

THE
HIDEAWAY
TRAINING HUB
Starter Pack

TRACK YOUR PROGRESS. BUILD CONFIDENCE.
TRAIN WITH PURPOSE.



BUILD STRENGTH



BOOST CONFIDENCE



TRACK PROGRESS



SEE RESULTS

YOU. YOUR JOURNEY. YOUR STRONGEST SELF. ♥



WELCOME TO

The Hideaway Training Hub ♥

Welcome to your Hideaway Training Hub Starter Pack ♥

I'm so pleased you're here.

This workbook has been designed to help you get the most from your training by giving you a place to set goals, track your progress, celebrate your wins, and build confidence along the way.

Strength training doesn't need to feel complicated. You don't need the perfect workout, the perfect week, or the perfect routine to make progress.

The women who see the best results are often those who focus on the basics, stay consistent, and keep showing up.

Use this workbook throughout your 6-week training block to stay focused, motivated, and connected to your goals.

Remember, progress isn't only measured by the scales. Confidence, strength, energy, consistency, and feeling good in your own skin matter too.

Laura ♥

HER FITNESS HIDEAWAY



WHAT'S INSIDE



GOAL SETTING WORKSHEET

Set meaningful 6-week goals and create a plan to achieve them.



PROGRESS JOURNAL

Track your journey, wins, and non-scale victories.



STRENGTH TRACKER

Record key exercises and measure your strength gains.



WORKOUT LOG SHEETS

Log your workouts, sets, reps and weights to stay progressive.



EXERCISE SUBSTITUTION GUIDE

Find alternative exercises when equipment isn't available.



PROGRESSIVE OVERLOAD GUIDE

Simple strategies to help you get stronger week after week.



6 WEEK REFLECTION

Reflect on your progress and set yourself up for the next block.

♥ *Small actions repeated consistently create remarkable results.* ♥



HOW TO USE *This Workbook*

This workbook is your training companion for the next 6 weeks. 

It's here to help you stay organised, track your progress, and keep you motivated as you build strength, confidence, and consistency.

There's no right or wrong way to use it, but here's a guide to get the most from each section.



♥ HOW IT WORKS ♥



1. GOAL SETTING WORKSHEET

Start by setting your intentions for this 6-week block. Clear goals give you direction and something to work towards.



2. PROGRESS JOURNAL

Track your journey throughout the block. Record key milestones, non-scale victories, and how you're feeling.



3. STRENGTH TRACKER

Monitor your lifts and note your personal bests. This helps you see your strength improvements over time.



4. WORKOUT LOG SHEETS

Use these during each workout to log your exercises, sets, reps and weights. This helps you stay accountable and progressive.



5. EXERCISE SUBSTITUTION GUIDE

If equipment is unavailable or you need a variation, use this guide to find the best alternative.



6. PROGRESSIVE OVERLOAD GUIDE

Simple strategies to help you keep challenging your body and continue getting stronger each week.



7. 6 WEEK REFLECTION

At the end of the block, reflect on your progress, celebrate your wins, and set yourself up for the next one.

Progress 
NOT PERFECTION

Just keep showing up for yourself, and the results will follow. 



WHY THIS WORKBOOK

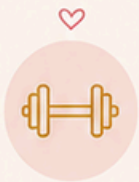
Will Help You ♥

This workbook isn't just about tracking workouts. It's about building a stronger, more confident you one choice, one rep, and one day at a time.

When you write things down, you bring awareness to your actions. You see your progress. You stay accountable. And most importantly, you remind yourself that you are capable of more than you think.



♥ WHAT YOU'LL GAIN ♥



CLARITY

Set clear goals and create a plan that keeps you focused.



PROGRESS

Track your strength, improvements, and celebrate your wins.



ACCOUNTABILITY

Stay consistent and show up for yourself every week.



CONFIDENCE

Build confidence in the gym and believe in what you're capable of achieving.



MINDSET

Develop a positive mindset and stay motivated through the ups and downs.



RESULTS

Create lasting results that go beyond the scales.

A REMINDER FOR YOUR JOURNEY ♥



Be patient

Progress takes time.
Trust the process.



Be consistent

Small steps every day
lead to big changes.



Be kind to yourself

You are allowed to
have off days. Keep
going.



Be proud

Every effort you make
is moving you forward.



You don't have to be perfect to make progress.
YOU JUST HAVE TO BE CONSISTENT.





PROGRESS

Journal

Track your starting point, celebrate your wins, and watch your progress unfold. 



START DATE:



END DATE (6 WEEKS):

MY STARTING POINT



Starting Weight



Body Measurements
(optional)



Starting Photos
(front / side / back)



Current Activity
Levels



How I'm
Feeling



Notes

MY WHY

Why did you start this 6-week block?
What do you want to achieve?



I AM DOING THIS FOR...



WHAT I WANT TO ACHIEVE IN THIS 6-WEEK BLOCK



STRENGTH GOALS



PHYSIQUE GOALS



LIFESTYLE GOALS



PERSONAL GOALS



Remember:

Progress is more than a number on the scales.
It's how you show up, how you feel, and how you grow. 



STRENGTH

Tracker

Track your key lifts and reps to see your strength improve over time. 



START DATE: _____



WEEK: _____



END DATE (6 WEEKS): _____

EXERCISE	BASELINE (WEEK 1)	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6	PERSONAL BEST
 _____ SETS: _____ REPS: _____	WEIGHT: _____ REPS: _____	WEIGHT: _____ REPS: _____	WEIGHT: _____ REPS: _____	WEIGHT: _____ REPS: _____	WEIGHT: _____ REPS: _____	WEIGHT: _____ REPS: _____	WEIGHT: _____ REPS: _____
 _____ SETS: _____ REPS: _____	WEIGHT: _____ REPS: _____	WEIGHT: _____ REPS: _____	WEIGHT: _____ REPS: _____	WEIGHT: _____ REPS: _____	WEIGHT: _____ REPS: _____	WEIGHT: _____ REPS: _____	WEIGHT: _____ REPS: _____
 _____ SETS: _____ REPS: _____	WEIGHT: _____ REPS: _____	WEIGHT: _____ REPS: _____	WEIGHT: _____ REPS: _____	WEIGHT: _____ REPS: _____	WEIGHT: _____ REPS: _____	WEIGHT: _____ REPS: _____	WEIGHT: _____ REPS: _____
 _____ SETS: _____ REPS: _____	WEIGHT: _____ REPS: _____	WEIGHT: _____ REPS: _____	WEIGHT: _____ REPS: _____	WEIGHT: _____ REPS: _____	WEIGHT: _____ REPS: _____	WEIGHT: _____ REPS: _____	WEIGHT: _____ REPS: _____
 _____ SETS: _____ REPS: _____	WEIGHT: _____ REPS: _____	WEIGHT: _____ REPS: _____	WEIGHT: _____ REPS: _____	WEIGHT: _____ REPS: _____	WEIGHT: _____ REPS: _____	WEIGHT: _____ REPS: _____	WEIGHT: _____ REPS: _____



NOTES & WINS

Use this space to note any improvements, personal bests or moments you're proud of.




NON-SCALE VICTORIES

Strength isn't just about numbers. Celebrate the wins that matter.




Consistency builds strength.
KEEP SHOWING UP FOR YOURSELF. 





♡♡♡♡♡



EXERCISE

Substitution Guide

Remember, the goal isn't to perform one specific exercise.

The goal is to train the intended muscle groups and movement patterns effectively.

If equipment is unavailable, an exercise doesn't feel comfortable, or you simply need an alternative, use the suggestions below. ♥

MOVEMENT PATTERN	ORIGINAL EXERCISE	ALTERNATIVE 1	ALTERNATIVE 2
 Squat	Barbell Back Squat	Goblet Squat	Leg Press
 Lunge	Bulgarian Split Squat	Reverse Lunge	Walking Lunge
 Hinge (Posterior Chain)	Barbell Romanian Deadlift (BB RDL)	Dumbbell Romanian Deadlift (DB RDL)	Back Extension
 Deadlift	Conventional Deadlift	Romanian Deadlift	Rack Pull
 Hip Extension (Glutes)	Hip Thrust	Glute Bridge	Glute Drive
 Pull Through (Glutes/Hamstrings)	Cable Pull Through	Romanian Deadlift	Back Extension
 Lower Back	Back Extension	Romanian Deadlift	Cable Pull Through
 Hamstring Curl	Seated Leg Curl	Lying Leg Curl	Stability Ball Hamstring Curl
 Quad Extension	Leg Extension	Spanish Squat	Goblet Squat
 Hip Abduction	Hip Abduction Machine	Banded Abductions	Cable Hip Abduction
 Vertical Pull	Lat Pulldown	Assisted Pull Up	Neutral Grip Pull Up
 Horizontal Pull	Seated Cable Row	Chest Supported Row	Single Arm Dumbbell Row
 Upper Back Row	Barbell Bent Over Row	Chest Supported Row	Seated Cable Row

MOVEMENT PATTERN	ORIGINAL EXERCISE	ALTERNATIVE 1	ALTERNATIVE 2
 Horizontal Push	Chest Press Machine	Dumbbell Bench Press	Push Up
 Incline Push	Incline Dumbbell Press	Incline Flys	Push Up (Hands Elevated)
 Vertical Push	Shoulder Press Machine	Dumbbell Shoulder Press	Landmine Press
 Lateral Raise	Lateral Raise	Cable Lateral Raise	Machine Lateral Raise
 Tricep Extension (Pushdown)	Tricep Pushdown	Single Arm Push Down	Dips
 Tricep Extension (Overhead)	Overhead Tricep Extension (DB)	Single Arm Tricep Extension	Overhead Tricep Extension (Cable)
 Bicep Curl	Barbell Bicep Curl	Dumbbell Curl	Cable Curl
 Push Up	Push Up	Chest Press Machine	Dumbbell Bench Press
 Core Stability	Plank	Dead Bug	Bird Dog
 Anti-Extension	Dead Bug	Plank	Bird Dog
 Anti-Rotation	Pallof Press	Side Plank	Suitcase Carry
 Core Strength	Cable Crunch	Reverse Crunch	Dead Bug
 Calf Raise	Standing Calf Raise	Seated Calf Raise	Leg Press Calf Raise

COMMON REASONS TO SUBSTITUTE ♥

 Equipment unavailable	 Limited mobility
 Injury considerations	 Gym busy
 Confidence level	 Home training

QUICK TIPS FOR SUCCESS ♥

- ♥ Prioritise movement patterns over specific exercises.
- ♥ If a machine is busy, don't skip the workout—use an alternative.
- ♥ Focus on good technique before increasing weight.
- ♥ Choose exercises that feel comfortable and allow you to train consistently.
- ♥ The best exercise is often the one you can perform safely, confidently, and consistently.



A REMINDER ♥
The goal isn't to perform a specific exercise.
The goal is to train the movement pattern and muscles effectively.



Different exercises. **SAME GOAL.**

PROGRESSIVE Overload Guide

Progressive overload simply means gradually challenging your body more over time so it has a reason to adapt, get stronger and change.

Small, consistent improvements lead to big results.

There are multiple ways to progressively overload your training.
Use the methods below to continue making progress. ♥



6 WAYS TO PROGRESS



1. INCREASE WEIGHT

Add more weight to the bar, dumbbells or machine.



EXAMPLE:

You did 10 reps with 20kg.
Next time, try 22.5kg for the same reps.



2. INCREASE REPS

Do more repetitions with the same weight.



EXAMPLE:

You did 8 reps last week.
Aim for 9–10 reps this week.



3. INCREASE SETS

Add an extra set to increase total training volume.



EXAMPLE:

You did 3 sets.
Next time, try 4 sets.



4. IMPROVE TECHNIQUE

Better technique leads to better results and allows you to lift more safely.



EXAMPLE:

Focus on slowing the tempo or improving your range of motion.



5. INCREASE TIME UNDER TENSION

Slow down the movement to increase the challenge.



EXAMPLE:

Try a 3–1–2 tempo (3 sec down, 1 sec pause, 2 sec up).



6. REDUCE REST TIME

Shorter rest periods increase intensity and build conditioning.



EXAMPLE:

Reduce rest from 90 seconds to 60 seconds between sets.

TRACK YOUR PROGRESS ♥

Tracking your workouts helps you stay accountable and ensures you're consistently progressing.

- ✓ Write down your weights, reps and sets.
- ✓ Review your notes weekly.
- ✓ Aim to improve in at least one area each week.
- ✓ Celebrate the small wins!



THINGS TO REMEMBER ♥

- ♥ Progress takes time. Be patient and stay consistent.
- ♥ Focus on quality over quantity.
- ♥ Listen to your body and allow time to recover.
- ♥ Nutrition, sleep and stress management all play a big role in your progress.
- ♥ Everyone progresses at their own pace.
- ♥ Compare yourself to your past self, not to others.



Consistency OVER PERFECTION.

Keep showing up, keep pushing forward and trust the process.
You've got this! ♥



6 WEEK Reflection

Take the time to celebrate how far you've come. Reflection helps you recognise your progress, acknowledge your effort and stay motivated for what's next. ♥



LOOKING BACK ON YOUR 6 WEEKS



1. WHAT AM I MOST PROUD OF?

What are you most proud of achieving over the past 6 weeks?



2. BIGGEST ACHIEVEMENT

What is your biggest achievement from this 6 week block?



3. WHAT FELT EASIER?

Are there any exercises, workouts or habits that feel easier now compared to day 1?



4. WHAT DID I LEARN?

What have you learned about your body, your training or yourself?



5. HOW HAVE I GROWN?

How have you grown physically, mentally or emotionally?



6. WHAT WILL I FOCUS ON NEXT?

What are you going to focus on in your next 6 week block?



RATE YOUR PROGRESS ♥

On a scale of 1-10, how would you rate:

My consistency	1 2 3 4 5 6 7 8 9 10
My strength	1 2 3 4 5 6 7 8 9 10
My fitness	1 2 3 4 5 6 7 8 9 10
My mindset	1 2 3 4 5 6 7 8 9 10
My overall progress	1 2 3 4 5 6 7 8 9 10

WHAT I WANT TO REMEMBER ♥

List key moments, lessons or wins you never want to forget from this 6 week block.



Remember:

Progress isn't always linear, but every small step forward counts. You showed up for yourself. You should be so proud.



NON-SCALE Victories

The scale is just one small piece of the puzzle.
Real progress shows up in so many other ways.

Celebrate the wins that matter most. ♥



WINS THAT GO BEYOND THE SCALE ♥

Think about how you've felt, what you've noticed and how your life has improved.

You're doing better than you think. ♥



ENERGY

Do you have more energy
throughout the day?



CONFIDENCE

Do you feel more confident
in yourself?



STRENGTH

Are you feeling stronger
in the gym and in daily life?



MOOD

Has your mood or
outlook improved?



SLEEP

Is your sleep quality
better?



CONSISTENCY

Are you showing up more
consistently?



GYM CONFIDENCE

Do you feel more confident
in the gym?



OTHER WINS

Any other wins you're
proud of?



LOOK HOW FAR YOU'VE COME ♥

Write a few sentences to remind yourself
of everything you've achieved, big or small.

*Progress isn't
just about the scale.
It's about the person
you are becoming.*



NEXT BLOCK

Planning

You've put in the work over the past 6 weeks.
Now it's time to set new goals, build on your progress
and create your next chapter.

New goals. New focus. Same you, even stronger. 



1. NEW STRENGTH GOALS

What strength goals do you want to achieve
in your next 6 week block?

-  _____
-  _____
-  _____
-  _____
-  _____

 *Dream it. Plan it. Lift for it.* 



2. NEW FITNESS GOALS

What fitness or body composition goals
are you working towards next?

-  _____
-  _____
-  _____
-  _____
-  _____

 *Clear goals. Consistent actions. Real results.* 



3. HABITS TO CONTINUE

What habits have helped you the most so far?
List the ones you want to keep prioritising.

-  _____
-  _____
-  _____

 *Keep doing what's working.* 



4. HABITS TO IMPROVE

What habits or areas do you want to improve
or be more consistent with?

-  _____
-  _____
-  _____

 *Small changes create big transformations.* 



5. MY COMMITMENT

I am committed to showing up for myself and my goals over the next 6 weeks.
I choose progress, I choose consistency, and I choose me.

I've got this!

SIGNATURE



New chapter. New goals. **UNSTOPPABLE YOU.**

You've built the foundation - now let's build on it.

Keep showing up, keep believing in yourself, and never forget how far you've come.



YOU DID IT!

And I'm so proud of you. ♥

Completing this 6 week block is no small thing.
You showed up for yourself, you put in the work
and you stayed committed – even on the hard days.
That's where real progress is made.

Be proud of how far you've come.

You've earned it. ♥

Remember, this isn't the finish line – it's just the beginning.
You now have the tools, the knowledge and the confidence
to keep building a stronger, healthier and happier you.

I can't wait to see what you achieve next. ♥



THE POWER OF CONSISTENCY ♥

You don't need to be perfect.
You just need to keep showing up.
Consistency over time creates results
that last a lifetime.

*Keep going. Keep growing.
Keep believing in yourself.*

- ♥ Progress is progress – no matter how small.
- ♥ Trust the process.
- ♥ Be patient with yourself.
- ♥ Celebrate the wins.
- ♥ Learn from the challenges.
- ♥ Never compare your journey to anyone else's.
- ♥ You are enough, right now, and always.

A NOTE FROM LAURA ♥

I created The Hideaway Training Hub to help women
like you feel strong, confident and in control of their
health and their lives.

Thank you for trusting me to be part of your journey.
It truly means the world.



You are stronger than you think
and capable of more than you know.

I'm cheering you on, always!

Love, Laura ♥

YOUR JOURNEY, YOUR RULES ♥



Strength is more than
what you can lift.



Confidence is more than
how you look.



Discipline is more than
motivation.



You are more than
you give yourself credit for.

“
*Don't stop
when you're
tired.*
♥
*Stop when
you're*
PROUD.
”



Now go make your next chapter your best one yet.

You've got the plan. You've got the tools.

I BELIEVE IN YOU!

