

Welcome to Your Newbie Starter Bundle

This free bundle is designed to help you get started with confidence and clarity on your strength training journey. Each download offers real value for beginners who want to train safely and effectively.

What's Inside:

- Top 10 Mistakes Beginners Make in the Gym (and how to fix them)
- Form Fixer: 5 Common Strength Training Mistakes
- Goal-Setting Worksheet: Define Your Fitness Why
- Workout Plan Template: Build Your Own Routine

How to Use This Bundle:

1. Start with the Goal-Setting Worksheet to clarify your 'why' and set meaningful goals.
2. Read through the Top 10 Mistakes and Form Fixer PDFs to avoid common training pitfalls.
3. Use the Workout Plan Template to begin crafting your own training split or send it to me for a review!
4. If you get stuck, have questions, or want personalized coaching reach out!

Questions? I'm here to help!

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