



**DECiBEL**<sup>®</sup>

TRAIN HARDER FASTER LOUDER

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**BIKINI BODY  
TONED LEGS  
WORKOUT**

WITH AMY WILLERTON

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# We Are Decibel Nutrition

Decibel Nutrition is a fitness and lifestyle brand with a mission to help everyone achieve a better quality of life and confidence through our unique approach to health and fitness. We are dedicated to helping our members achieve the physique of their dreams and ultimately create the best possible version of themselves.

Because there is no one secret, no one method to achieving your ideal body, we at Decibel have developed our four-point approach to upgrading your fitness lifestyle so that you can achieve your physical best.

## CUTTING EDGE SUPPLEMENTS

Our premium supplements range features some of the best products on the market and we cater for a range of different body goals, from building new lean muscle to helping shed unwanted body fat. We use the finest ingredients in our products to support the creation of your ultimate physique, all in a mouth-watering range of flavours. Achieve your ideal body faster with the right supplementation.

## MOTIVATION AND MUSIC

Invigorating the body and soul through our deep connection to music, we have used the science behind performance improvement to map the brains response to beats we love. The result gets you in the zone and means you get more from your time in the gym.



## SMART NUTRITION

No training plan would be complete without the right nutritional guidance. Our passionate industry experts can help you to alter your approach to nutrition so that you can enjoy your life and your food while maintaining your ideal body.

## HARD INTELLIGENT TRAINING

We're dedicated to helping you create the ultimate version of yourself and part of that is providing intelligent training advice to empower you. We arm you with the knowledge you need to mould your body and your physique so that you can look and feel your absolute best.

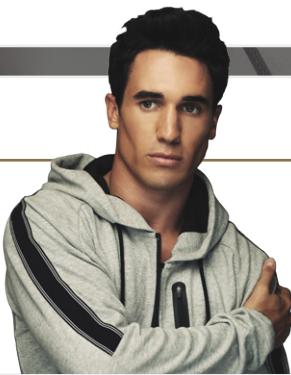
We believe that everyone deserves to be healthy, attractive and happy. We also believe that through fitness you can genuinely achieve all this and create a greater standard of living for yourself.

**DECIBEL NUTRITION  
TRAIN HARDER, FASTER, LOUDER**

# TEAM DECIBEL

## AMY WILLERTON

A previous Miss Universe of Great Britain no less and arguably the best thing to ever happen to I'm A Celebrity Get Me Out of Here where she earned household fame with her charm and much discussed Bikini Body. Amy is no stranger to the gym and what it takes in terms of work and healthy lifestyle to maintain her envious aesthetic body. She shares her tips to achieving her body shape with us at Decibel.



## JOSH PATTERSON

As a new boy on the scene Josh has undoubtedly become one of Made in Chelsea's most adored TV hunks. The male model immediately grabbed attention with his lean but full physique. Josh went on to near on break Twitter with shirtless holiday pictures and scenes from the latest season of the show and has become part of one of the show's most powerful TV couples.



## ROB EDMOND

Rob Edmond is a fitness & coaching hero. The ex SAS turned celebrity personal trainer is an all-round powerhouse of fitness knowledge and experience. The world's most popular fitness related show format 'The Biggest Loser' featured Rob as a resident trainer and he blew everyone away with the astounding amount of weight he helped his clients shed.



## CHRIS WOODS

Chris is an ex rugby league player turned personal trainer and bodybuilder. He is also a qualified nutritionist with a passion for cutting edge supplements and intense weight training routines. Chris specialises in helping his clients improve their body composition with a particular focus on targeting and growing individual muscles with very specific exercises. This is complimented with motivation, the right nutrition and expert supplement advice.



## KISSY SELL OUT

When it comes to living life loud, no one does it quite like notoriously energetic, internationally renowned producer & DJ, Kissy Sellout. With styles ranging from techno house & electronica, to old school garage, Kissy's beats are always a sure fire way to get the crowd pumping. He is living proof that you can live life to the full while still taking care of your body.

# AMY'S APPROACH TO FITNESS

Amy has adopted health and fitness as an essential part of everyday life, approaching it as a lifestyle choice as opposed to simply one workout at a time. As part of that, her approach is to make each workout count by focussing on both muscle development and fat loss in every session. This is typically followed by active rest days which include regular lower intensity Yoga and Pilates routines.

**"I learnt to find a good balance between gym work and general health and wellbeing, this means that while I spend time working hard in the gym, I'm also making sure I get enough rest and my diet and supplements are keeping my body and mind in a good place. For me it's about equilibrium, training hard and smart a few times a week and then taking the time to relax" – Amy Willerton.**

When we think bikini body, the term 'toned' is often used to describe a firm and defined looking body. That 'toned' look is achieved via a combination of reasonably dense muscle and a relatively low level of body fat. Typically many people will split their weekly workouts between targeting fat loss in one session and developing muscle in another. Amy prefers to train less but make each session she does count. To achieve this she mixes cardio and resistance training together in each and every workout.



## TIP

**"I always do more cardio at the end of my weights work. After already warming up and doing my other exercises, I feel the cardio gets me sweating much quicker at the end of my workout. I usually use a bike, helps relax my legs a little after a tough workout."**



Amy  
Willerton



## TIP

**"What makes Amy's workout effective is that by incorporating both cardio and resistance in the same workout, she is tapping in to different energy systems within the body, providing the potential for great calorie and fat burning."**



Rob  
Edmond



# AMY'S TONED LEGS WORKOUT

"Your legs are one of the first things to get noticed when you're in a bikini or even a nice dress or skirt outfit. It's a huge confidence boost to know they look good on display and I don't feel the need to cover them up. I like using light to medium weights and working as hard as you can is the quickest way to see results and often I don't use much equipment, just my own bodyweight."

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## INCLINE WALK TO JOG (WARM UP)

MUSCLE: CARDIO/LEGS

EQUIPMENT: TREADMILL

TIME: 10 MINS

TIPS

- Set treadmill to a challenging incline
- Spend first 5 minutes at brisk walking pace
- Increase speed to a light jog for remaining 5 minutes

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## GOBLET FRONT SQUAT

MUSCLE: GLUTES & LEGS

EQUIPMENT: KETTLEBELLS/DUMBBELLS

SETS: 3 REPS: 20

TIPS

- Hold weight at chest height close to the body
- Sit in to the lowering phase of the movement aiming for a 90 degree bend at the knee
- Push down through your heels to stand up with a straight back throughout

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## JUMPING LUNGES

MUSCLE: GLUTES & LEGS

EQUIPMENT: KETTLEBELLS/DUMBBELLS

SETS: 3

REPS: 20

TIPS

- Start by lowering in to a lunge position with front knee at 90 degree bend
- Push downward into the floor and use arms to power upward into a vertical jump
- In the air switch legs and land in to the opposite lunge position before repeating
- Try not to rest at the bottom, keep the work rate continuous

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## SUMO SQUATS

MUSCLE: GLUTES & LEGS

EQUIPMENT: KETTLEBELLS/DUMBBELLS

SETS: 3

REPS: 20

TIPS

- Take a wide stance with heels just wider than shoulder width
- Point toes away from the body and when lowering ensure knees follow this direction
- If possible reach at least if not just lower than a 90 degree bend in the knee
- Squeeze the glutes as you raise yourself back to starting position

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## DONKEY KICKS

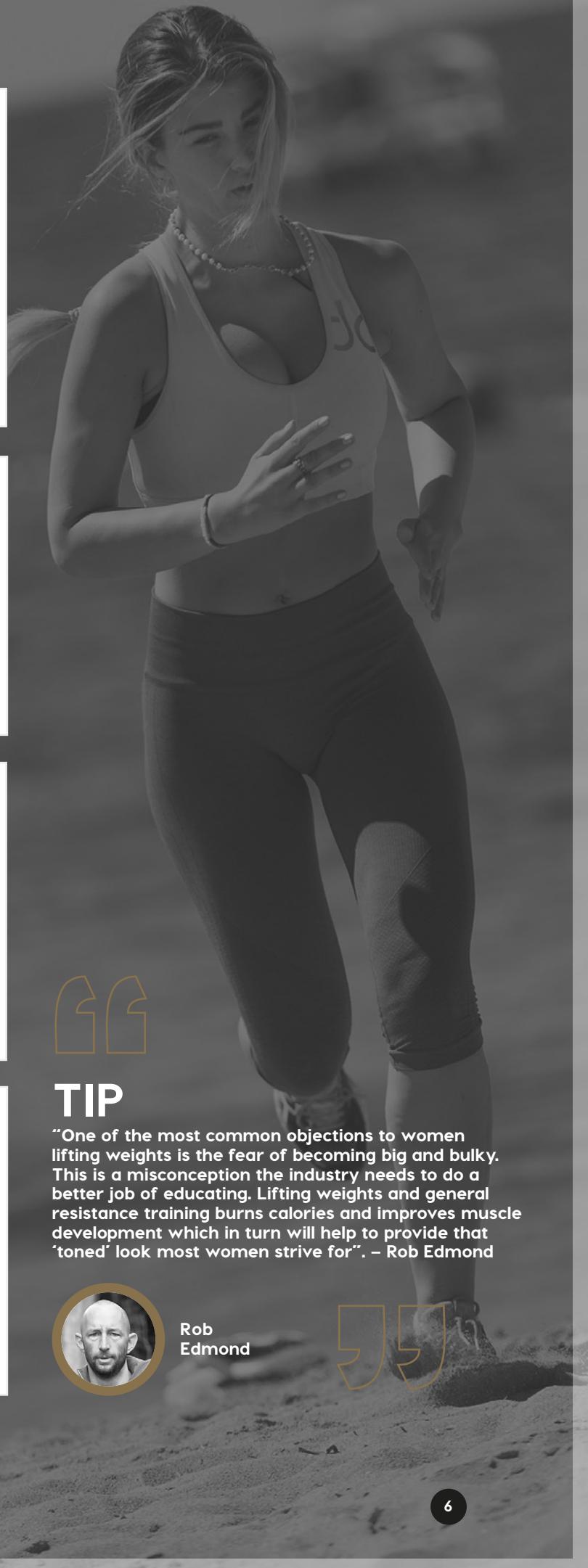
MUSCLE: **GLUTES & HAMSTRINGS**

EQUIPMENT: **NONE**

SETS: **3** REPS: **20**

### TIPS

- Begin on all fours working one leg at a time for the range of reps
- Starting with the working knee slightly under the body, push your heel back and upward
- At the top of the movement your leg should only have a slight bend in the knee and the sole of your foot should be facing the ceiling
- Squeeze your working glutes and lower under control



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## BOX JUMPS

MUSCLE: **GLUTES & LEGS**

EQUIPMENT: **BOX OR SECURE BENCH**

SETS: **3** REPS: **20**

### TIPS

- Lower yourself in to a semi squat position to begin jump
- Use arms as well as powering through your heels to jump off the floor
- Bend knees and slow descent upon landing as controlled as possible

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## CALVE RAISES

MUSCLE: **CALVES**

EQUIPMENT: **BOX OR STEP**

SETS: **3** REPS: **15**

### TIPS

- Position front balls of the foot on the edge of step
- Lower under control until heel is lower than toes
- Press toes and front balls of feet down into the floor to raise body up until heel is higher than toes
- Hold a weight if you want to make the movement more challenging

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## STEADY STATE CARDIO ON UPRIGHT BIKE

MUSCLE: **CARDIO & LOWER BODY**

EQUIPMENT: **UPRIGHT BIKE OR SPIN BIKE**

TIME: **25 MINS**

### TIPS

- Steady state means maintaining the same level of intensity throughout the time
- Pick an intensity that is challenging but you can maintain for the elected time
- Stick with it, you're nearly done. Sweat is just fat crying!

## TIP

*“One of the most common objections to women lifting weights is the fear of becoming big and bulky. This is a misconception the industry needs to do a better job of educating. Lifting weights and general resistance training burns calories and improves muscle development which in turn will help to provide that ‘toned’ look most women strive for”. – Rob Edmond*



**Rob Edmond**

# AMY'S NUTRITION TIPS

Amy eats for health and wellbeing, which includes lots of hydration and green vegetables within her eating schedule. Like all regular gym goers, Amy also appreciates the need to keep a high protein diet. Not just to help with her recovery from workouts but also because protein is more filling and slower digested than other foods, keeping you feeling fuller for longer.

High protein intake is also directly linked to fat loss, not simply due to keeping you fuller, but it also helps maintain a healthy metabolism and build dense muscle. The more dense muscle you have, not only will you look and feel better about your body shape, but more muscle also means you'll burn more calories even when you're not exercising.

**"So many of the women I know shy away from protein because they think it will make them bulky. But protein is essential for everyone and helps to maintain a toned looking appearance. It's excess calories and the wrong type of training that will make you bulky. I'm not personally a fan of typical protein milkshakes as they used to leave me bloated and they were too heavy. I use Decibel Protein Water twice a day to keep my protein intake high. It's light and low calorie while tasting like fruit juice."**



- Amy eats 5 moderately sized meals per day instead of the traditional 3 big meals
- Not the biggest fan of red meats Amy typically uses a mixture of fish and white meats for her meal protein sources
- Not a fan of counting macros day in and day out, Amy simply ensures she isn't taking on any excess calories beyond what she needs
- Amy uses **Decibel Protein Water** twice per day typically one with breakfast and the other after her workouts. This boosts her protein intake by almost 60g each day without needing to eat larger meals
- Amy doesn't skip breakfast as this can have a negative effect on your metabolism. She switches between fresh fruits and oats in the mornings as both are a good source of fibre
- Avoid fruit juices where possible as they are a very rich source of sugars that will have a negative effect on your lean body goals



# DECIBEL

## LEAN TONE STACK

50% OFF  
STACK OFFER

Earning and maintaining a lean and toned body requires motivation, dedication and a high protein intake without excess calories. Our Lean & Toned Body stack provides you with everything you need.

- Our invigorating, intense energy **Pre-Workout** packed with over 40 active ingredients to get you through even the most gruelling workout
- Muscle defending **BCAA** formula to help you keep your hard earned muscle while fighting fat
- Our revolutionary **Protein Water**, 30grams of pure protein per serving in a light, hydrating drink that won't bloat you or leave you feeling heavy.  
And did we mention it's zero sugar?

**TOTAL VALUE: £102.97**



**OFFER PRICE:  
£51.50**

**CLICK HERE  
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