The Leaner Legs Blueprint

Train with intention. Understand the why. Track your progress.

An 18-page training and nutrition guide that shares the foundations I use to structure my own sessions, fuel my training and build stronger, more defined legs - without endless workouts or restrictive dieting.

01 **Nutrition & maintenance calories**

Learn to estimate maintenance calories, check them against your own trends and calculate your daily protein target.

02 **What influences the appearance of your legs**

Understand muscle development, body composition, cellulite, movement and recovery - including realistic expectations.

03 **My three-day training structure**

Glutes, Upper Body and Legs, with exercises, sets, reps, rest times and practical technique cues.

04 **Progressive overload, explained**

Learn how I approach progression week by week, including when to increase reps, add weight or maintain your load.

05 **Your four-week workout tracker**

Record weights and reps for each session so you can see what is changing rather than guessing.

06 **Troubleshooting & next steps**

Know what to review when progress slows, from training consistency to food intake, sleep, stress and recovery.

Structure isn’t restriction; it’s freedom.

A practical starting point for women who want clarity and confidence in the gym.