

@mischkis

WORKOUT SMARTER, NOT HARDER

Simple tips to make your workouts more effective –
even when you're short on time.



1. HAVE A PLAN

Structure beats time.

You don't need to train for hours. You just need a plan. A clear structure helps you stay focused, use your time well and get better results — even with shorter sessions.

QUICK TIPS:

- ✓ Choose 2–3 key workouts per week that support your goals.
- ✓ Start with compound movements, then add isolation exercises to target specific muscles.
- ✓ Make your rest periods purposeful—recover enough to perform each set well.
- ✓ Progress over time — a little more weight, reps or good form each week.

Less random. More progress. ♥



2. PRIORITISE PROTEIN

Fuel your strength, energy and recovery.

Protein helps you build and maintain muscle, keeps you full for longer and supports your recovery. You don't need to be perfect — just consistent.

QUICK SOURCES:

- Eggs
- Fish (tuna, salmon, etc.)
- Tofu, tempeh, seitan
- Greek yogurt (lactose-free options)
- Feta, cottage cheese
- Protein shakes (e.g. plant-based or whey)

*Good food =
good energy* ♥



3. RECOVERY IS TRAINING

Rest, repair, get stronger.

You don't get stronger during your workout, you get stronger during recovery. It's when your muscles repair, your energy replenishes and your body adapts.

RECOVERY LOOKS LIKE:

- 🌙 **Good sleep** (7–9 hours)
- 💧 **Hydration** (especially after training)
- 💖 **Rest days** (yes, they're part of the plan)
- 🧘 **Mobility & stretching** (less tension, better movement)

Rest is productive. ❤️

4. HYDRATE

Water fuels your performance.

Hydration supports your energy, focus, muscle function and recovery. Even mild dehydration can reduce your performance and make you feel tired.

QUICK TIPS:

- ✓ Start your day with a glass of water first thing when you wake up.
- ✓ Drink water before, during and after training.
- ✓ Aim for 2–3 litres per day (depending on your activity and climate).

Better hydration, better you. ♥



5. GOOD TECHNIQUE

Quality over quantity.

Good technique helps you move better, prevents injuries and makes your workouts more effective. You don't need to be perfect – just mindful.

REMEMBER:

- ✓ Start with lighter weights or bodyweight.
- ✓ Watch a few trusted tutorials or use a coach's guidance.
- ✓ Focus on control, not speed.
- ✓ Feel the muscle working.

Better form. Bigger results. ♥

A SNEAK PEEK INTO MY TRAINING

THIS IS WHAT IT LOOKS LIKE

3 rounds per superset — rest 1–2 minutes between rounds.

SUPERSET

Hip Thrust

1 8–10 · heavy · → Glutes

Pallof Press Hold

10 sec · → Core

SUPERSET

B-Stance RDL

2 8–10 · heavy · → Glutes & Hamstrings

Bird Dog Row

10–12 · moderate · → Back & Core

SUPERSET

Bulgarian Split Squat

3 8–10 · moderate · → Glutes & Legs

Face Pulls

15 · light · → Upper Back & Shoulders

Real training. Real results. ♥



*Better habits.
More energy.
A stronger you. ♥*

QUICK SUMMARY

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THE KEY PRINCIPLES:

- 1 Have a plan**
(structure beats time)
- 2 Prioritise protein**
(fuel your body)
- 3 Recovery is training**
(rest, sleep, hydration)
- 4 Hydrate**
(water fuels you)
- 5 Good technique**
(move well, stay injury-free)

Small changes. Big impact. ♥

**YOU DON'T NEED MORE
TIME.**

Just a smarter plan.



THANK YOU

for being here.

Remember — it's not about doing more. It's about
doing what matters.

Feel good in your body. 
Live full life.



1:1 ONLINE COACHING WITH ME

NEED SOME HELP?

Don't know where to start? I got your back! :)
I offer personalised 1:1 coaching, where we build a plan
around **you, your goals, and your lifestyle.** ♥

- ✓ A training plan made just for you — not a generic template.
- ✓ Nutrition guidance that actually fits your life.
- ✓ Real accountability, so you actually follow through.

Prefer training at home and following a structured program?

My new fitness program is coming soon. Stay tuned! ♥

READY WHEN YOU ARE

Message me — @mischkis