

# WRK BY KBCC

GET **BETTER RESULTS**  
ON *your* TIME.

*User Guide*



KETTLEBELLS AND CUPCAKES

# Welcome!

So happy to have you in the WRK family!  
Have you created your account and  
downloaded your app?

(Reach out if you have any issues)

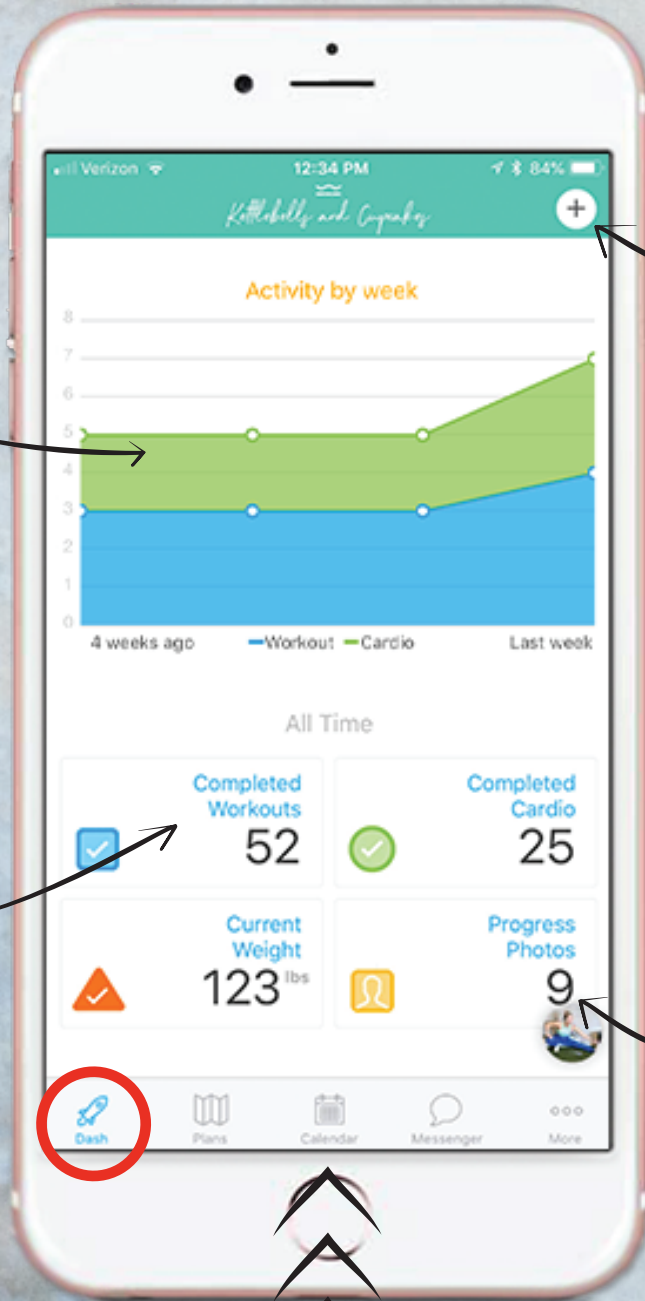
The app will show you the exact  
exercises to do, how to do them, and  
when to do them.

This guide will show you all of the app's  
features, and will teach you how to  
select the right weight for each exercise.

**Let's get started!**



# APP FEATURES-DASH



Your recent activity

Add ad hoc workouts

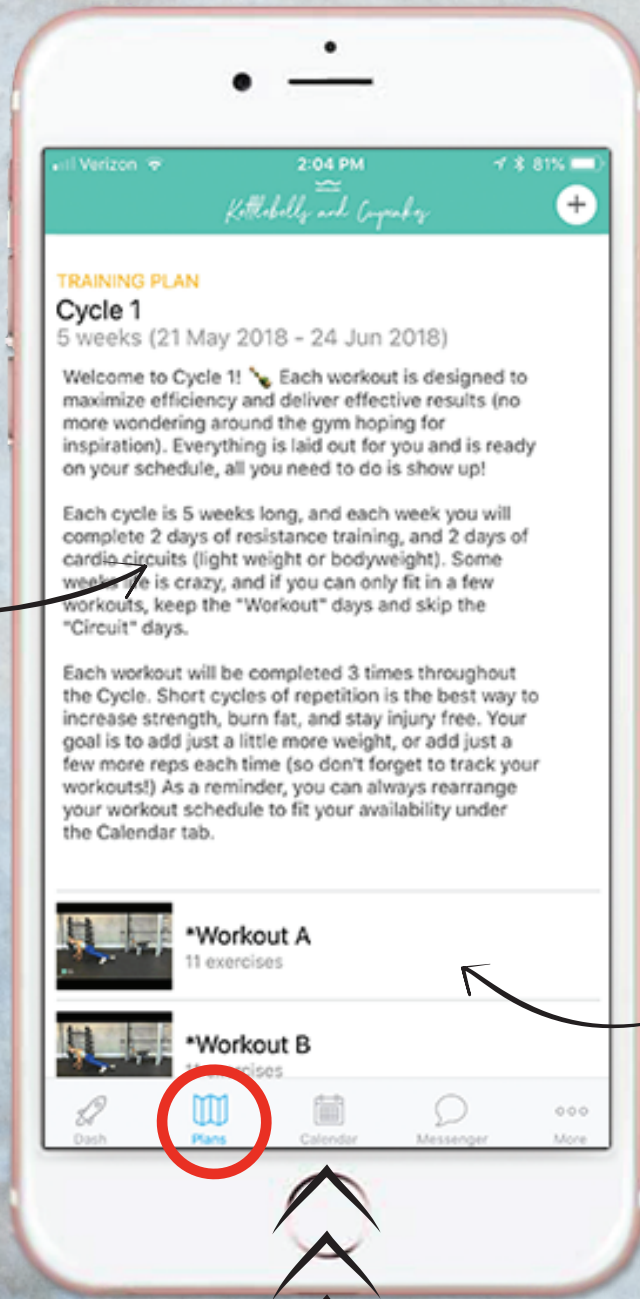
Total activity to date

Personal stats and photos

Scroll for recent personal bests and nutrition snapshot

# APP FEATURES-PLANS

*Introduction and special instructions*



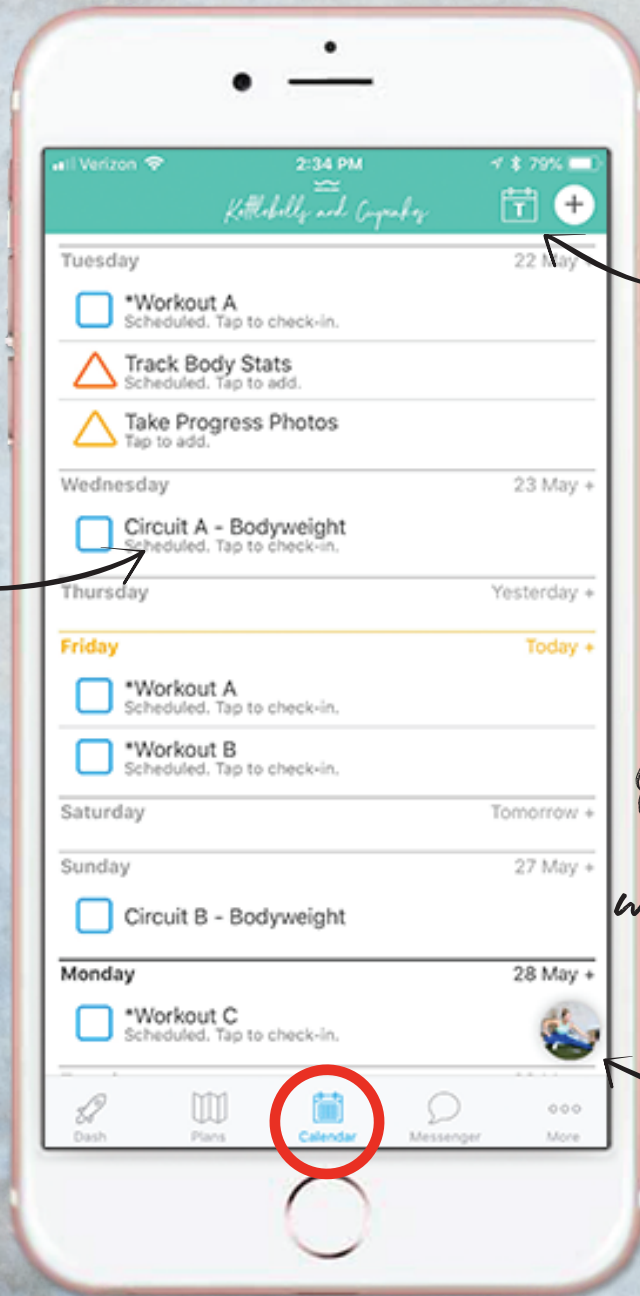
*Click on each workout to see the exercises*

*Scroll to see the rest of the workouts in this cycle*

# APP FEATURES - CALENDAR

*Planned activity for the day*

*Scroll back to today*

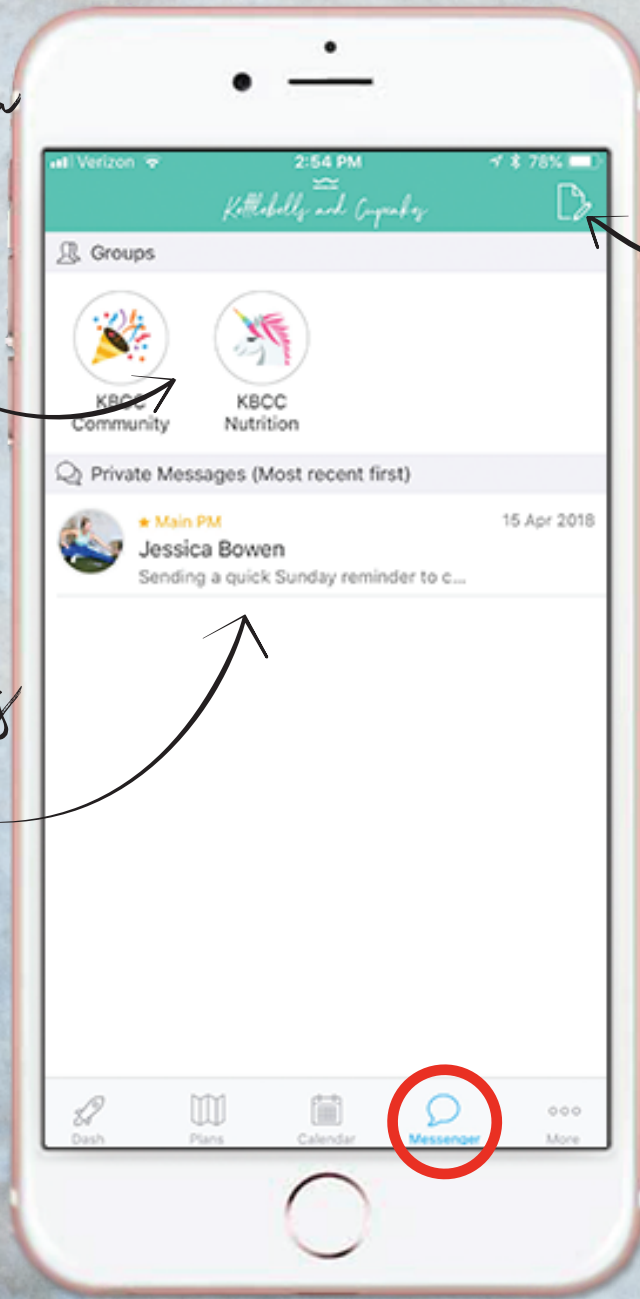


*Open up messages with your trainer*

# APP FEATURES - MESSENGER

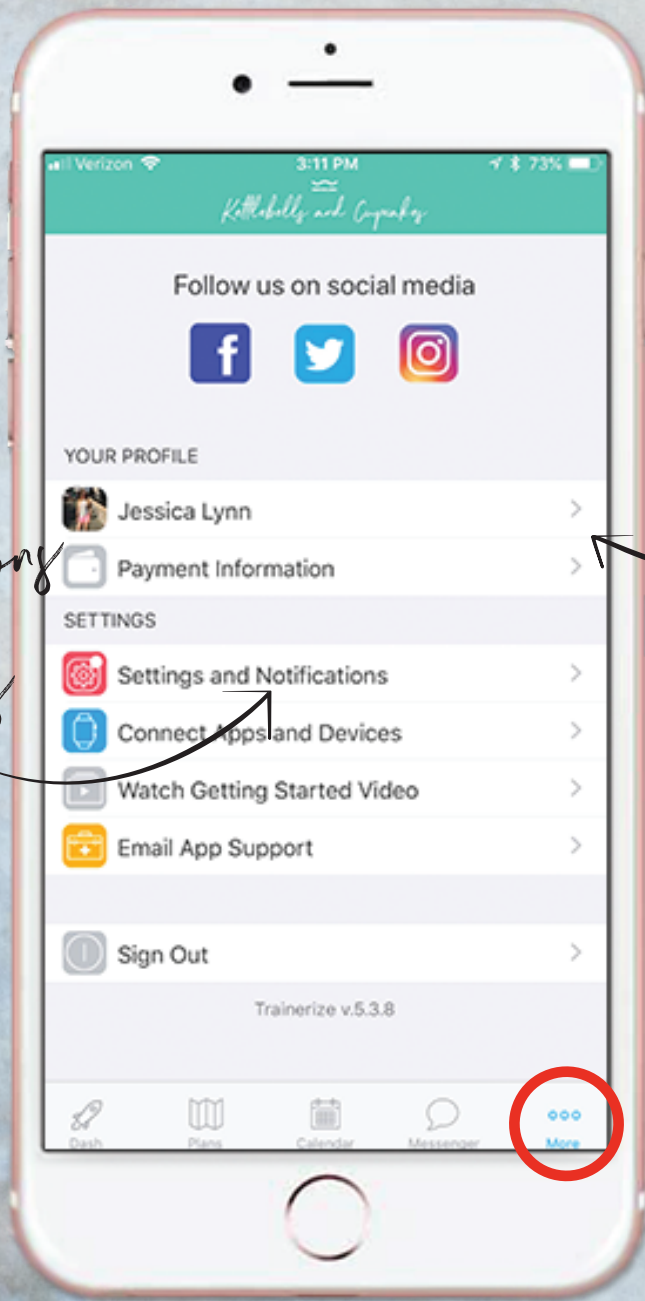
*Groups that you belong to*

*Compose new message*



*Current messages by contact*

# APP FEATURES - **MORE**



*Update notifications  
and reminders  
here*

*Update contact  
info*

# APP FEATURES - WORKOUTS

Add notes to your workout here

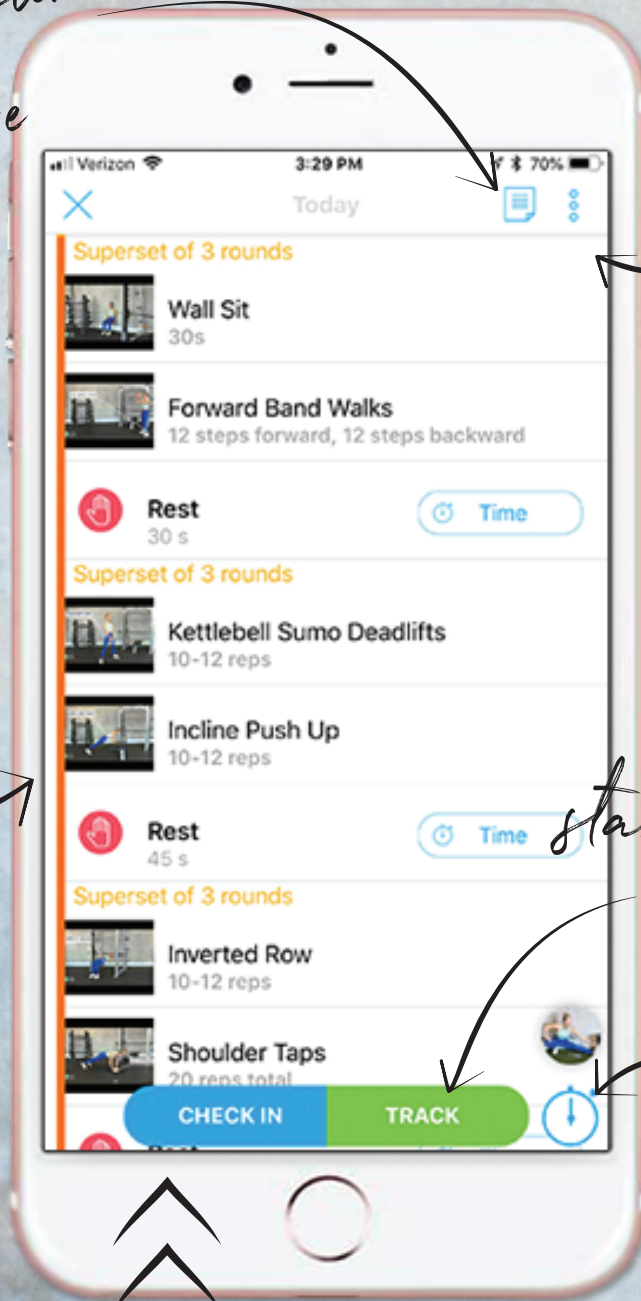
Click here to reschedule workout

Click exercise to view demo video

Click here to start your workout

You can set a timer here

Scroll to see the rest of the workout





# HOW TO SELECT WEIGHTS

*Women* almost always **underestimate the weights** they can (or should) use.

This is partly because we are afraid of bulking up, and partly because we don't want to hurt ourselves. Both are valid, but I'm here to tell you that these beliefs are holding you back from better results like losing weight, toning up, and getting stronger.

You will notice that there are no prescribed weights for the exercises in WRK. This is because fitness is personal and everyone starts in a different place. Luckily, finding the right weight for yourself is simple, and you'll pick it up in no time (pun intended).

Don't forget that **you are stronger than you think you are**, and since I won't be standing next to you at the gym forcing you to grab a heavier weight, here is a simple way to make sure you are selecting the right resistance for each exercise.

# HOW TO SELECT WEIGHTS

The first step to proper weight selection is understanding your personal Rated Perceived Exertion, or RPE for short.

RPE is an activity scale ranging from 0-10. 0 is falling asleep to Netflix, while 10 is moving a sleeper couch.

<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
Rest	Very Light (being awake)	Light (easy breathing)	Light (easily carry convo)	Moderate (breathing quickly)	Moderate (can hold short convo)	Moderate (breathing heavy)	Vigorous (short of breath)	Vigorous (can only speak a sentence)	Very Hard (uncomfortable)	Max Effort (nothing left)

You will get the most benefit if you work in the 6-10 range on each exercise. Getting this right takes time, so don't be afraid to experiment. If you complete a set and it feels too easy (below a 6), use a heavier weight for the next set.

You want the last two reps of the last set to be challenging.

# THE TRUTH ABOUT **FITNESS**

Starting a new gym routine can take you back to ninth grade on your first day on school. Your palms get a little sweaty, you hope that your new yoga pants make you look cool, and you try not to draw attention to yourself.

But it's not just you. After spending thousands of hours in the gym, I found that these ten truths apply to *everyone*.

1. If you are new to lifting weights, it may feel uncomfortable. This is normal and goes away.
2. No one is born a fitness expert.
3. Know that everyone is self conscience at the gym for one reason or another. It's not just you.
4. Everyone has a different goal. Just focus on you.
5. Boys will sometimes be boys. Ignore them.
6. Real and lasting results take way longer than it feels like they should.
7. Consistency is the most important factor to success.
8. Results come from progress and not perfection.
9. Fitness is complex. Asking for help does not mean you are inadequate at self care.
10. You are stronger than you think you are.

# Game time!

Now it's time to get to WRK!  
(see what I did there?)

Revisit your calendar tab and stick to your workouts like you would stick to a Beyoncé concert.

You got this! If you have any questions I am here for you in the messaging tab. In fact, message me now and let me know when you plan to finish your first workout.

**Let's get started!**

