

12 Week

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**Feel Stronger, More Energetic, and Confident Than Ever
Before**

Your Journey to a Stronger Healthier You

Embark on a transformative 12-week fitness journey designed to help you thrive! This program is tailored to help individuals enhance their strength, energy, and overall well-being.

Over the next three months, you will:

- Build a strong foundation: Establish fundamental movement patterns and core stability.
- Increase strength and lean muscle: Progress to more challenging exercises to build muscular strength.
- Maximize your results: Elevate your fitness to the next level with advanced training techniques.

This program incorporates strength training, HIIT, functional fitness, and flexibility to deliver comprehensive and sustainable results.

If you have any questions or need guidance at any point during your journey, please don't hesitate to reach out to BluPrint to Health for support

Get ready to feel empowered, energized, and stronger!

www.BluPrintToHealth.com

About This

Program

Are you ready to take control of your health and fitness? Life in your 30s and 40s can be demanding – juggling work, family, and other responsibilities. It's easy to lose sight of your own well-being. That's where we come in.

Blueprint to Health is dedicated to helping people like you rediscover their strength, energy, and vitality. Our 12-week program, grounded in the proven science of the National Academy of Sports Medicine (NASM), is designed to fit seamlessly into your busy life and deliver real, sustainable results.

Phase 1

**Build a
Foundation**

Phase 2

**Increase
Strength**

Phase 3

**Maximize
Results**

Program Goal:

Increased Strength & Muscle Tone

Skill Level:

Beginner

Days per Week:

3 days

Workout Duration:

30-45 minutes



Before you get *started*

Hey there! We're super excited you're considering joining the BluPrint to Health family and taking this awesome step towards feeling stronger, more energetic, and confident. This 12-week program is designed to be a fantastic guide on your journey to a healthier you. However, just like with any fitness program, there are a few important things we want to chat about upfront.

Think of this program as your friendly roadmap. While we're here to cheer you on every step of the way, it's really important that you listen to your body. If something doesn't feel right, ease up or stop. You're the best expert on you!

Also, and this is super important, we're not doctors or medical professionals. The information in this program is intended for general guidance and informational purposes only, and it doesn't replace advice from your doctor or other qualified healthcare provider. Before you dive in, we strongly recommend that you have a chat with your doctor, especially if: You have any existing health conditions or concerns, you're pregnant or breastfeeding, or you experience any pain or discomfort during physical activity.

We've designed this program to be safe and effective for many people, but we can't guarantee specific results. How quickly you see changes and the extent of those changes will depend on lots of things, like your starting fitness level, how consistently you follow the program, your nutrition, and your individual body's response.

By choosing to participate in the BluPrint to Health program, you're agreeing that you understand and accept these important points. You're taking responsibility for your own health and well-being during this journey.

We're genuinely thrilled to be a part of your progress and are here to support you with guidance and motivation. If you have any questions about the program itself, don't hesitate to reach out to us at www.BluPrintToHealth.com.

Here's to a stronger, healthier, and more confident you! Let's do this!



Warmly,
The BluPrint to Health Team

Maximizing your Results

Let's cover some crucial elements that will significantly impact your progress and safety

Warm-up and Cool-down

Warm-up (5-10 minutes): Begin workouts with 5-10 minutes of dynamic stretching and light cardio to prepare muscles and joints, increase blood flow, and improve mobility. Dynamic stretches like arm circles and leg swings, along with light cardio such as walking in place, are recommended to reduce the risk of injury.

Cool-down (5-10 minutes): Conclude workouts with 5-10 minutes of static stretching, holding each stretch for 30 seconds to target major muscle groups and aid in recovery. Static stretches such as hamstring and calf stretches, and optionally foam rolling, can be used to reduce muscle soreness and improve flexibility.

Proper Form

Maintaining correct form during each exercise is paramount. It ensures you're targeting the intended muscles and minimizes the risk of injury. If you're unsure about the proper form, consider watching videos or consulting with a trainer.

Progressive Overload

To stimulate muscle growth, you must progressively challenge your muscles. This can be achieved by

- Increasing the weight you lift.

- Increasing the number of repetitions.

- Increasing the number of sets.

- Reducing rest time between sets (Use this method cautiously, and only if you can maintain form).

Listen to your body and gradually increase the load as you get stronger.

Rest and Recovery

Allow 30-60 seconds of rest between sets.

Ensure you're getting enough sleep (7-9 hours per night) to allow your muscles to recover and grow.

Nutrition

Support your training with a balanced diet that provides sufficient protein for muscle repair and growth.

Listen to Your Body

Pay attention to any pain or discomfort. Don't push through pain. If something doesn't feel right, stop the exercise and address the issue.

Phase 1

Build a Foundation

Establish proper movement patterns, core stability, and muscular endurance.

Frequency

3 days per week

Warm Up

Dynamic stretching* or light cardio

Circuit Training

3 rounds, one exercise after the other, no rest in between.
Rest 1 minute at the end of each round.
As it becomes easier, incorporate weight to the exercise.

Cool Down

Static Stretching* and/or Mobility*

Cardio

2 days per week, 20-30 minutes (brisk walking, cycling, etc)

5-10 Minutes

Dynamic Stretching

Enhance recovery, reduce muscle soreness, improve flexibility, and promote relaxation following a full-body strength training workout.

Important Guidelines

- Perform each stretch slowly and smoothly.
- Hold each stretch for 30 seconds.
- Breathe deeply and relax into each stretch.
- Avoid bouncing or jerky movements.
- Stretch to the point of mild tension, not pain.
- Maintain proper posture during each stretch.
- If you feel any pain, stop the stretch immediately.
- Perform stretches in the order listed below.

Exercise Name	Description
Arm Circles	Stand with feet shoulder-width apart and arms extended to the sides. Perform small, controlled circles forward for 30 seconds, then backward for 30 seconds. Gradually increase the size of the circles.
Leg Swings	Stand on your left leg and swing your right leg forward and backward in a controlled motion for 30 seconds. Repeat on the left leg for 30 seconds.
Torso Twists	Stand with feet shoulder-width apart and hands on your hips. Twist your torso from side to side in a controlled motion for 30 seconds. Keep your hips relatively still.
Walking Lunges with Twist	Perform a lunge, and as you lunge, twist your torso towards the front leg. Alternate legs and twists for 1 minute.
High Knees	Stand in place and lift each knee towards your chest, alternating legs. Perform for 30 seconds.
Butt Kicks	Stand in place and kick your heels towards your glutes, alternating legs. Perform for 30 seconds.

Phase 1

Weeks 1-4

Circuit Training



Bodyweight Squats

Stand with feet shoulder-width apart and lower your hips as if sitting in a chair, keeping your back straight.



Push-ups

Start in a plank position and lower your body until your chest nearly touches the ground, then push back up, modifying on knees or against a wall if needed.



Glute Bridges

Lie on your back with knees bent and feet flat, then lift your hips off the ground, squeezing your glutes.



Plank

Hold a position similar to the top of a push-up with your body in a straight line, engaging your core.



Reverse Lunges

Step backward with one leg and lower your body until both knees are bent at about a 90-degree angle.

Perform all 5 exercises, one after the other, this equals 1 round

10-12 reps per exercise

3 rounds

Static Stretching

Prepare the body for full-body strength training, enhance flexibility, improve range of motion, and reduce the risk of injury.

Important Guidelines

- Perform each stretch slowly and smoothly.
- Hold each stretch for 30 seconds.
- Breathe deeply and relax into each stretch.
- Avoid bouncing or jerky movements.
- Stretch to the point of mild tension, not pain.
- Maintain proper posture during each stretch.
- If you feel any pain, stop the stretch immediately.
- Perform stretches in the order listed below.

Exercise Name	Description
Neck Stretch	Tilt your head to the right, bringing your right ear towards your right shoulder. Gently apply pressure with your right hand. Repeat on the left side. Interlace your fingers behind your head and gently pull your chin towards your chest.
Shoulder Stretch	Bring your right arm across your body and hold it with your left hand, near your elbow. Repeat with the left arm. Reach your right arm straight up, bend your elbow, and reach your right hand towards your upper back. Use your left hand to gently pull your right elbow towards your left side. Repeat with the left arm.
Chest Stretch	Interlace your fingers behind your back and extend your arms, lifting them away from your body.
Triceps Stretch	Extend your right arm overhead and bend it at the elbow, reaching your right hand towards your upper back. Use your left hand to gently pull your right elbow towards your left side. Repeat with the left arm.
Biceps Stretch	Extend your right arm straight out, palm facing up. Gently pull your fingers back towards your body with your left hand. Repeat with the left arm.

Static Stretching

Continued

Exercise Name	Description
Wrist Flexor Stretch	Extend your right arm straight out, palm facing down. Gently pull your fingers down towards the floor with your left hand. Repeat with the left arm.
Wrist Extensor Stretch	Extend your right arm straight out, palm facing down. Gently pull your fingers up towards the ceiling with your left hand. Repeat with the left arm.
Torso Stretch	Stand with your feet shoulder-width apart. Raise your right arm overhead and lean to your left, keeping your hips straight. Repeat on the other side.
Hip Flexor Stretch (Couch Stretch)	Place your left shin against a wall and lunge forward with your right leg, ensuring your right knee is aligned over your right ankle.
Glute Stretch (Piriformis Stretch)	Sit on the floor with both legs extended. Bend your right leg and place your right foot on the outside of your left knee. Place your left elbow on your right knee and twist your torso to the right. Repeat on the other side.
Hamstring Stretch	Sit on the floor with your right leg extended and your left leg bent, with the sole of your left foot against your right inner thigh. Reach towards your right toes. Repeat with the left leg extended.
Quadriceps Stretch	Stand and hold your right ankle, pulling your right heel towards your right glute. Keep your thighs aligned and your core engaged. Repeat with the left leg.
Calf Stretch	Place your hands on a wall, step your right foot back, and press your right heel into the ground, keeping your right leg straight. Repeat with the left leg.

Mobility

5-10 Minutes

Enhance recovery, reduce muscle soreness, improve flexibility, and promote relaxation following a full-body strength training workout.

Important Guidelines

- Perform each stretch slowly and smoothly.
- Breathe deeply and relax into each stretch.
- Avoid bouncing or jerky movements.
- Move through a comfortable range of motion.
- Maintain proper posture during each stretch.
- If you feel any pain, stop the stretch immediately.
- Perform stretches in the order listed below.

Exercise Name	Description
Cat-Cow Stretch	Start on your hands and knees. Alternate between arching your back (cow pose) and rounding your back (cat pose). Perform for 1 minute.
Hip Circles	Stand with your feet shoulder-width apart. Rotate your hips in a circular motion, both clockwise and counterclockwise, for 1 minute.
Shoulder Rolls	Stand or sit tall. Roll your shoulders forward for 30 seconds, then backward for 30 seconds.
90/90 Stretch	Sit on the floor with both legs bent at 90-degree angles. Rotate your torso from side to side for 1 minute.
Thread the Needle	Start on your hands and knees. Thread one arm under the other and rotate your torso. Hold for 30 seconds per side.
Couch Stretch	Place your left shin against a wall and lunge forward with your right leg, ensuring your right knee is aligned over your right ankle. Hold for 30 seconds per side.

Phase 2

Weeks 5-8

Increase Strength

Build lean muscle mass and increase strength.

Frequency

3 days per week

Warm Up

Dynamic stretching* or light cardio

Split

Day 1	Day 2	Day 3
Lower Body	Upper Body	Full Body

Cool Down

Static Stretching* and/or Mobility*

Cardio

1-2 days per week, 20-30 minutes of HIIT (20 seconds work, 40 seconds rest, repeat 6-8 times) or moderate-intensity cardio.

Phase 2

Day 1

Lower Body



Goblet Squats

Hold a weight at your chest and squat down, keeping your back straight.

3 sets of 8-10 reps



RDLs

With a slight bend in your knees, hinge your hips back to lower the weight towards the ground, keeping your back straight.

3 sets of 8-10 reps



Walking Lunges

Step forward with one leg and lower your body until both knees are bent at a 90-degree angle.

3 sets of 10 reps per leg



Step-ups

Step onto a platform with one foot, lifting your body up, and then step back down.

3 sets of 10 reps per leg



Calf Raises

Raise your heels off the ground, standing on the balls of your feet.

3 sets of 12-15 reps

Do 1 exercise, rest for 30 seconds and repeat. Continue like this for the amount of reps called for then move on to the next exercise.

Phase 2

Day 2

Upper Body



Bench Press

Lie on your back and push dumbbells upwards, extending your arms.

3 sets of 8-10 reps



Dumbbell Rows

Bend over with one hand on a bench and row a dumbbell upwards towards your chest.

3 sets of 8-10 reps per arm



Overhead Press

Lift dumbbells or a barbell overhead, extending your arms.

3 sets of 8-10 reps



Push-ups

Start in a plank position and lower your body until your chest nearly touches the ground, then push back up.

3 sets to failure



Lateral Raises

Lift dumbbells out to the side, raising them to shoulder height.

3 sets of 10-12 reps

Do 1 exercise, rest for 30 seconds and repeat. Continue like this for the amount of reps called for then move on to the next exercise.

Phase 2

Day 3

Full Body



Kettlebell Swings

Swing a kettlebell between your legs and up to shoulder height using your hips.

3 sets of 12-15 reps



Squat to Overhead Press
Squat down and then press a weight overhead as you stand up.

3 sets of 8-10 reps



Plank Rows

In a plank position, row a dumbbell upwards towards your chest, alternating arms.

3 sets of 10 per arm



Deadlifts

Lift a weighted barbell from the ground by hinging your hips and keeping your back straight.

3 sets of 8-10 reps



Farmer's Carry
Hold a weight in each hand and walk for the specified time.

3 sets of 30 seconds

Do 1 exercise, rest for 30 seconds and repeat. Continue like this for the amount of reps called for then move on to the next exercise.

Phase 2

Tracker

Focus on mastering the correct form and getting a feel for the weights.

Exercise	Reps	Set 1	Set 2	Set 3
Lower Body				
Goblet Squats	8-10 reps			
Romanian Deadlifts	8-10 reps			
Walking Lunges	10 reps per leg			
Step-ups	10 reps per leg			
Calf Raises	12-15 reps			
Upper Body				
Dumbbell Bench Press	8-10 reps			
Dumbbell Rows	8-10 reps per arm			
Overhead Press	8-10 reps			
Push-ups	ailure			
Lateral Raises	10-12 reps			
Full Body				
Kettlebell Swings	12-15			
Squat to Overhead Press	8-10 reps			
Plank Rows	10 per arm			
Deadlifts	8-10 reps			
Farmer's Carry	30 seconds			

Phase 2

Tracker

Try to slightly increase the weight if you comfortably completed all sets and reps in Week 1. If not, maintain the weight and focus on good form.

Exercise	Reps	Set 1	Set 2	Set 3
Lower Body				
Goblet Squats	8-10 reps			
Romanian Deadlifts	8-10 reps			
Walking Lunges	10 reps per leg			
Step-ups	10 reps per leg			
Calf Raises	12-15 reps			
Upper Body				
Dumbbell Bench Press	8-10 reps			
Dumbbell Rows	8-10 reps per arm			
Overhead Press	8-10 reps			
Push-ups	ailure			
Lateral Raises	10-12 reps			
Full Body				
Kettlebell Swings	12-15			
Squat to Overhead Press	8-10 reps			
Plank Rows	10 per arm			
Deadlifts	8-10 reps			
Farmer's Carry	30 seconds			

Phase 2

Tracker

Continue to increase the weight if possible, or try to add a rep or two to each set.

Exercise	Reps	Set 1	Set 2	Set 3
Lower Body				
Goblet Squats	8-10 reps			
Romanian Deadlifts	8-10 reps			
Walking Lunges	10 reps per leg			
Step-ups	10 reps per leg			
Calf Raises	12-15 reps			
Upper Body				
Dumbbell Bench Press	8-10 reps			
Dumbbell Rows	8-10 reps per arm			
Overhead Press	8-10 reps			
Push-ups	ailure			
Lateral Raises	10-12 reps			
Full Body				
Kettlebell Swings	12-15			
Squat to Overhead Press	8-10 reps			
Plank Rows	10 per arm			
Deadlifts	8-10 reps			
Farmer's Carry	30 seconds			

Phase 2

Tracker

Continue with the same weight and reps, or if you're feeling strong, attempt another slight increase.

This week can also be a deload week by using slightly lighter weights and focusing on perfect form.

Exercise	Reps	Set 1	Set 2	Set 3
Lower Body				
Goblet Squats	8-10 reps			
Romanian Deadlifts	8-10 reps			
Walking Lunges	10 reps per leg			
Step-ups	10 reps per leg			
Calf Raises	12-15 reps			
Upper Body				
Dumbbell Bench Press	8-10 reps			
Dumbbell Rows	8-10 reps per arm			
Overhead Press	8-10 reps			
Push-ups	failure			
Lateral Raises	10-12 reps			
Full Body				
Kettlebell Swings	12-15			
Squat to Overhead Press	8-10 reps			
Plank Rows	10 per arm			
Deadlifts	8-10 reps			
Farmer's Carry	30 seconds			

Phase 3

Weeks 9-12

Maximize Results

Enhance strength, improve body composition, and increase workout intensity.

Frequency

4 days per week

Warm Up

Dynamic stretching* or light cardio

Split

Day 1	Day 2	Day 3	Day 4
Lower Body	Upper Body	Full Body	Core and Conditioning

Cool Down

Static Stretching* and/or Mobility*

Cardio

1-2 days per week, 20-30 minutes of HIIT (20 seconds work, 40 seconds rest, repeat 6-8 times) or moderate-intensity cardio.

Phase 3

Day 1

Lower Body



Back squats

Place a barbell across your upper back and squat down, keeping your back straight.

3 sets of 6-8 reps



Hip thrusts

Position your upper back on a bench and thrust your hips upward, squeezing your glutes.

3 sets of 10-12 reps



Lateral lunges

Step to the side and lower into a lunge, keeping the opposite leg straight.

3 sets of 10 reps per leg



Bulgarian split squats

Elevate your back foot on a bench and lunge with your front leg.

3 sets of 8-10 reps per leg



Calf Raises

Raise your heels off the ground, standing on the balls of your feet.

3 sets of 12-15 reps

Do 1 exercise, rest for 30 seconds and repeat. Continue like this for the amount of reps called for then move on to the next exercise.

Phase 3

Day 2

Upper Body



Incline dumbbell press

Press dumbbells upward while lying on an incline bench.

3 sets of 6-8 reps



Pull-ups

Pull your body up to a bar, or pull a bar down towards your chest.

3 sets of 6-8 reps



Arnold press

Press dumbbells overhead with a twisting motion. Start palms facing body, end facing away

3 sets of 8-10 reps



Dips

Lower your body between parallel bars and push back up.

3 sets to failure



Face pulls

Pull a rope or band towards your face, targeting your upper back.

3 sets of 12-15 reps

Do 1 exercise, rest for 30 seconds and repeat. Continue like this for the amount of reps called for then move on to the next exercise.

Phase 3

Day 3

Full Body



Dumbbell snatch

Lift a dumbbell from the ground to overhead in one swift motion.

3 sets of 8 per arm



RDLs

Hinge at your hips to lower a barbell, keeping your back straight.

3 sets of 8-10 reps



Medicine ball slams

Lift a medicine ball overhead and slam it forcefully to the ground.

3 sets of 12



Box jumps

Jump explosively onto a box from a standing position.

3 sets of 3-5 reps



Farmer's Carry

Hold a weight in each hand and walk for the specified time.

3 sets of 30 seconds

Do 1 exercise, rest for 30 seconds and repeat. Continue like this for the amount of reps called for then move on to the next exercise.

Phase 3

Day 4

Core and Conditioning



Dead bugs

Lie on your back and extend opposite arm and leg, keeping your core engaged.

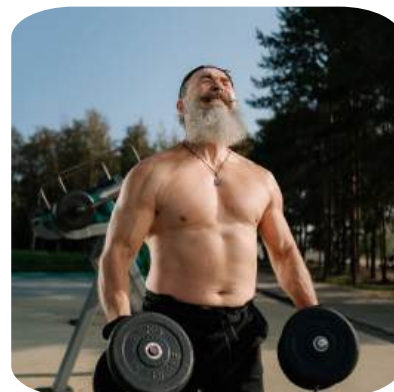
3 sets of 10 per side



Russian twists

Twist your torso from side to side while holding a weight or medicine ball.

3 sets of 15 per side



Farmer's carry

Carry heavy weights in each hand while walking.

3 sets of 30 seconds



Hollow body hold

Lie on your back and lift your shoulders and legs off the ground, forming a "hollow" shape.

3 sets of 30-60 seconds



Bear crawls

Crawl forward on your hands and feet, keeping your core engaged and back flat.

3 sets of 30 seconds

Do 1 exercise, rest for 30 seconds and repeat. Continue like this for the amount of reps called for then move on to the next exercise.

Phase 3

Week 9

Tracker

Exercise	Reps	Set 1	Set 2	Set 3
Lower Body				
Goblet Squats	8-10 reps			
Romanian Deadlifts	8-10 reps			
Walking Lunges	10 reps per leg			
Step-ups	10 reps per leg			
Calf Raises	12-15 reps			
Upper Body				
Dumbbell Bench Press	8-10 reps			
Dumbbell Rows	8-10 reps per arm			
Overhead Press	8-10 reps			
Push-ups	ailure			
Lateral Raises	10-12 reps			
Full Body				
Kettlebell Swings	12-15			
Squat to Overhead Press	8-10 reps			
Plank Rows	10 per arm			
Deadlifts	8-10 reps			
Farmer's Carry	30 seconds			
Core & Conditioning				
Dead bugs	10 per side			
Russian twists	15 per side			
Farmer's carry	30 seconds			
Hollow body hold	30-60 seconds			
Bear crawls	30 seconds			

Phase 3

Week 10

Tracker

Exercise	Reps	Set 1	Set 2	Set 3
Lower Body				
Goblet Squats	8-10 reps			
Romanian Deadlifts	8-10 reps			
Walking Lunges	10 reps per leg			
Step-ups	10 reps per leg			
Calf Raises	12-15 reps			
Upper Body				
Dumbbell Bench Press	8-10 reps			
Dumbbell Rows	8-10 reps per arm			
Overhead Press	8-10 reps			
Push-ups	ailure			
Lateral Raises	10-12 reps			
Full Body				
Kettlebell Swings	12-15			
Squat to Overhead Press	8-10 reps			
Plank Rows	10 per arm			
Deadlifts	8-10 reps			
Farmer's Carry	30 seconds			
Core & Conditioning				
Dead bugs	10 per side			
Russian twists	15 per side			
Farmer's carry	30 seconds			
Hollow body hold	30-60 seconds			
Bear crawls	30 seconds			

Phase 3

Week 11

Tracker

Exercise	Reps	Set 1	Set 2	Set 3
Lower Body				
Goblet Squats	8-10 reps			
Romanian Deadlifts	8-10 reps			
Walking Lunges	10 reps per leg			
Step-ups	10 reps per leg			
Calf Raises	12-15 reps			
Upper Body				
Dumbbell Bench Press	8-10 reps			
Dumbbell Rows	8-10 reps per arm			
Overhead Press	8-10 reps			
Push-ups	ailure			
Lateral Raises	10-12 reps			
Full Body				
Kettlebell Swings	12-15			
Squat to Overhead Press	8-10 reps			
Plank Rows	10 per arm			
Deadlifts	8-10 reps			
Farmer's Carry	30 seconds			
Core & Conditioning				
Dead bugs	10 per side			
Russian twists	15 per side			
Farmer's carry	30 seconds			
Hollow body hold	30-60 seconds			
Bear crawls	30 seconds			

Phase 3

Week 12

Tracker

Exercise	Reps	Set 1	Set 2	Set 3
Lower Body				
Goblet Squats	8-10 reps			
Romanian Deadlifts	8-10 reps			
Walking Lunges	10 reps per leg			
Step-ups	10 reps per leg			
Calf Raises	12-15 reps			
Upper Body				
Dumbbell Bench Press	8-10 reps			
Dumbbell Rows	8-10 reps per arm			
Overhead Press	8-10 reps			
Push-ups	ailure			
Lateral Raises	10-12 reps			
Full Body				
Kettlebell Swings	12-15			
Squat to Overhead Press	8-10 reps			
Plank Rows	10 per arm			
Deadlifts	8-10 reps			
Farmer's Carry	30 seconds			
Core & Conditioning				
Dead bugs	10 per side			
Russian twists	15 per side			
Farmer's carry	30 seconds			
Hollow body hold	30-60 seconds			
Bear crawls	30 seconds			



Way to go!!!

You did it!

Huge congrats on crushing the Blueprint to Health 3-Month Fitness Program!

Seriously, give yourself a pat on the back – that's a massive achievement. You've put in the work, stayed committed, and that's something to be super proud of.

Here at Blueprint to Health, we're all about helping people make real, lasting changes, and seeing you succeed is what it's all about. You've not only gotten stronger, but you've also built some awesome habits that'll keep you feeling great for the long haul.

Soak in this win, and know that this is just the beginning of what you can do!

Keep that momentum going, whether it's by leveling up your workouts, trying out other stuff we offer, or just high-fiving yourself for how far you've come. We at Blueprint to Health are always here to cheer you on and help you reach your goals.

Thanks for being part of the Blueprint to Health family – we're so thrilled to celebrate this with you!



About Us

BluPrint to Health is dedicated to helping individuals over 30 reclaim their energy, strength, and confidence through personalized fitness and coaching. We understand the unique challenges and opportunities that come with this stage of life, and we're passionate about empowering our clients to achieve sustainable healthy habits and long-term results.

Our approach combines expert guidance with the flexibility of online coaching. We provide:

- Personalized Program Design: Tailored workout plans to meet your specific needs and goals.
- One-to-One Support: Direct access to your coach for guidance, motivation, and accountability.
- Weekly Check-ins: To track your progress, adjust your program as needed, and ensure you stay on track.
- Transformation Roadmap: A clear plan to help you achieve your fitness goals.

We believe that fitness is not just about physical transformation, but also about improving your overall well-being and quality of life. We're here to support you every step of the way on your journey to a healthier, stronger, and more confident you.

www.BluPrintToHealth.com



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