

MONTH 4:

Workout 1:

Hello gorgeous!

Welcome back to month four of my awesome workout series.

We're going to have soo much fun together as we keep working your entire body whilst having fun and feeling amazing about ourselves again.

Just by showing up to each workout and giving it your all, you will see an astonishing difference in the way you look and feel! It's going to be amazing, and YOU are right there on center stage!

And a brand-new month means...yes, you've guessed it- it's time for you to update your 'before' photos and send them over to me so I can stay with you for every step of the way.

I'm so proud of you and I LOVE seeing how much progress you are making. So take those photos, email them over and then get working out!

Never forget that you are a winner!

With lots of love

S x

Workout 2:

Hey girl,

Have you ever heard the saying "*A journey of a thousand miles begins with a single step*"?

Because that's exactly what you did yesterday.

You absolutely crushed the very first workout of this month and you should be super pleased with yourself for giving it your all. You're investing so much love and energy into caring for that beautiful body of yours and the results should be plain to see.

And I don't just mean tighter abs, more energy and better sleep, but also the kind of results that you feel within. It's an amazing fact that when you work out your body, you also boost your inner power and start to grow as a person.

The most powerful way to do this is to carve out time for yourself, no matter what the world around you is doing. Make sure you read this brilliant article from my blog "[Seeking Respite: 7 Ways You Can Get A Little Time For Yourself.](#)"

Talk to you soon,

S x

Workout 3:

Hey sexy lady,

Are you ready to work hard today and show your body just how amazing you think it is? Ready to show yourself the ultimate in self-love? I know I am.

Because even if today is challenging and you feel like quitting, you will stay strong and push through. You will push forwards and you will triumph! You are incredible.

Now, have you ever noticed that sometimes, when you start thinking about something, the whole world seems to work hard to make it happen for you?

You see, I know that you've been thinking about boosting your fitness levels for a while now and might have even looked for that secret hack you can use to give you that head-start you deserve.

If so, you'll going to love my bonus add-on workout Love Your Heart, which will give your cardio health the boost it needs for awesome health and happiness. Best of all, it will make these workouts super-easy. Download it [here](#).

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So why are we still standing here talking? Let's get working out!

Sending you lots of love,

S x

Workout 4:

Hey lovely,

Congratulations! You've made it to the end of the first week! Aren't you just super amazing?

You've worked hard and now you're seeing results. All of those moves you *used* to find challenging will now be a piece of (raw plant-based) cake, so we can keep adding to the mix so you can go from girl warrior strength to strength.

Don't forget to check in with the Facebook page on a regular basis and share all of your experiences. They can support you through the challenges and cheerlead you through your triumphs!

I also wanted to share with you one of my easy plant-based life hacks- "[How to Make Raw Non-dairy Milk](#)." Check out the popular YouTube video by clicking the link. And remember, I have loads more yummy recipes where that came from, so be sure to check out the rest of the channel whilst you're there.

Have the best workout ever!

Sending you so much love,

S x

Workout 5:

Hey girl hey!

Did you notice we've already started week two? How incredible is that? You're going to keep feeling pushed to your limits with today's workout, but there's no doubt in my mind that you absolutely can handle it. Believe in yourself

I won't keep you any longer today! Go ahead and enjoy that awesome work out I have prepared for you. You will absolutely crush it!

Sending you so much love,

S x

Workout 6:

Hello gorgeous!

You are one of the most motivated and strong ladies I know on this program! You've shown that you can handle practically any challenges that I give you in the workouts, and I'm pretty sure that this fact applies to the real world too. You are an incredible human being and the world is lucky to have you.

As you know, I want you to achieve optimal health (or as close as possible) by following these workouts and making a bunch of other healthy lifestyle changes too.

So when you've finished your workout today and you're feel unstoppable, head on over to the blog "[5 Super Easy Ways To Stop Feeling Bloating](#)" and find out how you can eliminate that tummy bloat fast!

Enjoy your workout and keep your self-love on max!

See you soon,

S x

Workout 7:

Hey lovely,

I'm sooo excited- you're going to love today's workouts! We'll be pushing out of our comfort zones and taking our fitness to a brand new high.

You got this!

And remember- this isn't about working hard to become something you are not- you're already beautiful inside, you just need to share your wonders with the world.

And when you're basking in the afterglow of another awesome workout, make sure you head over to the [Facebook page](#) and share your thoughts and experiences with the community. We'd love to hear how you've been doing!

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So, go right ahead and get that workout done. You are awesome.

See you soon!

S x

Workout 8:

Hello hello!

Congratulations girl! We've come to the end of yet another week of workouts. How are you feeling? Like the warrior goddess you truly are inside? I hope so- you are incredible so never forget it.

And as a special treat for working so hard, I'd like to tell you all about my favourite ever eBook- Fifteen Incredibly Yummy Chocolate recipes.

As you probably know, I'm a massive fan of chocolate, and luckily, this healthy lifestyle doesn't mean I have to sacrifice any of my cravings! [Download the book now](#) and you'll see exactly what I mean!

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But first- get today's workout done and then you can indulge in the greatest food on earth!

Have fun!

Lots of love,

S x

Workout 9:

Hi lovely!

You're about to start your third week of awesome workouts- I hope you're feeling pumped and ready for action. Never forget why you're doing this- to show your body the love it deserves and to allow your inner light to shine bright into the world.

Even when you felt like curling up in bed with a good book instead of working that body, you have kept showing up, and more than that, you've absolutely crushed your workout! Awesome!

But did you know that it's not only clean eating and exercise that will get you healthy?

Check out this great video from my popular YouTube channel: "[Ways to Get Healthy Aside From Exercise and Nutrition](#)" to find out what else you should be doing for optimal health and happiness. Watch it once you've done today's workout!

Remember, to enjoy your workout, and remember, you can do *anything* for just few seconds!

Enjoy your workout!

S x

Workout 10:

Hey hey hey,

Are you ready to rock this world with your vision and give your body exactly what it needs to become stronger, happier and realise your own personal power? And did I mention that you'll also drop a few pounds and get a tight sexy body in the process??

That's what these workouts are about. They're not about becoming more beautiful (because you already are), they're not about becoming somehow 'better' because you are already everything. You are enough. You are wonderful. And you deserve to share your light, your laughter and your positivity with the world. You've got so much to give, girl! You're awesome.

So during today's workout- feel that power pulsating through your veins. *Feel* how strong you are becoming, physically, mentally and spiritually, and let that energy guide you through your workout today.

Have an awesome day,

S x

Workout 11:

Hello girl,

Have you ever used mantras to remind you of your personal power and motivate you to reach for your goals? They're super powerful, and will help you to break through any kind of exercise plateau or emotional block that might be challenging you.

Today I'd love to share with you a mantra that will empower you to keep moving forwards towards your dreams. It's this:

'I don't workout because I hate my body. I work out because I LOVE it!'

You are incredible and have so much to offer the world, so take time to acknowledge this and allow your self-love to blossom. Love will be your weapon to conquer absolutely challenge that life throws at you, so use it wisely!

And don't forget that if you have any questions, come over to twitter and drop me a line [@xxx](#).

So go ahead, get that workout done, and remember- you are worthy of your own love.

Sending you lots of love

S x

Workout 12:

Hello gorgeous,

Congratulations! You've reached the final workout this week!! Have you noticed how much stronger, more confident and utterly full of self-love you're becoming? I'm so proud of you.

Because I know it's not always easy, I know you've likely had to face some demons along the way, but you've still pushed through to victory. You're amazing.

Before I let you get on with your workout for today, I wanted to mention a super-exciting new bonus workout eBook that I've just created especially for you: "Love Your Muscles".

With the help of my lovely Yogi friend "[...]", we've created a special bonus Yoga workout sequence that will help you achieve that flexibility that you've always dreamed of, and also calm, soothe and strengthen your entire body and mind at the same time.

Be sure to download it by [clicking here.](#)

With all my love

S x

Workout 13:

HELLO!

Are you brimming with energy and itching to get started with your workout today?

It's going to be super-exciting, I'm going to take it up another level and really get you sweating, but I know that you absolutely can handle it without a problem.

No one becomes extra awesome by sitting on their butt and shying away from progress. You know you can do this girl!

And once you've finished, head back and check out one of my all-time favourite blog articles on the website: '[Top 10 Reads for Self-Love](#)'. Click the link to discover an inspirational collection of books that will help you nourish your soul, soothe your emotional burdens, overcome fear, and reach for the sky! The only trouble will be deciding which one to read first!

Anyway, have a truly amazing workout today

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With all my love

S x

Workout 14:

Hey lovely,

WOW! We're halfway through the final week and you're absolutely crushing all these workouts! You really are unstoppable!

When you've finished your workouts today, come right back and work through a quick (and beautiful) exercise that I like to do regularly.

We're going to be counting our blessings.

Open your eyes, take a look at the world around you and consider three things you are thankful for. They might be big things like feeling grateful for your growing relationship with your body, or smaller details like feeling thankful that the sun is shining, or that you slept so well last night. It really doesn't matter.

Then when you have done that, think of one thing you could do today to make your day extra awesome. Then just do it! When you're done, head over to our awesome Facebook page and share your thoughts!

Sending you all my love

S x

Workout 15:

Hello girl,

You've nearly completed yet another month of fun and frantic workouts! Well done you! Even when they have become super-challenging, you're feeling the heat and you're ready to give up, you haven't. You've kept showing up and pushing forward towards your goals.

And that, my friend, is the ultimate in self-love!

So before I let you get on with that workout, remember to check out my personal Instagram page [@xxxxx](#) where you can discover my personal style, my adventures, snapshots of my personal life, my gorgeous doggy and much more. Even better, I regularly offer amazing giveaways, so make sure you head over and check me out.

Have an awesome workout today.

Kisses,

S x

Workout 16:

Hey lovely,

WOW WOW WOW! Congratulations for reaching the end of month four. This is our final workout this month, so make sure you really give it everything you got! Continue to be just as strong, powerful and utterly awesome as you have always been, and don't forget that this is all about the self-love.

If you haven't done it already, make sure you also get your hands-on month five of the workout program so we can continue having a LOT of fun, sweating hard together and really getting the most from our incredible bodies and minds.

And if you're serious about making completely transforming your life and becoming the best ever version of yourself, make sure you get your hands on a copy of my breathtakingly wonderful [LoveStyle Journal](#). *(Can you tell that I'm sooo proud of it??)*

Remember- there are limited copies, so don't miss out. Buy your own today! It

So now it's time to get physical! You're going to absolutely crush it!

With lots of love

S x

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