W

Good Things,
Take Time To Grow

# HOW I CAN *help* YOU GET FIT

A simple system to build muscle, get toned, and feel your best.




BUILD MUSCLE | EAT SMART | STAY CONSISTENT

# EAT YOUR WAY TO *Fit*

You don't have to starve.
You don't have to cut out the foods you love.
**You just need a plan that works.**

## HERE'S HOW IT WORKS:

### 1 EAT FOODS YOU LOVE

Enjoy real foods that fit your lifestyle.

### 2 HIT YOUR CALORIE GOAL

Fuel your body with the right amount to see results.

### 3 STAY CONSISTENT

Consistency is what creates change.

### 4 SEE REAL RESULTS

Sustainable results that last a lifetime.

## THIS ISN'T A DIET. IT'S A LIFESTYLE.

### NO STARVING

You'll never be hungry.

### NO GIVING UP YOUR FAVORITES

You can still enjoy the foods you love.

### JUST A PLAN THAT WORKS

Simple, flexible, and made for real life.



Want step-by-step meal plans, calorie targets, recipes, and everything you need to succeed?

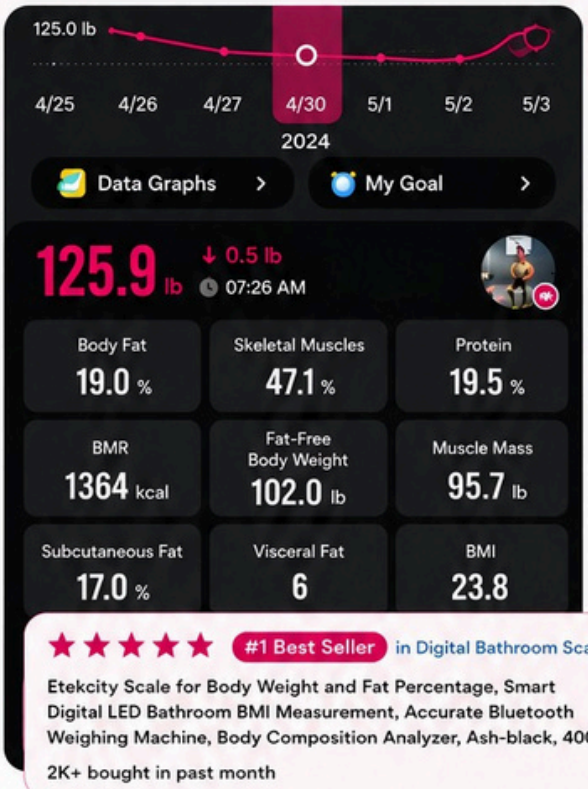
*It's all inside*

# MY APP

# STOP LETTING THE SCALE LIE TO YOU.

*The scale is a tool, not the truth.*

**Stop guessing. Start tracking what actually matters.**




★★★★★ #1 Best Seller in Digital Bathroom Scales

Etekcity Scale for Body Weight and Fat Percentage, Smart Digital LED Bathroom BMI Measurement, Accurate Bluetooth Weighing Machine, Body Composition Analyzer, Ash-black, 400lb

2K+ bought in past month




## WHAT THE SCALE CAN'T SHOW YOU

- Muscle you're building
- Fat you're losing
- Strength you're gaining
- How your clothes fit
- The work you're putting in

VS

## WHAT THIS SCALE SHOWS YOU

- Body fat percentage
- Muscle mass
- Real progress over time
- Data that keeps you consistent
- Proof your plan is working

**If you're only tracking weight, you're missing the whole picture.**

This is the exact scale I use to track body fat, muscle, and real progress.

This is how I stayed consistent, trusted the process, and built the body you see today.

If you're serious about results,

## STOP GUESSING.

## START TRACKING WHAT ACTUALLY MATTERS.

And when you combine this with a real plan...
That's when everything starts to change.




TRACK SMARTER. NOT HARDER.

# THE FOOD RULES

**Protein at every meal.** Whole foods most of the time.



## PROTEIN

Chicken, fish, steak.



## CARBS

Rice, potato, quinoa, veggies and fruit are carbs too.

Carbs are fuel, not the enemy. Measure portions to learn not to obsess.



## HEALTHY FAT

Avocado, nut butter, olive oil.

## REMEMBER

Limit processed foods.

Whatever you eat now **is NOT working.**

To see change you must

**CHANGE**

how you eat.



## CONSISTENCY

Results come from what you do most days, not occasionally.

You don't quit brushing your teeth because you miss once.

Treat fitness the same way.

Even if you did something that is still more than yesterday.

**There's 365 days in one year.**

*Imagine if you followed a plan that works 270 days a year?*

**THAT'S STILL MORE THAN 0 DAYS A YEAR.**

*Want more?*

The full meal plans, workout plans, trackers, and accountability are all inside

**MY APP**

# YOUR PLAN.
# YOUR BODY.
# *Your Best Life.*

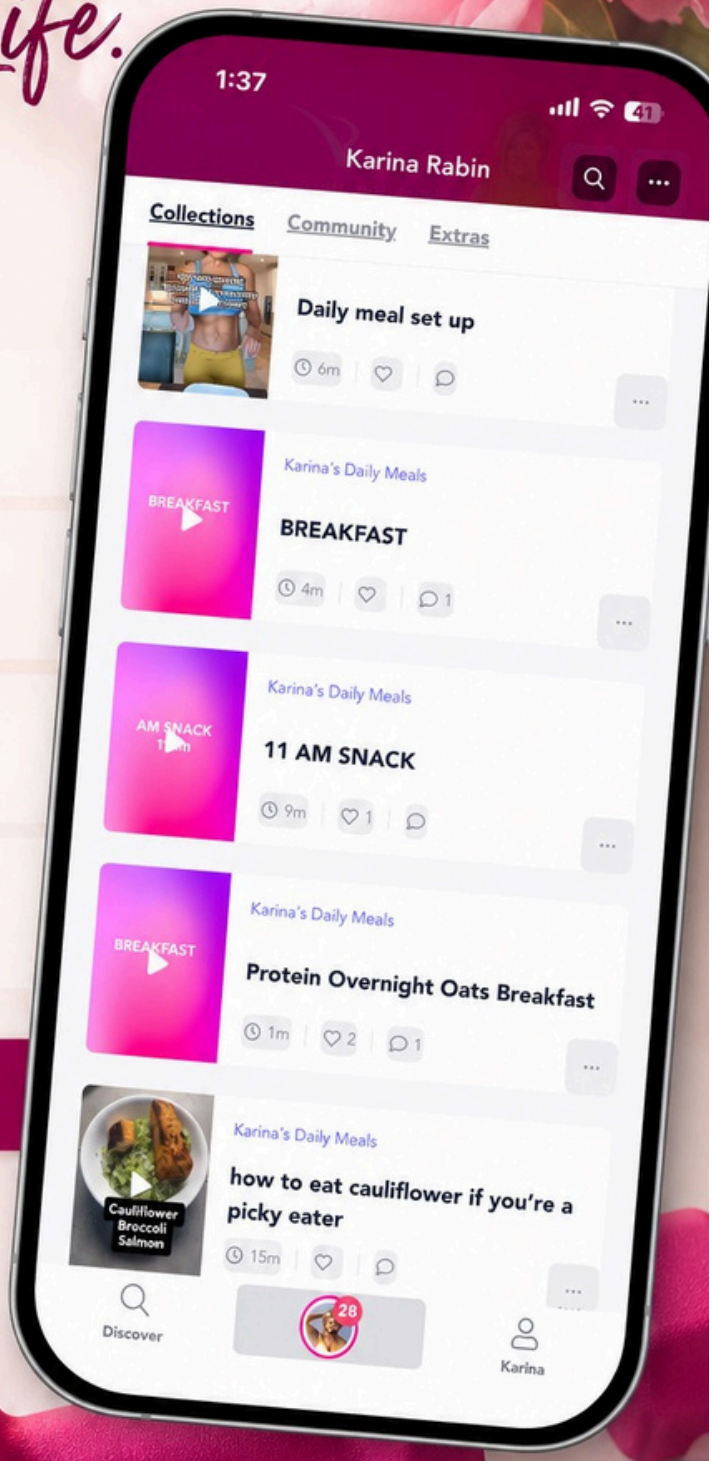
Everything you need to eat well, stay consistent, and reach your goals – **all in one app.**

**DAILY MEAL PLANS**
Simple, delicious, and easy to follow.

**WORKOUTS & GUIDES**
At-home workouts, tutorials, and expert guidance.

**COMMUNITY SUPPORT**
You're not alone.
We're in this together.

**TRACK YOUR PROGRESS**
Stay motivated and celebrate every win.




Built for real women with real lives
LET'S DO THIS TOGETHER!

WAISTEDMOM
MINDSET • NUTRITION • MOVEMENT

DOWNLOAD NOW
*and start your transformation today!*

Download on the App Store

GET IT ON Google Play

# SUPPORT YOUR BODY. SUPPORT YOUR RESULTS.

**This is not about squeezing your body.**
**This is about supporting it so you can stay consistent.**

Consistency is what builds muscle.
Consistency is what changes your body.

## BODY SHAPER

Designed for comfort and daily support so you can stay consistent and actually see your progress.



- Wear it during the day or at night.
- There are no rules, just stay consistent.

## WAIST TRAINER

Built for support while you train so you can lift better, move better, and stay focused.




- Wear it during workouts or however it feels best for you.

**Both are designed to help you stay consistent, not restricted.**

Because results don't come from what you do once.

*They come from what you do over and over again.*

If you want to know exactly what to eat and exactly how to train so these actually work...

*It's all inside*

# MY APP

WAISTEDMOM.COM

# TRAINING BASICS

## LIFT 4–5 DAYS PER WEEK.

Track your lifts. Progress slowly. 5 or 10 pound dumbbells will not be enough for the TONED body you want.
Cardio supports fat loss BUT not until you BUILD the muscle first.

## THE FIRST 30 DAYS

Expect changes in energy and strength before the scale changes. Trust photos, measurements, and how clothes fit.

## REAL LIFE RULES

You can eat off-plan. You cannot quit. Get back on track at the next meal, not next Monday.
Lift consistently. Eat with intention. Track enough to stay honest. Use the full book for detailed plans, trackers, and grocery lists.

## FINAL MESSAGE

This is not about perfection. It is about becoming the woman who finishes. Build muscle. Build habits. Build trust with yourself.

## IF YOU NEED MORE SUPPORT WHERE I GIVE YOU A

- meal plan so you don't have to guess what to eat
- a workout plan that is written for your goal
- or if you need accountability where you email me every single week with what you did or didn't do to help you keep going
- if you need an ear where you talk to me weekly on Zoom

Message me and we can talk about your needs and goals.

**Contact@karinarabin.com**

*Want more?*

The full meal plans, workout plans, trackers, and accountability are all inside

**MY APP**

# DAILY MEAL PLAN

| | |
|---|---|
| BREAKFAST | Steel-cut oatmeal with water, any fruit, nut butter + protein powder + protein coffee |
| SNACK | Protein Shake |
| LUNCH | chicken breast, roasted sweet potatoes, brown rice.<br><br>Rice Cake with peanut butter + Fruit |
| SNACK | Protein Shake |
| DINNER | fish over Rice + roasted veggies + brown rice or quinoa or potato |
| SNACK | If i'm low on protein, I will have a shake at bed time |

## GROCERY LIST

- Chicken Breast
- White Fish
- Low-fat steak
- Salmon
- Egg whites/eggs
- Low-fat cottage cheese
- Tofu / Lentils
- Protein Powder
- Protein bars

### CARBS

- Sweet or potato
- Rice ( any)
- GF or whole Pasta
- Quick Cooking Oats
- Rice cakes
- Berries
- Banana
- Any veggies

### FAT

- Avocado
- Nut Butter
- Extra Virgin Olive
- Coconut oil

# W SUPPLEMENTS THAT MAKE THIS EASIER

You don’t need supplements to get results. But the right ones help you stay consistent, feel better, and recover faster.

## PROTEIN COFFEE

Energy + protein in one. Helps you stay full and avoid random snacking.

## FAT BURNER

Energy and focus for workouts. Helps you stay consistent and push harder.

## CREATINE

Strength and performance. Helps you lift heavier and build muscle.

## CLA

Supports fat loss while building muscle. Helps improve body composition.

## MAGNESIUM

Recovery and sleep. Helps reduce stress and cravings.

## POST WORKOUT PROTEIN

Recovery after training. Helps repair muscle and reduce soreness.

Supplements don’t do the work for you.They support the work you’re already doing.

# IT’S ALL INSIDE MY APP

# 7 DAYS WORKOUT CHALLENGE ON KARINA RABIN YOUTUBE CHANNEL

KARINA RABIN
FITNESS

**MONDAY**

Go to my youtube channel and look at the playlist tab. I linked the 7 day plan for you at the top

**TUESDAY**

YouTube
Karina Rabin

**WEDNESDAY**

YouTube Karina Rabin

**THURSDAY**

YouTube
Karina Rabin

**FRIDAY**

YouTube Karina Rabin

**SATURDAY**

Walk outside

**SUNDAY**

**Meal Prep with me**



## COPYRIGHT

The health and fitness information presented in this book is an educational resource and is not intended as a substitute for medical advice. Consult your doctor or healthcare professional before performing any of the exercises shared in this guide or any exercises you perform shared by me, mainly if you are pregnant, elderly, or have any chronic or recurring medical conditions, specifically if you have Kidney disease like me. Please consult with your doctor. Do not attempt any of the exercises while under the influence of alcohol or drugs.

Discontinue any exercise that causes pain or severe discomfort and consult a medical expert. Neither the author, producer, or distributor of this information makes any warranty regarding the content of the data presented in this book. This information is solely based on my experience and success.
I am a certified personal trainer & a nutrition coach; however, I am not affiliated with any medical profession.

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**KARINA RABIN**