Canelith

TRAINING COLLECTION

FREE SAMPLE · FAT LOSS GUIDE · HOME AND GYM

LIGHTER, STRONGER

Lose fat with a plan you can stick to: full-body strength 3 days a week, cardio at your own pace, more daily movement and good habits.

Free sample | Full Day 1 | 3 levels



INSIDE

1 The test to find your level

2 The warm-up and the final stretch

3 Day 1 at home for all 3 levels

4 The technique for every exercise of the day

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6 How to get the full guide

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Your team in this guide

You don't train alone. Each character joins you in one part of the guide and leaves you a tip.



Canela

The golden pup in the pink dress. She leads the team.

WELCOME, FREQUENTLY ASKED QUESTIONS, BEFORE YOU START: YOUR HEALTH FIRST



Minchu

The tabby cat. Curious, always asking why.

UNDERSTANDING WHAT HAPPENS IN YOUR BODY, MYTHS THAT HOLD YOU BACK, WORDS YOU'LL SEE



Merlyna

The bunny. Steady and cheerful, step by step.

WHAT REALLY MAKES THE DIFFERENCE, HOME PLAN, GYM PLAN



Thunderbolt

The turtle. Slow, but never stops.

CHOOSE YOUR LEVEL AND PROGRESS



Oliver

The gray cat who likes to lie down. Pure calm.

TECHNIQUE THAT CHANGES EVERYTHING, HABITS THAT SUPPORT YOUR PROGRESS



Bella

The black dog with curly fur. The strong one of the group.

WHAT YOU NEED



Wilson

The white and orange cat, always up and on the move.

WARM-UP, CARDIO AND STRETCHING



Technique
before weight

Consistency
before intensity

Rest
as part of the plan

WELCOME



Canela says start here: how the guide works and how to get the most out of it.

Welcome

“Lighter, stronger” is the guide for you if you want to lose fat with a plan you can stick to: full-body strength 3 days a week, cardio at your own pace and more movement during the day. You train on the days you choose, always with a rest day in between: for example Monday, Wednesday and Friday.

We won't promise you a number of pounds or a date. Every body responds differently and weight goes up and down for many reasons. What we do give you is a well-made plan to lose fat, keep your muscle and feel more energetic.

HOW TO USE THIS GUIDE

1. Read the chapters on your body, the myths and “What really makes the difference” first. They're short and save you a lot of frustration.
2. Take the level test and start at the level you get.
3. Choose your plan: home or gym.
4. Warm up before every workout; when you finish, do your cardio and stretch.
5. Track your progress with several signs, not just the scale.

Three rules: consistency before punishment, strength before exhaustion and patience before rushing.

If you have had or have a difficult relationship with food or with your body, get support from a health professional first, before following a weight-loss plan. Your well-being comes first.

A word you don't understand? At the end you'll find “Words you'll see”, with every word in the guide explained simply: p. 13. And each day of the plan comes with its own “How to read this day”.

1 · Test
take the level test

2 · Choose
home or gym

3 · Progress
level up when it's time



Thunderbolt moves slowly but never stops. Start where you are, not where you'd like to be.

Choose your level and progress

Take this test before you start, resting 2 minutes between each part. Your level is the highest row you fully meet. If you're torn between two, start with the easier one.

TEST	BEGINNER	INTERMEDIATE	ADVANCED
Chair squats in a row, with good technique	Fewer than 10	10 to 20	More than 20
Push-ups with your hands on a sturdy table or counter	Fewer than 8	8 to 15	More than 15
Forearm plank, without your hips sagging	Less than 20 s	20 to 45 s	More than 45 s

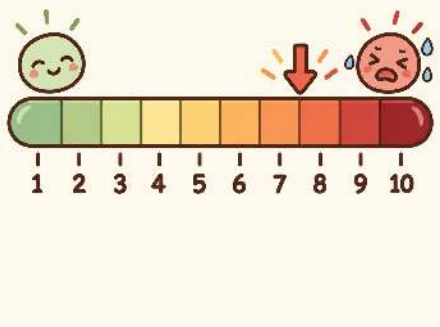
TEST	BEGINNER	INTERMEDIATE	ADVANCED
Brisk walking without stopping	Less than 15 min	15 to 30 min	More than 30 min

WHAT CHANGES BETWEEN LEVELS

	BEGINNER	INTERMEDIATE	ADVANCED
Sets per exercise	2	3	3 to 4
Reps	10 to 12	10 to 15	8 to 12
Rest between sets	60 to 90 s	60 to 75 s	60 to 90 s
Weight	Your body weight and a band	Band or light dumbbells	Heavier dumbbells or a strong band
Exercises	Supported versions	Weight and single-leg exercises are added	More single-leg work and pauses

How much weight should I use? The effort scale: after each set, ask yourself how many more reps you could do with good technique. That answer tells you whether the weight is right.

EFFORT	HOW IT FEELS	WHEN TO USE IT
5 to 6 out of 10	You have 4 or more reps left.	Warm-up, first week and deload week.
7 to 8 out of 10	You have 2 or 3 reps left.	Most of your sets.
9 out of 10	You have 1 rep left.	Only the last set of an exercise, now and then, at intermediate and advanced.
10 out of 10	You can't do a single one more.	Optional, intermediate and advanced only: the last set of a machine or single-muscle exercise.



If you have more than 4 reps left, go up in weight. If you can't reach the bottom of the range, go down.

What about going to failure? What helps muscle grow most is ending your sets **close** to failure, with 1 to 3 reps in reserve. Going to failure (when you can't do a single one more) doesn't build more muscle than stopping 1 or 2 reps short, but it's much more tiring and makes it harder to recover for your next session. You don't need it to get stronger either: stopping 2 or 3 reps short with a challenging weight is enough. That's why in this guide:

- **Most of your sets:** 7 to 8 out of 10 (2 or 3 reps left).
- **The last set of an exercise:** you can go up to 9 out of 10 (1 rep left).
- **Failure (10 out of 10), only if you want and only at intermediate and advanced:** on the last set of machine or single-muscle exercises, like biceps curls, lateral raises, leg extensions or machine hamstring curls. With perfect technique to the very last rep.
- **Never to failure:** on squats, deadlifts or barbell presses, if you're a beginner, or if you train without anyone to help you with a barbell over you.

When to level up: when you complete all the sets and reps for your level with good technique for 2 weeks in a row, and you recover well for the next workout.

When to step down: if you feel joint pain, dizziness or fatigue that doesn't go away from one day to the next, or if you lose your technique on the last reps.

Your block plan (12 weeks): the plan moves forward in 3 blocks of 4 weeks. In each block you push a little more and finish with an easy week so your body recovers and you come back stronger.

WEEK	WHAT YOU DO	EFFORT
1	Learn or review the technique and find your weight. Write it down.	6 to 7 out of 10
2	Add reps within the range.	7 to 8 out of 10
3	Add a set or a little weight.	7 to 8 out of 10
4 · Deload	Half the sets, with your week 1 weight.	5 to 6 out of 10
5 to 8	Repeat the block, starting from what you reached in week 3.	Same as above
9 to 12	Repeat once more. In week 12, retake the level test.	Same as above

IF YOU MISS SESSIONS OR TAKE A BREAK

- **You missed a day:** carry on with the day that was next. Don't do two sessions on the same day to catch up.
- **You stopped for 1 or 2 weeks:** come back with one fewer set per exercise and a bit less weight. In a week or two you'll be back where you were.
- **You stopped for a month or more:** retake the level test and start at the level you get.
- **You got sick:** with a fever, aches all over or a chesty cough, don't train. With a mild cold and no fever, you can walk or do an easy session.

OTHER WAYS TO MAKE IT HARDER WITHOUT CHANGING LEVEL

- Add weight (band, dumbbell or a full bottle).
- Do more reps within the range.

- Rest a little less between sets, without losing your technique.
- Add 5 minutes to your cardio or 1,000 steps to your daily walk.
- Switch to the single-leg version.



Thunderbolt's tip: increase only one thing at a time: the weight, the reps or the cardio. That way your body adapts without getting worn out.

Your log: write down each exercise with the weight and reps of every set. If you go up a little each week, you're on the right track.

EXERCISE	WEEK 1	WEEK 2	WEEK 3
Example: goblet squat	8 kg (18 lb) · 12, 12, 11	8 kg (18 lb) · 13, 12, 12	10 kg (22 lb) · 12, 11, 11

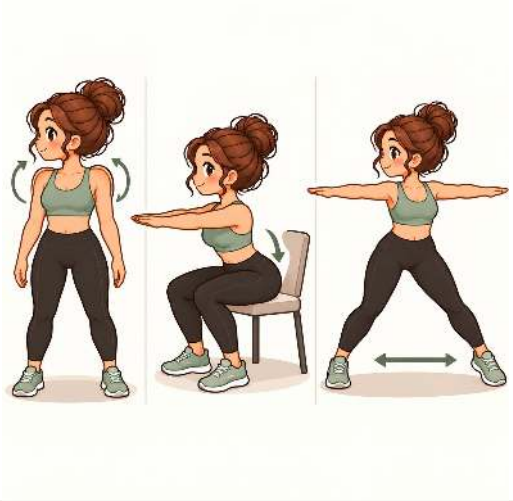
Read it like this: "8 kg (18 lb) · 12, 12, 11" is the weight you used and the reps you did in each set.



Wilson never starts cold and never leaves without stretching.

Warm-up, cardio and stretching

Warm-up (8 to 10 min, all levels)



1 MOBILITY — 3 min



Shoulder and arm circles 1 min

30 s forward and 30 s backward, starting small and finishing with your arms straight.



Hip circles 1 min

Hands on your waist, big circles, 30 s in each direction.



Standing trunk twists 1 min

Arms loose, turn your torso from side to side. Your hips face forward.

2 ACTIVATION — 4 min



Chair squat 1 min
Slow, touching the chair with your hips and standing up without sitting all the way.



Glute bridge 1 min
Slow, squeezing for 1 second at the top.



Band row 1 min
Band anchored at chest height, drive your elbows back, squeezing your shoulder blades.



Dead bug 1 min
On your back, stretch one arm and the opposite leg without your lower back leaving the floor; alternate.

3 RAISE YOUR HEART RATE — 2 to 3 min



High knee march 1 min
March on the spot, bringing your knees up to hip height and moving your arms.



Side steps with arm raises 1 min
Step to the side and bring your feet together, raising and lowering your arms. No jumping.



Easy jumping jacks 1 min
Intermediate and advanced only. At half speed.

Your warm-up is done when your body feels warm, you're breathing a little faster and you can still talk.

Final stretch (5 min)



1. **Standing quad**
holding on to a wall, bring your heel toward your butt and hold your ankle. 30 s per side.



2. **Lying figure 4**
on your back, cross one ankle over the opposite knee and pull that leg toward your chest. 30 s per side.



3. **Hamstring stretch**
on your back, raise one straight leg and hold it with your hands or a towel. 30 s per side.



4. **Chest against the wall**
rest your forearm on a wall with your elbow at shoulder height and gently turn your body the other way. 30 s per side.



5. **Child's pose**
kneeling, sit back on your heels and stretch your arms forward. 30 s.



Wilson's tip: use the stretch to slow down. Breathe slowly and deeply; this is when your body switches from “training mode” to “recovery mode”.



Merlyna trains 3 days a week, on the days you choose, with a rest day in between.

Home plan

You train 3 days a week, with a rest day in between. Each day works your whole body with one leg exercise, one push, one pull, one for your hips or glutes and one for your abs.

HOW EACH DAY WORKS

1. Warm up for 10 minutes.
2. Do the day's 5 exercises in order. Finish all the sets of one exercise before moving on to the next.
3. Rest between sets as your level says.
4. Do the cardio for your level.
5. Stretch for 5 minutes.

Short on time? Do the 5 exercises back to back, with no rest between them, and rest at the end of the round. Repeat as many rounds as the sets for your level.

LEVEL	SETS	REPS	REST BETWEEN SETS	APPROX. TIME
BEGINNER	2	10 to 12	60 to 90 s	40 min with cardio
INTERMEDIATE	3	10 to 15	60 to 75 s	50 min with cardio
ADVANCED	3 to 4	8 to 12	60 to 90 s	60 min with cardio

In single-leg or single-arm exercises, the reps are per side. In isometric exercises, you hold for the time shown.

Sample week: Monday Day 1, Wednesday Day 2, Friday Day 3; Tuesday and Saturday, a walk or a bike ride; Thursday and Sunday, rest, with an easy walk if you like.

WHAT YOUR WEEK LOOKS LIKE

	M	T	W	T	F	S	S
EXAMPLE 1	Day 1	Rest	Day 2	Rest	Day 3	Rest	Rest
EXAMPLE 2	Rest	Day 1	Rest	Day 2	Rest	Day 3	Rest
5 DAYS	Day 1	Easy cardio and core	Day 2	Cardio and mobility	Day 3	Rest	Rest

Want to move Monday to Friday? Do strength 3 days and, on the days in between, 30 to 40 minutes of easy cardio (brisk walking, cycling or the elliptical) and 10 minutes of mobility or abs. Don't do full-body strength two days in a row: muscle needs about 48 hours to recover.

Pick the 3 days that suit you best, always with a rest day between them.

DAY 1 Squat, push and pull

legs, chest and back

Squat: lowering your hips as if to sit down, then standing back up.

Push: moving the weight away from your body, as in a push-up or a press.

How to read this day: find the column for your level. Do the exercises in order, from top to bottom, and finish all the sets of one before moving on to the next. At the top of each column you'll find your sets, reps, rest and what weight to use. "3 × 12 to 15" means 3 sets of 12 to 15 reps. How to do each exercise, step by step, is in the catalog: the page number is next to each one. A word you don't know? Look it up in "Words you'll see", p. 13.

BEGINNER

2 sets × 10 to 12 reps · rest 60 to 90 s
Weight: Your body weight and a band



1. **Chair squat** — TECHNIQUE P. 11



2. **Wall push-up** — TECHNIQUE P. 11



3. **Band row** — TECHNIQUE P. 11



4. **Glute bridge** — TECHNIQUE P. 12



5. **Dead bug** — TECHNIQUE P. 12

INTERMEDIATE

3 sets × 10 to 15 reps · rest 60 to 75 s
Weight: Band or light dumbbells



1. **Goblet squat** — TECHNIQUE P. 11



2. **Incline push-up** — TECHNIQUE P. 11



3. **Single-arm dumbbell row** — TECHNIQUE P. 12



4. **Couch hip thrust** — TECHNIQUE P. 12



5. **Plank 30 s**

ADVANCED

3 to 4 sets × 8 to 12 reps · rest 60 to 90 s
Weight: Heavier dumbbells or a strong band



1. **Goblet squat with pause at the bottom** — TECHNIQUE P. 11



2. **Push-up** — TECHNIQUE P. 11



3. **Renegade row** — TECHNIQUE P. 12



4. **Single-leg hip thrust** — TECHNIQUE P. 12



5. **Plank with opposite arm and leg** — TECHNIQUE P. 12

Tip: in the squat, sit back as if you were reaching for a chair. If your heels lift off the floor, don't go as low.

Intense finisher (optional)

If you want to finish with something that makes you sweat, at the end of your workout do these 4 exercises back to back: 30 seconds all out and 20 seconds of rest between each one. That's one round. Do 2 rounds. Skip it if something hurts that day or you slept very badly.

BEGINNER	INTERMEDIATE	ADVANCED
 1 High knee march	 1 Jumping jacks	 1 Burpee with jump-out
 2 Front punches (boxing)	 2 Skater	 2 Jump squat
 3 Air squat	 3 Mountain climbers	 3 Mountain climbers + burpee
 4 Side steps with arm raises	 4 Jump squat	 4 Skater

Merlyna shows every exercise with its illustration, how to do it and the most common mistake.

Exercise catalog

Each exercise explains how to do it and the most common mistake.

Home



Chair squat

Feet shoulder-width apart. Push your hips back until you touch the chair and stand up without sitting all the way.

Common mistake: Letting your knees cave in.



Goblet squat

Hold a dumbbell close to your chest. Go as low as you can with a straight back and stand up pushing through your heels. With a pause: hold 2 s at the bottom.

Common mistake: Lifting your heels off the floor.



Wall push-up

Standing facing the wall, hands at chest height and slightly wider than your shoulders. Bend your elbows to bring your chest close and push.

Common mistake: Letting your hips sag or sticking your butt out.



Incline push-up

Like the push-up, with your hands on a table, a counter or the edge of the couch. The lower the support, the harder it is.

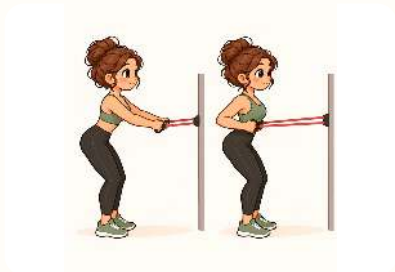
Common mistake: Flaring your elbows out to the sides; they go at about 45° from your body.



Push-up

On the floor, hands under your shoulders and body in a straight line. Lower until your chest is close to the floor and push. If you can't yet, put your knees down.

Common mistake: Letting your hips sag or only lowering your head.



Band row

Band anchored at chest height, standing or sitting. Pull, driving your elbows back, and squeeze your shoulder blades.

Common mistake: Shrugging your shoulders up to your ears.



Single-arm dumbbell row

One hand and one knee on a chair or bench, back straight. Lift the dumbbell toward your hip with your elbow tucked in.

Common mistake: Twisting your torso to lift the weight.



Renegade row

In a high plank with your hands on dumbbells and your feet apart. Lift one dumbbell toward your hip, lower it and alternate.

Common mistake: Rocking your hips from side to side.



Glute bridge

On your back, knees bent and feet hip-width apart. Lift your hips until you make a line from knees to shoulders and squeeze at the top for 1 s.

Common mistake: Arching your lower back instead of squeezing your glutes.



Couch hip thrust

Upper back resting on the edge of the couch, feet on the floor. Lower your hips and lift them until your body is flat like a table, chin tucked.

Common mistake: Resting your lower back on the couch instead of the bottom of your shoulder blades.



Single-leg hip thrust

Like the couch hip thrust, with one leg in the air. Lift with the planted leg.

Common mistake: Rotating your hips toward the free leg.



Dead bug

On your back, arms up to the ceiling and knees at 90°. Stretch one arm back and the opposite leg forward without your lower back leaving the floor; alternate.

Common mistake: Arching your lower back as you stretch.



Plank with opposite arm and leg

In a high plank, reach one arm forward and the opposite leg back; hold 1 s and alternate.

Common mistake: Rotating your hips.



Canela says your health always comes first.

Before you start: your health first

This guide is for healthy people who want to train on their own; it doesn't replace an assessment by a doctor, a dietitian or a trainer. Check with a professional before you start if:

- You're pregnant or gave birth less than 6 months ago.
- You have diabetes, high blood pressure or a heart condition.
- You take medication that affects your weight, blood sugar or blood pressure.
- You have knee, hip or back pain, or a recent injury or surgery.
- You have had or have a difficult relationship with food.
- You haven't exercised in a long time.

Stop right away if you feel dizzy or have chest pain, shortness of breath that doesn't go away or sharp pain in a joint. Muscle soreness in the following days is normal; stabbing pain is not.



Minchu explains every unusual word in the guide.

Words you'll see

If a word in the guide isn't clear, look it up here.

WORD	WHAT IT MEANS
Rep	Doing the movement once, all the way, for example going down and up in a squat.
Set	A group of reps done in a row, without stopping. “3 × 12” means 3 sets of 12 reps.
Range	The numbers you work between. “10 to 12” means at least 10 and at most 12.
Rest between sets	The time you wait between one set and the next of the same exercise.
Effort 8 out of 10	How hard the set was. At 8 out of 10 you have about 2 more reps left with good technique.
Failure	When you can't do a single more rep with good technique. Getting close to failure helps you grow; reaching failure doesn't build more muscle and is more tiring. In this guide it's optional and only for machine or single-muscle exercises.
Main exercise	The heaviest exercise of the day at the gym. It goes first, when you have the most energy, and gets more rest.
Accessory exercises	The ones that complete the day after the main exercise, with less weight and more reps.
Warm-up sets	Short sets with light weight before the main exercise, to get your technique ready. They don't count as your sets.
Superset	Two exercises back to back, with no rest between them. You rest after finishing both.
Isometric	You hold still in one position and the muscle works without moving, like in a plank.

WORD	WHAT IT MEANS
Pause	Holding still for 1 or 2 seconds at the hardest point of the movement.
Single leg or single arm	The exercise is done one side at a time. The reps are per side.
Hip hinge	Bending from the hips, pushing your butt back with a straight back, like in the Romanian deadlift.
Core	Your abs, waist and lower back: the area that keeps your torso firm.
Progressive overload	Gradually adding reps, sets or weight so your body keeps improving.
Deload week	An easy week every 4, with fewer sets and less weight, to recover.
Talk test	A way to tell if your cardio is moderate: you can say short sentences, but you can't sing.
Moderate cardio	Cardio at a pace where you can say short sentences, but you can't sing.
Intervals	Alternating fast and easy stretches, for example 1 minute fast and 2 minutes easy.
Daily steps	All the steps you take in a day, counted with your phone or a watch.

Canela: this is a sample. The full guide takes you through 12 weeks, step by step.

Did you like Day 1? Get the full guide

Lighter, stronger includes the 3 home days and the 3 gym days for all 3 levels, the test to find your level, how to level up, the 12-week plan, the technique for every exercise with its illustration, habits, frequently asked questions and your printable log.

9 USD at **canelith.com/en/shop** → Training · or all 6 guides in the **Training pack**.

Want a routine built just for you? Book your **initial assessment** with our coach at **canelith.com/en**, Training section.



"Your body doesn't change in a day. It changes with every day you choose to come back."

Come back to this guide every time you level up. And if you want a plan made just for you, ask for **personal training** at **canelith.com/en**.

Canelith · Done well. Explained clearly.

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This guide is for information only and doesn't replace an assessment by a doctor, physical therapist or trainer.