



**McCoy**  
FITNESS & HEALTH

# The Warrior Woman Starter Booklet



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## **To Purchaser / Consumer:**

**\*\* With your membership, you receive the Warrior Woman Group Coaching Program (WWGC), with access to videos, workout cards, coaching calls, interviews, E-Books and other support materials. In doing so, you acknowledge that all materials are protected by copyright.**

**All workout cards, videos, audios and support materials are for your non-commercial, and personal use only, and cannot be copied, distributed, modified, duplicated or uploaded to any peer to peer networking or sharing sites.**

**Thank you for respecting my work by not sharing or distributing any WWGC materials, or sharing your password or other access credentials. Anyone caught doing so will be immediately terminated from all programs. \*\***

**Thank you.**



# A Message from Karen

## Welcome to the Warrior Woman Group Training Program!

I'm glad you decided to join us! We've been in operation since 2010 and our tribe is growing every month! And in an effort to help ease the transition, I have created this little E-Book to get you up and running.



When someone joins the program, the first thing they always ask is 'how do I eat?' You will find that in all my programming, I show you how to eat, rather than tell you what to eat (I think this is central to good coaching!) In today's fitness world (which is not necessarily about health!), things have gone awry. 'Get 6 pack abs in 6 weeks'! "Lose 10 pounds in 10 weeks!" "Get an awesome body with just 8 minutes a day!" PLEASE!

**Over the course of the next few months, you will be getting 7 FREE E-books coming your way**, that will break down healthy eating for you—protein, carbs and fats- how much, why and when. We'll also look at calories and macronutrients, how to portion them out for YOU! These teachings are continually supported on our monthly Facebook page, where we meet, discuss and learn in group.

At this point, I will NOT tell you how many calories to eat (this is the diet mentality rearing it's ugly head again, and it's prevalent in today's 'get-lean-now culture. And unfortunately, women's metabolisms, eating habits and spirits are suffering because of it!). Rather, I will give you generalities and a few menu plans to get you up and going, and to kick start your engine, but the rest of the journey will be about learning, applying, assessing, reapplying and so on...for life. Yes, this is a life journey, this is NOT a diet program (if you wish to leave the program, please let me know today, and I will FULLY refund you! Promise).

**So enjoy this Starter Booklet**, to get you up and running, and I trust you watched your How To Video? If not, [CLICK HERE!](#) . Now, keep your eyes peeled for your 7 E-books coming at you, where we look at Protein, Carbs and Fats, macronutrients, and, a closer look at, of course, calories! Let's dig in, shall we?



# **EATING the WARRIOR WOMAN WAY**

**The Un-diet Approach!**



## For most newcomers, it's always the same...

**"Tell me what to eat."**

Oh boy, if I had a nickel....

So here's the deal: I'm not going to tell you what to eat, I'm going to show you how to eat. A very big difference indeed!

That's because I want you to learn to govern your own life, and your own eating, to really learn how to manage your weight, your results and your eating lifestyle.

See, women are so accustomed to the 'diet mentality' that says if you eat this many calories (or cut out this food group, or eat off of these ready-made menu plans), then you're all set.

Nope. Never. Ever. In fact, 95% of all weight loss participants gain the weight back, and even more, after 2 years!

I DO NOT want this for you. So you're going to do some of the work, some of the learning, and you will apply, assess, re-apply, reassess, until you come to know YOU!

And your metabolism will strengthen over time, I promise. But it takes time! This is not a *lose the weight and gain a 6-pack in 6 weeks* program, ok? That's nonsense. And it never, ever works.

We're going to do this the right way. The *real* way. The lasting way, but it means you have to do the work, and own it. All of it. Are you prepared to fully own your life? Your body? Your choices? Your food?

So over the next few weeks, you'll be receiving my **FREE 7 E-books**, starting with the in's and out's of protein, carbohydrates and fats. Then, and only then, do we get into the tricky part - calories. And you'll see that it's not simply a mathematical formula that you can count up, and use for life. Nooo...because we change, our calorie needs change, and what those calories are made up of anyway, makes a huge difference (think macro nutrients here). And really, I don't care how many you eat, it just has to make sense to you and your body.

See, I could tell you to eat so many calories, but how do I know? I've had women eating 1200 calories and they couldn't lose any weight, and others eating 2200 and they are lean and with incredibly low bodyfat.

We are all snowflakes.

And not every woman wants to lose weight. But I do know that every woman wants to tighten and tone (or you wouldn't be here), so calories and macros and timing DOES matter.

Let's enjoy this change in lifestyle, toward food freedom and greater understanding!



## **EATING TIPS to get you started...**

**Get acquainted with macronutrients** (protein, carbs and fats) and learn what foods are what. You can use an app ([www.myfitnesspal.com](http://www.myfitnesspal.com) is one of the best, or you may use good old fashioned way, with a hard cover book and journaling, my preferred method.

**Learn what your current caloric load is** (this is important!) How many calories are you eating? We gotta take back our Power ladies! Let's finally get out of the diet mentality!

**Stay within 1200-1800 calories per day** (that's an average, and it changes weekly, it changes as you improve your metabolism AND add muscle, and it changes with age and lifestyle. But this is an average, to get you started.

**DO NOT go low carb!** Stay above 80 grams of carbs a day (that's carb counts, NOT weight of the carbs. Again, learn the language of macronutrients).

**DRINK YOUR WATER**—your liver, that is responsible for burning fat, needs water to operate. So 2 liters a day, to start (yes you can!). Think of water as fuel for your fat burning furnace. Without it, the engine can't do its job efficiently.

**Check out some of our favourite go-to's** for interesting recipes below. We all need resources, and these came from our Warrior Women on our Private Facebook page.

Clean Lean Eating site: <https://www.facebook.com/CleanLeanEating/>

Alive Magazine: <http://www.alive.com/category/food/>

Oh She Glows (vegan): <http://ohsheglows.com/>

Small Town Foodie: <http://www.thsmalltownfoodie.com/>

Pinterest: [https://www.pinterest.com/categories/food\\_drink/](https://www.pinterest.com/categories/food_drink/)

100 Days of Real Food: <http://www.100daysofrealfood.com/>

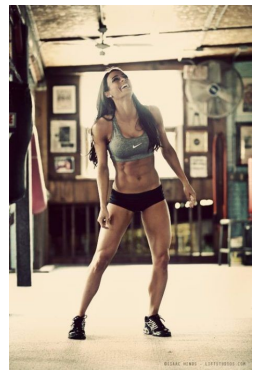
Meals in Minutes: <https://www.facebook.com/LowGI Meals/>

Remember, we will get into more food detail in a few weeks, but for now, this will get you started. And remember, our whole goal is NOT just weight loss, it's to change, strengthen and alter our physique, our lifestyle, our habits (and 'dieting' will NOT make for life changes! So many women join a program to lose weight, but it's my hopes that you will mature beyond this, and learn a new lifestyle, that isn't solely focused on the scale! And if taught properly, the weight will stay off effortlessly, because new lifestyle habits are in place!! THAT'S the key to it all! And that's what I want for YOU!



# TRAINING the WARRIOR WOMAN WAY

Our philosophies, tips and tidbits!



# The MAIN EVENT— WEIGHT TRAINING!!

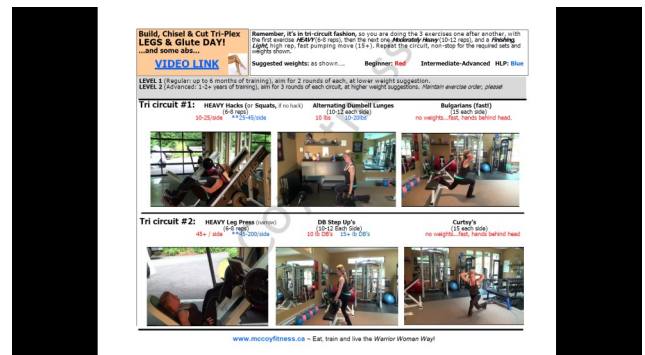
I've worked with some awesome coaches over the years, and with time, I realized that I concur with the coaches of days gone by, rooted in the basics, and sports science and sports medicine. Yes, I'll admit, I was taken away from the basics for awhile, but my love of research has pulled me back in where it needs to be—on the leading edge of REAL sports science, not pseudonym.



See, fitness has been taken away by trends and hype, and everyone is doing the SAME THING (although they really don't think they are.) Today's average gym-goers are adopting a mindset based on hype, trends and marketing mayhem. So many people think if they have their LuLuLemon wear, they have their post workout shake (with the little shaker ball in the bottom...LOL!) and they take their sports supplements, that they have IT! The fitness game all wrapped up. Problem is, they have nothing but air.

Progress is NOT just about sets, reps and weight (sorry guys!). How many times have you heard someone say—if you're not making gains, up the weight and/or sets! UGH!). And while you can't slough off in the weight room, there are so many other factors involved.

**Our HYBRID Formula:** *bodybuilding moves* (for adding sexy muscle, shape & tone) + *functional moves* (multi-planar, rotations, up/down moves) + *MET moves* (Metabolic Enhancement Training). Our workouts build in balance, coordination and proprioception too! Whew!



And we do a **4-day SPLIT** (4 different workouts), which provides variety, allows your musculature to build and change shape with the appropriate number of sets on each muscle for maximum results, while ensuring we do not over train!

**This HYBRID training** is a blending of worlds, and it WORKS! It's a culmination of my 30+ years of training, watching, learning, and taking my body through 4 decades of experimentation, and this method WORKS! And it is totally backed by sports science! EXCITING times!

And it gets even better...we get to say NO to traditional cardio and NO to traditional ab work. Nice....! Stick with me **Warrior Women**...it keeps getting better and better!

**Our training formula: Bodybuilding moves + Functional + MET!**



# What is MET, anyway?....

**MET** (*Metabolic Enhancement Training*) are movements done quickly, one after another, often with added weight (Db's, med balls, barbells...). MET is NOT plyometrics, due to its extreme focus, weight and explosiveness. Each movement is done with weights, and is performed both fast and explosive, and you WILL feel that oxygen debt! They will deepen your training in another way, meaning, you will find you make greater strength and recovery gains over time, when we return to our usual heavier workouts. AND the fat burning component is built in!

**Your intensity is defined by speed, weight and explosiveness, done in circuit fashion.** We hit your lovely muscles in a variety of planes (we are moving every which way—rotating, front, side to side, whew!) which ensures the flow of the body..we are working it in a chain fashion!



**MET moves take time** to master (you will likely slow down on the up-lift as you move through the reps, this is normal). Your goal is to get faster with time, which digs deeper into the muscles, creating more lifting potential down the road, AND fat burning!

**There are weight suggestions on the MET moves** but they are naturally lighter due to the higher rep count! Learn the moves first, find your weight, then get FASTER! (DO NOT drop the weight on the 12-15 reps...it WILL get tougher near the end and you WILL slow down!)

**FULL DAY of MET!** Yep, when you can't get to the gym or you want to shake it up! (On last page of your workout card). And don't' forget your FULL EXERCISE LIBRARY is just a click away!



# Living with SPIRIT

# The WARRIOR WOMAN

# WAY

Nourishing our Inner Spirit!



**Ah yes, now we come to the woo woo part.**



**No healthy living plan is complete without tending to our Spiritual health.** I know this well. And whether you believe it or not, there are more forces at work than meet the eye. Trust me on this one.

We all have challenges in life, and in many ways, those intense challenges can open our eyes to other possibilities, other ways of seeing, and other worlds.

I had the 'veil lifted' many moons ago, when I went through many years of depression, anxiety, and ill health when my son was diagnosed with an incurable and terminal disease. I was at the height of my athletic career...I was extremely fit, eating extremely well, and I was a walking, breathing billboard for athleticism. Then the diagnosis...all that physical stuff didn't save me. My spirit was broken. And pretty soon, my body followed. Fibromyalgia, chronic fatigue, panic attacks (sometimes 20 a day, for 3 years!), a deep, dark depression, incredible, debilitating body pain, and suicidal thoughts.

Thankfully, the Universe intervened, and I met amazing teachers along the way who guided me into other levels of being, and different energetic findings.

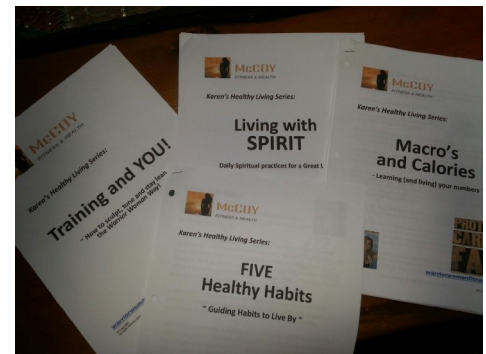
**The desire for the spiritual touch...**THIS is what unites us all, the desire to access the Spiritual in us and others. In all my programs, I make sure we address the spiritual from many angles, and I hope that whatever place you are in, wherever you are training or living, you are doing the same. We simply must grow our Spiritual muscles if we are to live a full, rich life. Know that the only real truth is the one that lies deep within you. Learn to tap into and trust your Inner Self. **You will find these valuable lessons, and more, in your Living with Spirit E-book coming your way in a few weeks time!**

**So let's begin the Journey of Awakening!** In the next few months, you will receive my FREE 7 E-Books that will enlighten you, fascinate you, and teach you how I, and thousands of other women, are living and learning the Warrior Woman Way! It's a philosophy of living that includes how we train, eat, think, and tend to our spiritual callings!



**Thank you again, for joining this awesome Program.** And remember, I am just an email away. And don't forget to stay connected on our Private Facebook page, where we meet, chat, learn, grow and work in community!

**Our full collection of Healthy Living Series E-Books are available FREE to Members and coming your way.....watch your email every week ladies!**



- **Macro's and Calories**—Learning your numbers for Eating SUCCESS!
- **Protein**—The Magic bullet
- **Carbs**—A love affair!
- **Fats**—The Good, the Bad and the Ugly!
- **Training and YOU**—How to sculpt and stay lean, the Warrior Woman Way!
- **Five Healthy Habits**—Guiding daily habits to live by!
- **Living with Spirit!**—Daily Spiritual practices for a Great Life!

