing for check-ins, so please take responsibility for completing them each week. I recommend setting a reminder in your calendar for **every Sunday**, as that's when your check-in is due.

Your check-in allows me to see how you're progressing, understand what's been challenging you, and give you the support and guidance you need to keep moving forward.

Once you submit your check in, I will give you video feedback with all the tips and advice you need to progress, please allow 1-2 days for this feedback.

If your check in is going to be late, please let me know so I can plan feedback accordingly.

Feedback is key! And will really help you on your coaching journey, so please make sure you stick to this.

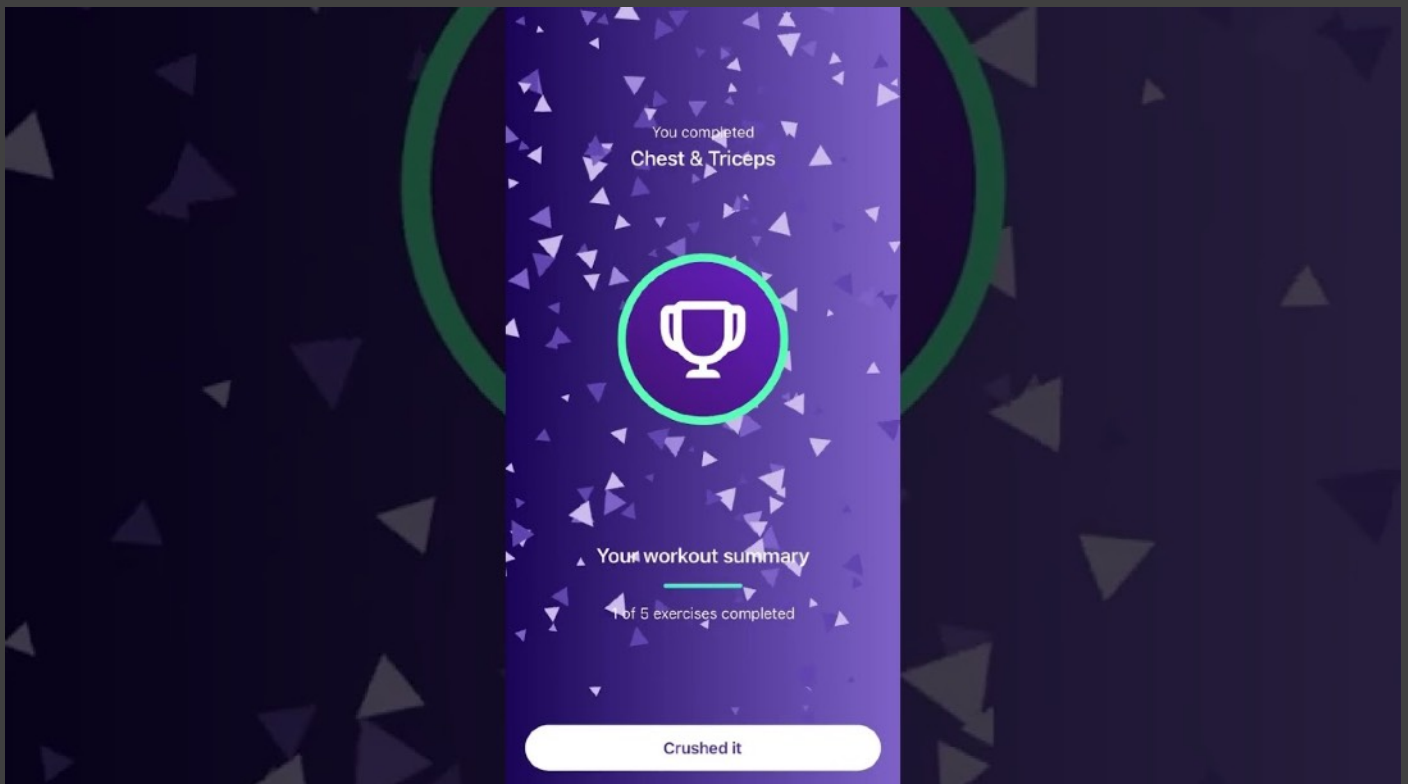
WALKTHROUGH VIDEO



Please watch the video below so you have an idea of how the app looks, and functions so you're more farmer with it once you're on!

Video Link:

<https://youtu.be/eo15DL3UuGk>



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WORKOUT WEIGHT SELECTION

When using the Truecoach app, you'll see there is no weight listed on each workout. This is because its pretty impossible for me to judge what weight you should be using online.

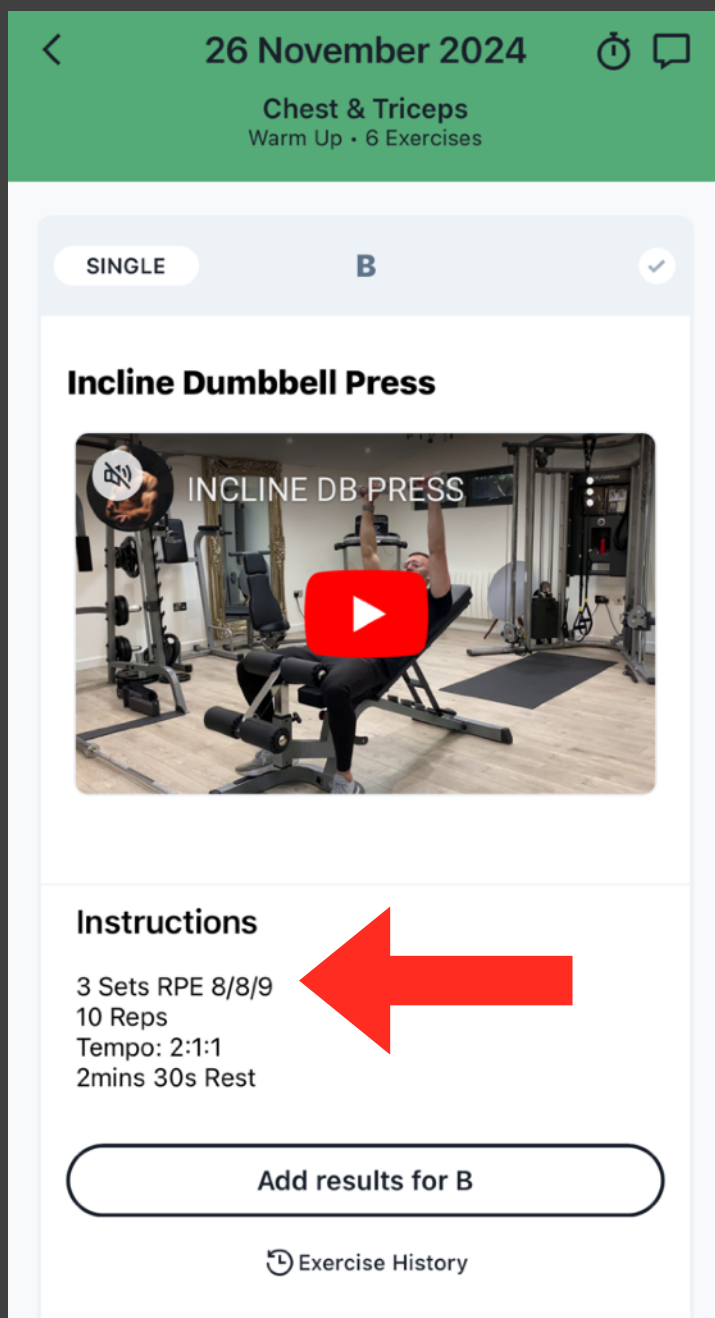
So for safety, I would like you to use the guidelines below in order to correctly select the right weight:

You will see on the image what your workout will look like on the app, you'll see (*arrowed*) the letters **RPE** followed by **3 numbers (one for each set)**

RPE stands for: **Rate of Perceived Exertion** it's a way of measuring physical activity intensity level, and is basically a difficulty indicator from 1-10.

So if I put 8 - this is an 8/10 difficulty, so whatever weight gets you to this level of intensity is the correct weight on this exercise.

You might use a weight too light, or to too heavy and have to re adjust but that is fine. Another good rule of thumb is to use a weight that makes you struggle somewhat on the last 2 reps on an exercise.



SETS, REPS, REST AND TEMPO

When using the Truecoach app, you'll also see there is your sets, reps, rest and tempo listed too. So what are these?

Reps

This is an abbreviation of the word repetitions. Reps are the number of complete movements of an exercise you should perform; i.e. 10 reps of squats.

Sets

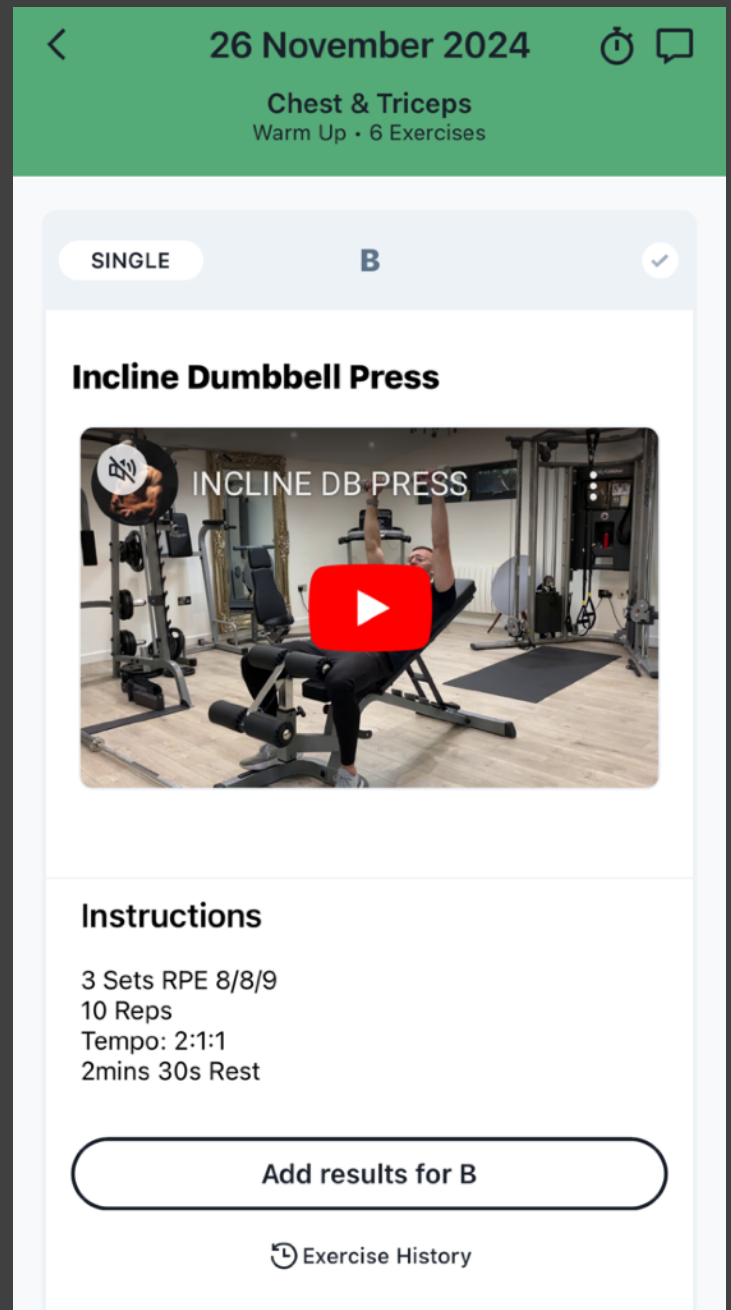
This refers to the number of times you should complete the designated amount of reps for each exercise.

Tempo

This refers to the pace you should perform each rep. For example a tempo of 2:1:1 for squats would be: 2 seconds going downwards: 1 second holding the weight and 1 second pushing the weight back up.

Rest

The amount of time you rest between sets.



HOW I MONITOR YOUR PROGRESS

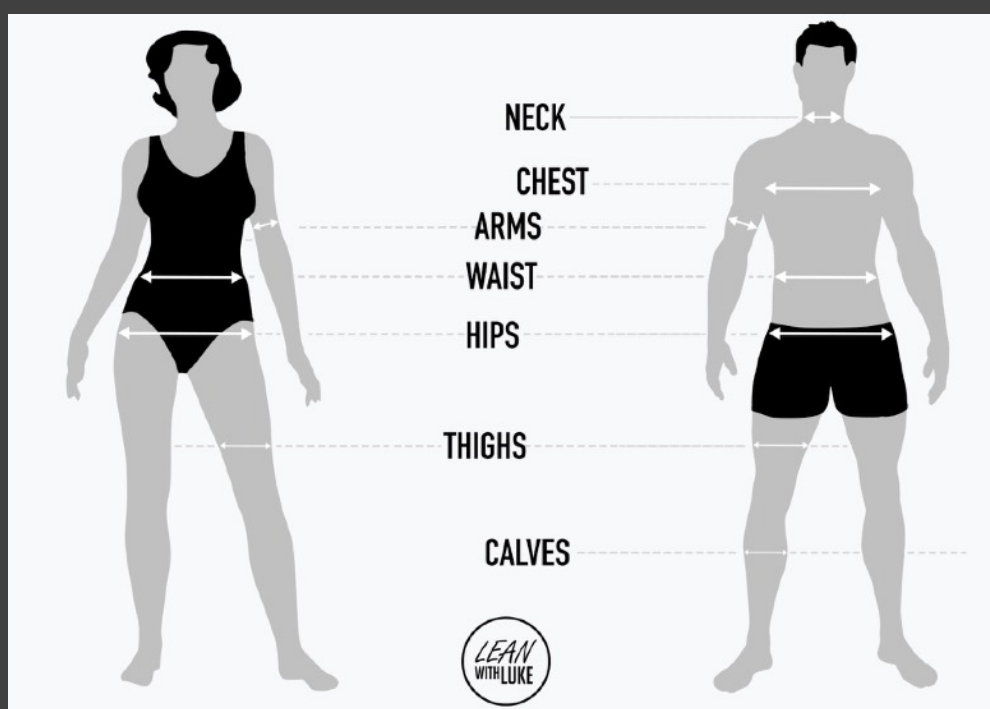
1. WEIGH YOURSELF DAILY

Weigh yourself every morning, in the same place at same time. This is so we can see any fluctuations in correlation to your day as a whole. Weight alone isn't always the best indication of progress. So don't worry, we will have various types of data to see how close we are getting to your goals. This will be logged on the 'habit tracker' in the app.



2. TAKE MEASUREMENTS EACH WEEK

Measurements are a very effective way to measure progress that sometimes we cannot see! The sites that need to be measured will be on the 'metrics' tab of your TrueCoach app. Please update these each week so we can see any movement or increase.

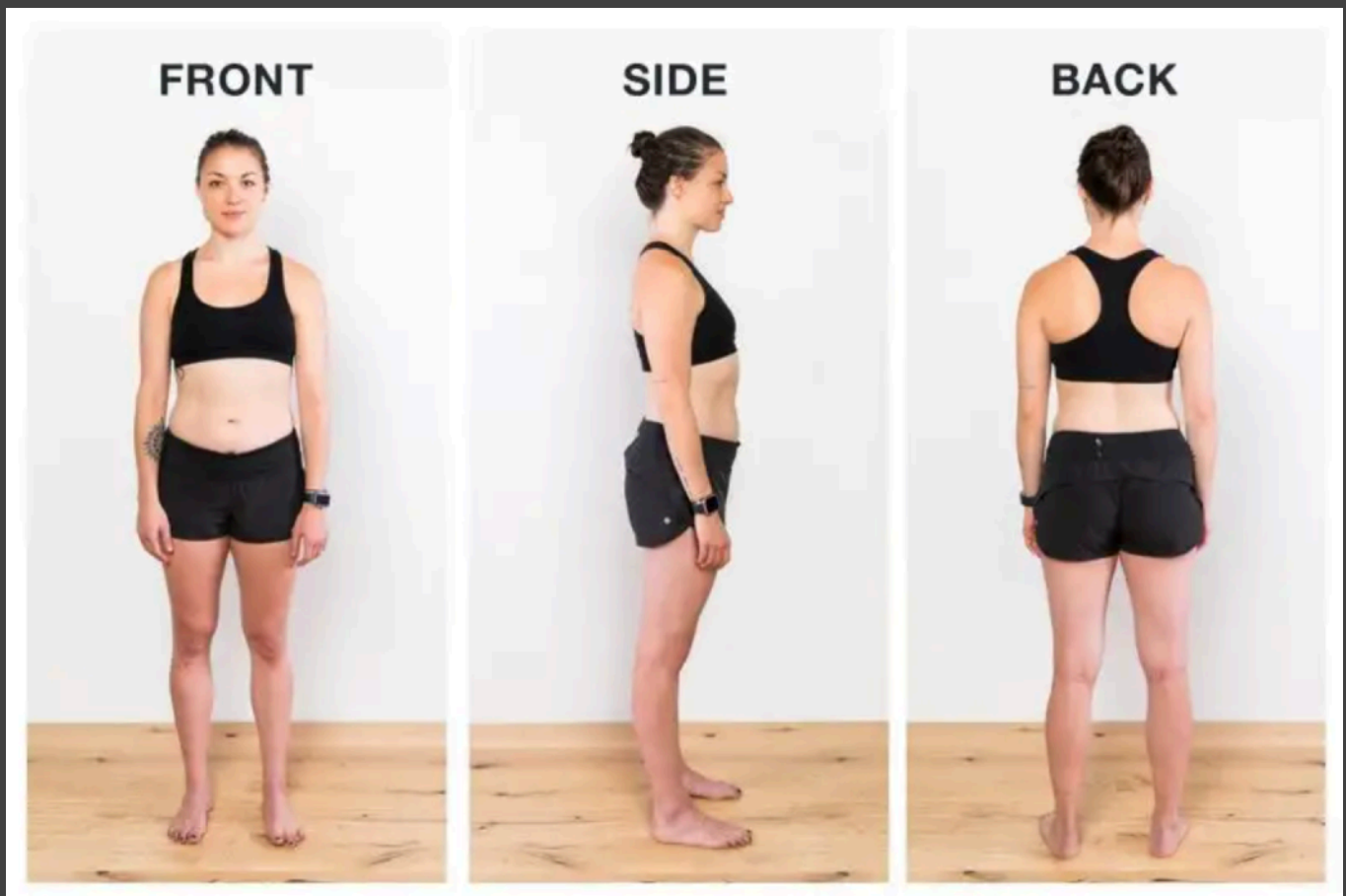


HOW I MONITOR YOUR PROGRESS

3. TAKE A PROGRESS PHOTO EVERY WEEK!

Please take a Front, Side and Back photo in the same place with good lighting and a plain background if possible.

You will need to upload these on the TrueCoach app as part of your check-in form. Please wear some tighter fitted clothing so we can see changes in your body shape - don't try to hide areas like hips or stomach. Use the photo shown below as a rough idea of what I'm looking for with these images.



HOW I MONITOR YOUR PROGRESS

4. FILL OUT YOUR WEIGHTS USED AND REPS ACHIEVED

Each exercise will be shown like so on the right. You have a box below the exercise where you will input the weight you used, the reps you achieved, and any notes you need to add.

This is so we can see if your strength is improving. If you found a particular movement easy or difficult, write a short note as shown. We can use this data ensure you're continuously progressing through your plans.

If your exercise / program doesn't require weights or reps, simply put the relevant info in the box so I can see if you failed to hit the time / amount stated or not.

There is also an option to add an image or video of what you're using or if you want to show me your technique to watch too. Allow it to fully upload before moving away from that page (circled)

The screenshot shows a mobile app interface for an exercise titled "Incline Dumbbell Press". The interface is divided into several sections:

- Instructions:** 3 Sets RPE 8/8/9, 10 Reps, Tempo: 2:1:1, 2mins 30s Rest.
- Your result:** Set 1 - 15kg - 12 reps, Set 2 - 15kg - 12 reps, Set 3 - 17.5kg - 10 reps. Below this, it says "Use these weights for now".
- Input field:** A large white box for entering additional information. A red arrow points to a button at the bottom of this box that says "Add photo or video" with a camera icon. This button is circled in red.
- Mark this activity complete?:** A toggle switch that is currently turned on.
- Bottom button:** A dark blue button that says "Add results for B".

HOW I MONITOR YOUR PROGRESS

5. FILL OUT YOUR HABIT TRACKER DAILY!

This tracking sheet is so we both can see how you are progressing each day and each week. This will give us a way to stay compliant to the plan, and also track if things are going well, and where improvements can be made as we move through your plan.

This form can be found in its own tab at the bottom of the app.

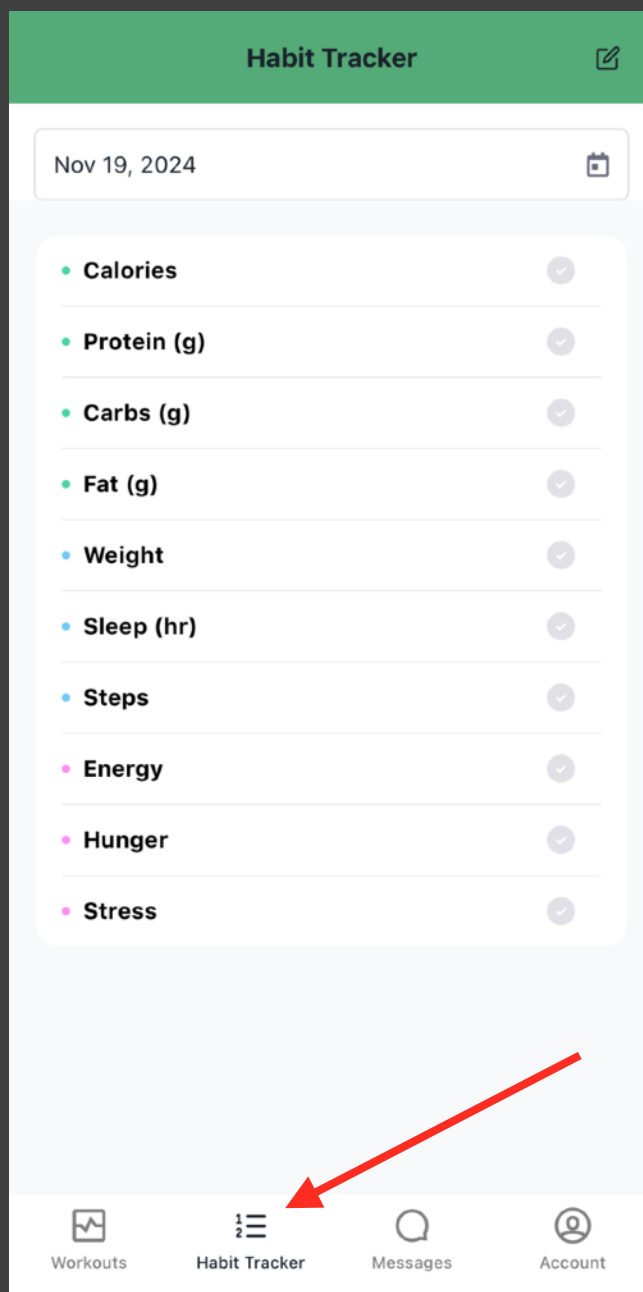
The info needed on the tracker is to evaluate averages for not only food and weight, but also your sleep and stress so we can really monitor how we can keep you moving forwards in all areas of your life!

Energy and Hunger can be listed as a number between 1-10

1 Being Low energy / hunger

10 Being High energy / hunger

Please do this at the end of each day, it only takes 2 minutes.



DISCLAIMER

You should consult your physician or other health care professional before starting this or any other fitness program as well as making any nutritional changes in order to determine if it is right for your needs. This Workout Guide by Lean with Luke™ offers health, fitness information and is designed for educational purposes only. By participating in this plan, you are agreeing to the terms and conditions

You should not rely on the following material and all subsequent information as a substitute or replacement for professional medical advice, diagnosis, treatment, or rehabilitation. Luke Teuma / Lean with Luke™ is not liable for any injury prior to; or whilst using this plan. The use of any information provided, distributed, and promoted are to be used solely at your own risk. Don't perform any exercise without proper instruction.

All exercise poses possible risk of injury, depending upon your underlying medical condition. I advise everyone to take full responsibility for their safety and know their limits. Do not take risks beyond your level of experience, expertise, training and fitness level. Don't perform any exercise unless you have been shown the proper technique by a certified fitness professional (personal trainer or certified strength and conditioning specialist).

Any supplements featured within the guides are optional and must be taken in strict accordance with manufactures recommendations.

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