



THE 12-WEEK STRONG LIFE PLAN

RESTORE MOVEMENT. REGAIN STRENGTH. REBUILD PERFORMANCE.



**HELPING ADULTS 45+
MOVE BETTER.
BUILD STRENGTH.
STAY INDEPENDENT
FOR LIFE.**

Specialists in helping people with
knee, back and shoulder discomfort.

Pain, stiffness and weakness can make everyday
life harder—and gradually reduce your confidence
and independence.

The 12-Week Strong Life Plan gives you a
personalised, pain-aware route to becoming
stronger, more capable and more confident.

RESTORE MOVEMENT → REGAIN STRENGTH → REBUILD PERFORMANCE



YOUR JOURNEY STARTS WITH YOUR FREE 4-WEEK RESTORE PHASE

DAVID SCARBOROUGH

Advanced Personal Trainer &
Pain-Free Performance Specialist

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REGAIN

REBUILD



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THE 12-WEEK STRONG LIFE PLAN

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A PERSONAL MESSAGE FROM DAVID

Thank you for taking the time to discover the 12-Week Strong Life Plan.

I created this programme because getting older shouldn't mean gradually giving up the activities that make life enjoyable. My goal is to help you **move with greater confidence, build practical strength and remain active**—without relying on generic workouts that ignore your individual needs.

Whether you're managing stiff knees, sore shoulders, a sensitive back or simply feel less capable than you once did, your training should begin at the **right level** and progress at a **pace that works for you**.

With advanced training in pain-free performance and years of experience helping adults rebuild strength, mobility and confidence, I design programmes that **work with your body—not against it**.



DAVID SCARBOROUGH

Advanced Personal Trainer &
Pain-Free Performance Specialist
Founder, Functional Bodies



ADULTS 45+ SPECIALIST



PAIN-FREE PERFORMANCE



PERSONALISED COACHING



WHEN YOU'RE READY, I'M READY TO HELP.

Move better. Build strength. Live life on your terms.

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FITNESS SHOULD **SUPPORT YOUR LIFE**— NOT WORK AGAINST YOUR BODY

Strength and movement play an important role in your long-term health, confidence and independence.

Yet much of the fitness industry still promotes punishing workouts, quick fixes and complex exercises that may not suit adults experiencing discomfort, stiffness or reduced confidence.

TRAINING FOR EVERYDAY HEALTH IS DIFFERENT FROM TRAINING FOR ELITE SPORT.

Athletes often push towards maximum performance. Most adults simply want enough strength, mobility and fitness to keep enjoying everyday life for as long as possible.

That requires a more sustainable approach—one that begins at your level, works with your body and progresses

TRAINING FOR ELITE SPORT



VS

TRAINING FOR EVERYDAY LIFE



THAT'S WHY I CREATED THE 12-WEEK STRONG LIFE PLAN

A personalised, pain-aware and joint-friendly coaching system designed to help adults 45+:



RESTORE
RESTORE
PAIN-FREE
MOVEMENT



REGAIN
REGAIN
STRENGTH &
STABILITY



REBUILD
REBUILD POWER
INTO REAL-LIFE
PERFORMANCE

YOU'RE NOT TRAINING FOR THE PODIUM. **YOU'RE TRAINING FOR YOUR LIFE.**

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HOW YOUR STRENGTH TRAINING WORKS

Full-body training designed for real life

The Strong Life Plan does not use traditional bodybuilding splits such as separate chest days, back days or leg days.

Instead, you complete **two or three balanced, full-body strength sessions** each week—alternating between Workouts A and B.

This helps you train your whole body regularly while allowing enough time to recover, adapt and become stronger.

YOUR WEEKLY ROTATION

TRAINING TWICE A WEEK



TRAINING THREE TIMES A WEEK



Your sessions can be arranged around your schedule.

EVERY WORKOUT TRAINS SIX FUNDAMENTAL MOVEMENTS

1 SQUAT



Leg strength for sitting, standing and getting down to the floor.

2 HINGE



Hip and back strength for bending, lifting and carrying.

3 SINGLE-LEG



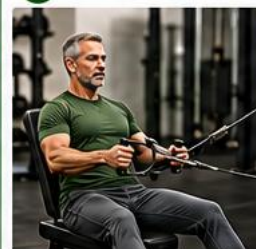
Balance and control for stairs, slopes, walking and changing direction.

4 PUSH



Upper-body strength for reaching, pushing and supporting yourself.

5 PULL



Back, arm and postural strength for lifting and pulling.

6 CORE & CARRY



Grip, trunk stability and whole-body control for everyday demands.

WHY FULL-BODY TRAINING WORKS



Develops balanced, practical strength



Trains every major movement pattern regularly



Supports mobility, balance and co-ordination



Allows recovery between strength sessions



Fits more easily around a busy lifestyle



Helps your whole body progress together



NOT BODY-PART TRAINING. WHOLE-BODY PREPARATION FOR LIFE.

Build strength that supports your everyday activities, hobbies, sport and long-term independence.

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EVERY MINUTE HAS A PURPOSE

A focused training structure designed to help you move better, become stronger and stay capable.



YOUR TIME MATTERS

With two or three focused sessions each week, every part of your programme must move you towards your goals.

NO FILLER. NO RANDOM EXERCISES. NO WASTED TIME.



THE RULE

EVERY BLOCK EARNS ITS PLACE.

If an exercise does not support your movement, strength, fitness or confidence, it does not belong in your plan.

THE FOUNDATION – MOVEMENTS + PHYSICAL QUALITIES

THE SIX MOVEMENTS WE TRAIN

The patterns that keep everyday life, hobbies and adventures open to you.



1 SQUAT

Get up, lower down and build leg strength.



2 HINGE

Bend and lift with strong hips and a supported back.



3 STEP & LUNGE

Climb, balance and change direction.



4 PUSH

Reach and press with upper-body strength.



5 PULL

Build back strength and confident posture.



6 CARRY

Develop grip, trunk stability and whole-body strength.

THE SIX QUALITIES WE DEVELOP

How your body performs those movements.



MOBILITY

Move freely through a comfortable range.



STRENGTH

Produce force with control.



POWER

Move quickly and confidently.



BALANCE & CO-ORDINATION

Stay stable and respond.



CONDITIONING

Sustain effort with less fatigue.



RESILIENCE

Recover, adapt and keep progressing.

THE FLOW OF A PURPOSEFUL SESSION



PREPARE — 8–10 MIN

Mobility, breathing, activation and movement practice.



POWER — 5–8 MIN

Safe, appropriate speed and reactive work.



LIFT — 25–30 MIN

Joint-friendly strength built around your programme.



SUPPLEMENT & CONDITION — 10–15 MIN

Target weak links, fitness and capacity.



RECOVERY+ — 5 MIN

Reset, recover and leave feeling energised.



YOU DON'T NEED MORE EXERCISES.

YOU NEED THE RIGHT EXERCISES, IN THE RIGHT ORDER, FOR YOUR BODY.

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OPTIONAL ACTIVITY—BUILT TO SUPPORT YOUR PROGRESS

Move more, recover well and build fitness around your strength programme.

Your optional activity days should support your strength training—not compete with it. These are programmed support sessions selected to match your assessment, current phase, fitness, energy and recovery—not random workouts.

YOUR OPTIONAL SUPPORT DAYS



SUPPORT DAY 1

Choose walking, joint-friendly cardio, personalised conditioning, mobility or active recovery.



SUPPORT DAY 2

Repeat the most appropriate option—or rest if your body needs additional recovery.

You are not expected to complete everything. Consistency and recovery matter more.



WALKING

Build daily movement, circulation and confidence.



JOINT-FRIENDLY CARDIO

Support heart health, stamina and everyday energy.



PERSONALISED CONDITIONING

Develop fitness using programmed exercises selected for your needs and ability.



ACTIVE RECOVERY

Reduce stiffness and support recovery with gentle movement and mobility.

WHY WE RECOMMEND IT



Supports heart and lung health



Builds stamina for everyday life



Supports circulation and recovery



Helps manage energy and body composition



Reinforces mobility and movement confidence



Adds activity without excessive joint stress

ACTIVITY PROGRESSES WITH YOU



PHASE 1 — RESTORE

Comfortable activity that supports movement and consistency.



PHASE 2 — REGAIN

Gradually increase duration and intensity to build fitness.



PHASE 3 — REBUILD

Use purposeful intervals or circuits to develop resilience and real-life capacity.

Your programmed activity is adjusted as your movement, fitness and recovery improve.

STRENGTH BUILDS YOUR FOUNDATION. PURPOSEFUL ACTIVITY HELPS YOU USE IT FOR LIFE.

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KNEES. BACK. SHOULDERS.

Train around discomfort—not through it

Stiff or painful knees, a sensitive back or sore shoulders can make exercise feel uncertain. Everyday activities may gradually become harder, and unsuitable workouts can aggravate the problem.

Your training should begin with what your body can comfortably do now.



PAINFUL OR STIFF KNEES

Build leg strength, balance and control to support:

- Getting up from chairs
- Climbing stairs
- Walking further
- Gardening and playing sport



A SENSITIVE BACK

Develop controlled strength and stability to support:

- Bending and lifting
- Carrying shopping
- Maintaining posture
- Everyday movement and hobbies



SORE SHOULDERS

Improve comfortable mobility, control and strength for:

- Reaching overhead
- Carrying everyday items
- Golf, tennis and gardening
- Upper-body training



YOU DON'T HAVE TO STOP MOVING.

We **protect** what needs protecting, **correct** what needs attention and **develop** what is ready to progress.

A SAFER, PERSONALISED APPROACH



Joint-friendly exercise



Training adapted to your starting point



Gradual, controlled progression



Refer to an appropriate healthcare professional when necessary

➔ **NEXT:** Discover how your free movement screen identifies the right starting point for you.

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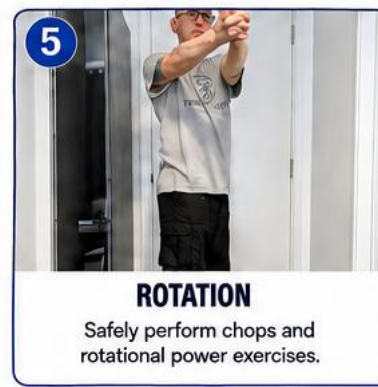
MOVEMENT SCREEN

See how you move. Identify priorities. Choose the right starting point.

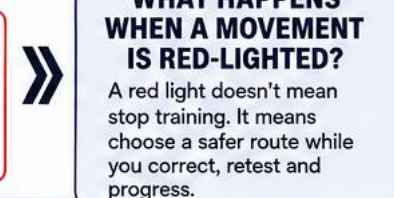
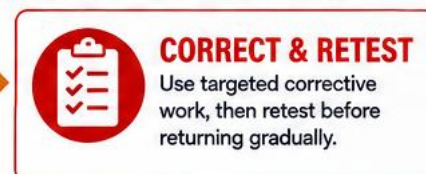
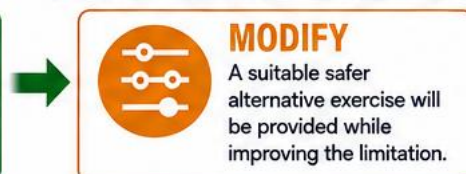
Your free movement screen uses five simple tests to give us a practical snapshot of your mobility, stability and movement control. It is not a pass-or-fail test or a medical diagnosis. It helps identify which movements are ready to train and which may need a safer route first.



THE FIVE MOVEMENTS WE SCREEN



YOUR RESULTS GUIDE THE SAFER ROUTE FORWARD



SCREEN. ADAPT. RETEST. PROGRESS.

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WHAT DOES “RED LIGHTING” MEAN?



Red Lighting is a simple way to know which exercises you may need to change based on your Movement Screen.

A Red Light doesn't mean stop training. It simply means:

Don't force the movement. Choose a better option for now.

Your programme gives you a corrective exercise, easier version or safe alternative so you can keep training while improving the movement that needs attention.

Correct what needs work. Train what moves well. Progress when ready.

HOW THE COLOUR SYSTEM WORKS

Your Movement Screen uses colours to identify different movement patterns. Those same colours appear next to exercises in your 12-Week Strong Life Plan.

1



1. CHECK YOUR SCREEN

Your screen shows you which movement patterns have been Red Lighted and their matching colours.

2



2. MATCH YOUR COLOURS

Look at your google workbook. If an exercise is marked with one of your Red Light colours, your workbook will automatically change it.

3



3. CHOOSE YOUR ALTERNATIVE

Instead of forcing the main exercise, your workbook will choose the corrective exercise, safer alternative or easier progression for you.

4



4. CORRECT & RETEST

Work on your corrective exercises and regularly retest your movement. When the movement improves and the Red Light clears, you can gradually progress towards the main exercise.

A SIMPLE EXAMPLE



Imagine your Toe Touch Screen is Red Lighted YELLOW.



You then see a Kettlebell Deadlift marked YELLOW on your workout card.



SWAP IT FOR NOW

Instead of performing the main kettlebell deadlift, the corrective exercise, safer alternative or easier progression will be chosen for you and shown in your programme.

YELLOW SCREEN → YELLOW EXERCISE = SWAP IT FOR NOW



- You continue training while working on improving your Toe Touch.
- Once you retest and the **YELLOW** Red Light has cleared, you can begin progressing back towards the main exercise.



REMEMBER RED LIGHT = MODIFY, NOT STOP

Red Lighting ensures your exercises work with your body instead of against your body making your programme personalised. The movement screen shows you what needs attention and what is safe to train. Your workbook automatically inputs your exercises and shows you what to do each workout.

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TOE TOUCH CORRECTIVE PATHWAY

HOW YOUR SCREEN RESULTS GUIDE THE NEXT STEP

The toe touch screen helps us understand how comfortably you can bend through your hips while maintaining control. Your corrective pathway begins at the right level for you and progresses only when your movement is ready.



PROTECT

MODIFY WHAT MAY AGGRAVATE IT

Temporarily reduce or modify activities that heavily load the hip hinge, including kettlebell swings, where appropriate.



CORRECT

PRACTISE THE PRIORITY

Use the prescribed corrective exercises during your warm-up to improve mobility, control and confidence.



REASSESS & PROGRESS

MOVE FORWARD WHEN READY

Retest regularly. When an acceptable movement standard is achieved, begin the appropriate strength progression.



START WHERE YOUR BODY IS READY—THEN EARN THE NEXT STEP.

Quality first. Progress gradually. Build strength on better movement.

YOUR CORRECTIVE CONTINUUM

STAGE 1 — SUPPORTED CORRECTIVE 1 and CORRECTIVE 2



Begin with positions that provide the most support.

STAGE 2 — SUSPENDED CORRECTIVE 2 and CORRECTIVE 3



Introduce greater mobility and controlled tension.

STAGE 3 — STACKED CORRECTIVE 4



Build alignment, stability and movement control.

STAGE 4 — STANDING CORRECTIVE 5 and CORRECTIVE 6



Transfer improved movement into upright patterns.



SCREEN



CORRECT



REASSESS



PROGRESS

Move along the continuum one step at a time. Your programme is adjusted around how your body responds.



The screen supports exercise planning; it is not a medical diagnosis. Pain or concerning symptoms may require referral to an appropriate healthcare professional.



BETTER MOVEMENT FIRST. STRONGER TRAINING NEXT.
MOVE WITH MORE CONTROL | BUILD CONFIDENCE | PREPARE FOR STRENGTH.

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TOE TOUCH STRENGTH PATHWAY

HOW WE KEEP YOU TRAINING WHILE MOVEMENT IMPROVES

A limited toe touch does not mean you have to stop strength training. We select the safest hinge variation you can perform comfortably and confidently, then progress the movement as your mobility and control improve.



PROTECT

AVOID FORCING THE HINGE

Modify or temporarily replace exercises that cause pain, excessive compensation or loss of control.



FIND YOUR ENTRY POINT

START AT THE RIGHT LEVEL

Begin with the first variation you can perform comfortably, with good technique and an appropriate challenge.



DEVELOP

PROGRESS WHEN READY

Gradually increase range, load and complexity as your movement improves and the screen is reassessed.



KEEP BUILDING STRENGTH—WITHOUT FORCING A MOVEMENT YOUR BODY ISN'T READY FOR.

Train around the limitation. Improve the pattern. Progress with confidence.

YOUR MODIFIED STRENGTH CONTINUUM

1 — STICK HINGE



Learn to hinge through the hips while maintaining a supported, controlled spine.

MOST SUPPORTED

2 — HIP BRIDGE



Build glute strength and hip control with the body supported on the floor.

BUILD CONTROL

3 — DUMBBELL HYBRID DEADLIFT



Introduce external load from an elevated or comfortable starting position.

ADD LOAD

4 — KETTLEBELL DEADLIFT



Develop confident hip-hinge strength through an appropriate range.

FULLER PATTERN



CHOOSE



PRACTISE



REASSESS



PROGRESS

Start at the first variation you can perform comfortably. If no strength variation is suitable, temporarily use the prescribed corrective pathway and reassess before progressing.



Exercise selection is guided by comfort, control and screening results. Pain or concerning symptoms may require referral to an appropriate healthcare professional.



THE GOAL ISN'T TO AVOID STRENGTH—IT'S TO BUILD IT AT THE RIGHT LEVEL.

PROTECT THE HINGE | MAINTAIN TRAINING | EARN THE NEXT STEP

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YOUR TRAINING RED LIGHTS

WHAT TO MODIFY — AND WHAT TO DO INSTEAD

**A RED LIGHT DOESN'T MEAN STOP TRAINING.
IT MEANS CHOOSE THE SAFER ROUTE WHILE YOU CORRECT, RETEST AND PROGRESS.**

1. TOE TOUCH	2. SHOULDER MOBILITY	3. SQUAT	4. BALANCE	5. ROTATION
TEMPORARILY MODIFY OR AVOID	TEMPORARILY MODIFY OR AVOID	TEMPORARILY MODIFY OR AVOID	TEMPORARILY MODIFY OR AVOID	TEMPORARILY MODIFY OR AVOID
- Deadlifts - Swings - Hinge exercises	- Overhead pushing - Overhead pulling	- Weighted or resisted squats - Jumping exercises	- Lunges - Step-ups - Single-leg exercises	- Chops - Rotational power exercises
CORRECTIVE & MODIFICATION OPTIONS	CORRECTIVE & MODIFICATION OPTIONS	CORRECTIVE & MODIFICATION OPTIONS	CORRECTIVE & MODIFICATION OPTIONS	CORRECTIVE & MODIFICATION OPTIONS
- Leg lowering - Glute bridge - Cook hip lift - Stick hip-hinge patterning	- Crocodile / 90/90 breathing - Cat-cow mobility - Open book - Quadruped T-spine rotation - Half-kneeling KB press	- Ankle mobility - Quad stretch - Wall squat - Heels-up squat - Plate-reaching squat	- Hip-flexor stretch - Cook hip lift - Half-kneeling chops and lifts - Suspension-supported split squat	- Open book - Quadruped T-spine rotation - Half-kneeling chop - Half-kneeling lift - Pallof press

1 MODIFY
Don't force the Red-Lighted exercise.

2 CORRECT
Use the recommended corrective or regression.

3 RETEST & PROGRESS
Return gradually when the screen clears.

YOUR PROGRAMME KEEPS YOU MOVING
Train the patterns that move well while improving the pattern that needs attention.

CORRECT THE LIMITATION. TRAIN WHAT MOVES WELL. BUILD BETTER RESULTS.

*These guidelines support exercise selection and do not diagnose or treat a medical condition.
Stop if a movement causes pain and seek appropriate professional advice when needed.*

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PHASE 1 – RESTORE WEEKS 1-4

MOVE WITH LESS DISCOMFORT AND GREATER CONFIDENCE

YOUR FOCUS

- ✓ Restore pain-free movement
- ✓ Improve comfort & control
- ✓ Build confidence in your body
- ✓ Establish consistent habits



YOUR FOUR-WEEK ROADMAP

1

WEEK 1 – ASSESS & BEGIN



Understand your starting point and begin at the right level.

2

WEEK 2 – RESTORE MOVEMENT



Practise comfortable, controlled movement consistently.

3

WEEK 3 – BUILD CONFIDENCE



Reinforce better movement patterns and technique.

4

WEEK 4 – CONSOLIDATE



Reduce the challenge, refine your movement and recognise your progress.



BY THE END OF PHASE 1

You should feel more comfortable, controlled and confident in how you move.



FOUNDATION FOR CHANGE

A safer starting point for the strength and fitness still to come.

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INCLUDED IN PHASE 1 — RESTORE

YOUR PHASE 1 NUTRITION TOOLKIT

Four practical tools inside your Google workbook to help you plan, eat well and support your training.



1 WEEKLY PLANNER

Plan meals, training and key commitments so your week supports your goals.

Plan ahead • Stay organised • Review your week



2 PORTION CONTROL GUIDE

Build balanced meals using simple visual portions—without weighing every food.

Protein • Carbohydrates • Vegetables • Healthy fats



3 CALORIE & MACRO CALCULATOR

Calculate personalised calorie, protein, carbohydrate and fat targets for your goal.

Personal targets • Clear starting point • Adjust as you progress



4 PRE & POST-WORKOUT NUTRITION

Learn how to fuel before training and recover afterwards with practical meal ideas.

Energy before • Protein after • Better recovery



PLAN YOUR WEEK. BUILD BALANCED MEALS. FUEL YOUR TRAINING.

Everything is organised inside your Google workbook—simple, practical and ready to use.



MORE CLARITY

Know what to focus on each week.



MORE CONSISTENCY

Make healthy choices easier to repeat.



BETTER RESULTS

Support strength, energy and recovery.

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PHASE 2 – REGAIN WEEKS 5–8

FEEL STRONGER, MORE STABLE AND MORE ENERGETIC

YOUR FOCUS

- ✓ Regain strength & stability
- ✓ Improve balance & coordination
- ✓ Build control under load
- ✓ Increase your physical capacity



YOUR FOUR-WEEK ROADMAP

5

WEEK 5 – REGAIN STRENGTH



Build strength gradually while maintaining good technique.

6

WEEK 6 – IMPROVE BALANCE



Practise stable, controlled movement in different positions.

7

WEEK 7 – BUILD CONTROL



Challenge your strength while remaining balanced and controlled.

8

WEEK 8 – CONSOLIDATE



Reinforce your strength gains and prepare for Phase 3.



BY THE END OF PHASE 2

You should feel stronger, more stable and ready to take on greater challenges.



BUILD STRENGTH & MOMENTUM

Practical strength and capacity for everyday life.

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INCLUDED IN PHASE 2 — REGAIN

SOCIAL NUTRITION MASTERCLASS

ENJOY YOUR SOCIAL LIFE—WITHOUT LOSING SIGHT OF YOUR GOALS.

Real life includes weekends, meals out, takeaways, holidays, Easter and Christmas.

This Phase 2 masterclass gives you simple, flexible strategies to enjoy those moments while continuing to make progress.



YOUR PROGRESS SHOULDN'T DISAPPEAR EVERY TIME LIFE GETS SOCIAL.

Learn how to make confident choices before, during and after the occasions that usually knock you off track.

WHAT YOU'LL LEARN



1 TAKEAWAYS

Choose and portion meals without turning one takeaway into a lost weekend.



2 EATING OUT

Navigate restaurant menus while still enjoying the experience.



3 ALCOHOL

Understand the calorie impact and make more informed choices.



4 CREATE A CALORIE BUFFER

Plan ahead and adjust your intake without starving or punishing yourself.



5 CONTROL vs NO CONTROL

Know what to do when you choose the meal—and when someone else does.



6 HOLIDAYS & OCCASIONS

Use practical strategies for holidays, Easter, Christmas and celebrations.



7 GET BACK ON TRACK

Reset at the next opportunity instead of waiting for Monday.



PLAN AHEAD



ENJOY THE OCCASION



RETURN TO YOUR ROUTINE

NO GUILT. NO ALL-OR-NOTHING THINKING. JUST A PLAN THAT WORKS WITH REAL LIFE.



MORE CONFIDENCE

Make informed choices in social situations.



MORE FLEXIBILITY

Enjoy occasions without abandoning your goals.



MORE CONSISTENCY

Return to your routine and keep moving forward.

PRESENTED BY AQUANTUM NUTRITION



A team of highly qualified dietitians, nutritionists and behavioural psychologists with Master's and PhD degrees.

**EVIDENCE-BASED.
PRACTICAL.
BUILT FOR REAL LIFE.**

INCLUDED IN
PHASE 2 — REGAIN



**ACCESS THE COMPLETE
VIDEO SERIES IN YOUR
GOOGLE WORKBOOK**

Available with your Phase 2 resources.

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SMALL HABITS CREATE LASTING CHANGE

INCLUDED IN PHASE 2 — REGAIN

Your 4-Week Habit Stacking Challenge

Training builds your body. Your daily habits help protect your progress.

Each week, you add one to three manageable habits while continuing the habits you have already built.

This creates a simple routine that becomes stronger over time.

Your habits are selected and adjusted around your assessment, goals and lifestyle.

Don't aim for perfection—aim for consistency.

ONE TO THREE HABITS AT A TIME. ONE WEEK AT A TIME.

WHY HABIT STACKING WORKS



BUILDS AUTOMATICITY

Repeating simple actions helps healthier choices become part of everyday life.



CREATES MOMENTUM

Small wins build confidence and make the next step feel more achievable.



SUPPORTS YOUR TRAINING

Better nutrition, hydration and recovery help you get more from your programme.



MAKES CHANGE SUSTAINABLE

Realistic habits are easier to maintain beyond the first 12 weeks.

YOUR FOUR-WEEK CHALLENGE

WEEK 1



CREATE A CALORIE FRAMEWORK

- ✓ Stay close to your personalised calorie target
- ✓ Reduce heavily processed foods

WEEK 2



MANAGE HUNGER

- ✓ Work towards your daily protein target
- ✓ Eat more fruit and vegetables

WEEK 3



SUPPORT YOUR ENERGY

- ✓ Drink at least two litres each day
- ✓ Reduce unnecessary added sugar
- ✓ Plan a balanced recovery meal after training

WEEK 4



MAKE IT LAST

- ✓ Practise mindful eating
- ✓ Write down your long-term goal
- ✓ Create a simple weekly plan and review



These are example habits. Your challenge can be adapted to suit your needs, preferences and starting point.



SMALL HABITS. FOUR WEEKS. A STRONGER YOU.

Build a practical foundation that supports your training, health and everyday life.

CONSISTENCY—NOT PERFECTION—CREATES MOMENTUM.

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PHASE 3 – REBUILD WEEKS 9–12

Turn your strength into real-life performance

YOUR FOCUS

- ✓ Rebuild power into real-life performance
- ✓ Improve reactions, speed & confidence
- ✓ Develop resilience & stamina
- ✓ Create lasting confidence



YOUR FOUR-WEEK ROADMAP

9

WEEK 9 – REBUILD PERFORMANCE



Apply your strength to confident, purposeful movement.

10

WEEK 10 – DEVELOP POWER



Introduce controlled speed while maintaining safe technique.

11

WEEK 11 – BUILD RESILIENCE



Challenge your capacity and recover confidently between efforts.

12

WEEK 12 – SUSTAIN & THRIVE



Bring everything together and plan how to maintain your progress.



BY THE END OF PHASE 3

You should feel more powerful, capable and confident in everyday life.



ACHIEVE & MAINTAIN RESULTS

Strength, power and resilience for the life you want to live.

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INCLUDED IN PHASE 3 — REBUILD



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NUTRITION FOR LIFE RESOURCE LIBRARY

Practical nutrition guidance you can return to for life.

This isn't another restrictive diet or course you must complete.

Use the library whenever you need clear guidance, fresh ideas or extra motivation—at your own pace and in a way that fits real life.

**LEARN WHAT WORKS. APPLY IT TO YOUR LIFE.
BUILD HABITS THAT LAST.**



WHAT YOU'LL RECEIVE



LIFETIME ACCESS

Return whenever you need support.



EXPERT VIDEO GUIDANCE

Learn from trusted professionals at your own pace.



PRACTICAL STRATEGIES

Simple actions you can use in everyday life.



EASY-TO-FIND TOPICS

Quickly find the guidance that matters to you.



BUILT FOR REAL LIFE

Flexible advice for work, weekends, meals out and holidays.

THREE SIMPLE LEVELS

Start with the essentials, understand your habits and build long-term confidence.



LEVEL 1 — FOUNDATIONS

Understand calories, protein, portions, hydration and balanced meals—and find an approach that works for you.



LEVEL 2 — PSYCHOLOGY & HABITS

Learn how behaviour, environment, planning and mindset influence everyday choices.



LEVEL 3 — LONG-TERM SUCCESS

Use practical strategies for weekends, meals out, holidays and changing goals—without giving up your social life.



NO CRASH DIETS. NO FORBIDDEN FOODS. NO NEED TO BE PERFECT.

Build a flexible approach you can maintain beyond the first 12 weeks.



KNOWLEDGE THAT LASTS. HABITS THAT FIT YOUR LIFE.

Good nutrition supports your training, energy, recovery and long-term health.

LEARN. APPLY. THRIVE.

RESTORE

REGAIN

REBUILD



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THE 12-WEEK STRONG LIFE PLAN

RESTORE MOVEMENT. REGAIN STRENGTH. REBUILD PERFORMANCE.



WHAT SUCCESS LOOKS LIKE

OVER THE NEXT 12 WEEKS

Success is not about being perfect. It is about completing the actions that matter often enough to keep moving forward.

YOU DON'T NEED TO:

- ✗ Train perfectly
- ✗ Never miss a session
- ✗ Feel motivated every day
- ✗ Lose weight every week
- ✗ Exhaust yourself
- ✗ Complete every optional activity



YOU DO NEED TO:

- ✓ Complete your daily mobility and corrective exercises
- ✓ Complete at least two strength sessions each week
- ✓ Gradually improve your nutrition habits
- ✓ Use your programmed optional activities when they support your goals and recovery
- ✓ Track your sessions and progress
- ✓ Stay as consistent as possible
- ✓ Keep moving forward



REMEMBER

Progress isn't built in one workout.
It's built through small actions
repeated over time.



SHOW UP



FOLLOW
YOUR PLAN



TRACK IT



REVIEW IT



KEEP GOING

Your plan can be adjusted when life, recovery or your needs change. Missing one session does not erase your progress.

CONSISTENCY BUILDS MOMENTUM. MOMENTUM BUILDS RESULTS.

RESTORE → REGAIN → REBUILD → LIVE LIFE ON YOUR TERMS

RESTORE

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REAL PEOPLE. REAL RESULTS.

Genuine clients. Personalised journeys. Progress built over time.

Every person starts from a different place. Their programme, pace and outcomes are individual too.



CORAL MAYCOCK

“I’m stronger, healthier and more confident than ever before.”

- ✓ Returned to the activities she enjoys
- ✓ Improved confidence
- ✓ Less shoulder discomfort



ARUN NAIR, 50

“Your encouragement and support helped me stay motivated when it mattered most.”

- ✓ Trained consistently
- ✓ Built strength
- ✓ Became more confident



LINDSEY

“I owe my fitness and health to Dave and his support, motivation and accountability.”

- ✓ Improved strength and fitness
- ✓ Built mental resilience
- ✓ Made consistent progress



KEN, 74 – GOLFER

“The Strong Life Plan has given me my life back.”

- ✓ Improved mobility
- ✓ Became stronger
- ✓ Returned to golf

PERSONALISED SUPPORT. CONSISTENT ACTION. REAL-LIFE PROGRESS.



START AT YOUR LEVEL

Your plan begins with your needs and current ability.



PROGRESS WITH SUPPORT

Coaching, reviews and adjustments help keep you moving forward.



BUILD RESULTS THAT MATTER

Move better, become stronger and keep doing what you enjoy.

Individual experiences and results vary. Training is personalised to each client's starting point, needs and consistency.

YOUR JOURNEY WILL BE YOUR OWN. YOU WON'T HAVE TO DO IT ALONE.



PHASE 1 RESTORE

Restore movement and build strong foundations.



PHASE 2 REGAIN

Regain strength, stability and resilience.



PHASE 3 REBUILD

Rebuild performance and live life on your terms.



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THE 12-WEEK STRONG LIFE PLAN

RESTORE MOVEMENT. REGAIN STRENGTH. REBUILD PERFORMANCE.



FREQUENTLY ASKED QUESTIONS

Clear answers before you decide your next step.

1



IS THIS SUITABLE IF I'M OVER 45 AND HAVEN'T EXERCISED FOR YEARS?

Yes. You'll begin at a level appropriate for your current ability and progress gradually from there.

2



WHAT IF I HAVE KNEE, BACK OR SHOULDER DISCOMFORT?

Your assessment helps me adapt your training and avoid unnecessarily aggravating movements. We train around pain—not through it—and refer when appropriate.

3



DO I NEED A GYM OR FACE-TO-FACE APPOINTMENTS?

No. This is an online programme you follow in your own time, at home or in a gym, using a small selection of suitable equipment.

4



HOW OFTEN DO I NEED TO TRAIN?

Most clients complete two or three 45–60-minute full-body strength sessions each week, alongside short mobility and corrective exercises.

5



WILL IT HELP ME LOSE WEIGHT?

Weight loss may occur, but the primary goal is better movement, strength, fitness and sustainable habits.

6



WILL I RECEIVE NUTRITION GUIDANCE?

Yes. You'll receive the 4-Week Habit Stacking Challenge and access to the Nutrition for Life Resource Library.

7



HOW IS THIS DIFFERENT FROM A STANDARD ONLINE PROGRAMME?

Your programme is shaped by your assessment and combines personalised strength training, corrective exercises, coaching, habit support and progress reviews.

8



WHAT HAPPENS AFTER THE 12 WEEKS?

You'll have the knowledge, confidence and habits needed to continue. Ongoing coaching and updated programmes are also available.

YOU DON'T HAVE TO FIGURE IT OUT ALONE. MOVE FORWARD WITH CONFIDENCE.

RESTORE

REGAIN

REBUILD



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YOUR 12-WEEK STRONG LIFE JOURNEY

START FREE. BUILD YOUR FOUNDATION. CONTINUE WHEN YOU'RE READY.



CONTINUE TO PHASES 2 & 3

VIEW THE NEXT STAGE OF THE STRONG LIFE PLAN

RESTORE

REGAIN

REBUILD



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THE 12-WEEK STRONG LIFE PLAN

RESTORE MOVEMENT. REGAIN STRENGTH. REBUILD PERFORMANCE.



YOUR STRONGER LIFE STARTS HERE.

Move better. Build strength. Live life on your terms.

Thank you for taking the time to discover the 12-Week Strong Life Plan.

When you're ready to move with greater confidence, build practical strength and invest in your long-term health and independence, I'm ready to help.

DAVID SCARBOROUGH

Advanced Personal Trainer & Pain-Free Performance Specialist
Founder, Functional Bodies

STAY CONNECTED



VISIT THE WEBSITE

www.functionalbodies.co.uk



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RESTORE MOVEMENT. REGAIN STRENGTH. REBUILD PERFORMANCE.

Physical activity can support health, fitness and wellbeing but does not replace medical care.

If you have a health condition, new symptoms or concerns about exercise, seek advice from an appropriate healthcare professional before starting.

RESTORE

REGAIN

REBUILD



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