

Beautiful Badass

Mini Course

**Build a Better Body
by Becoming the Strongest, Most
Awesome Version of Yourself**

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DISCLAIMER

The Beautiful Badass Mini Course is not medical advice and is not intended to replace the advice or attention of health-care professionals. Always consult your physician before beginning or making any changes in your diet and/or exercise program, for diagnosis and treatment of illness and injuries, and for advice regarding medications.

Disclaimer: You must get your physician's approval before making any changes to your diet and/or exercise program including every step discussed in this program. These recommendations are not medical guidelines but are for educational purposes only. You must consult your physician prior to taking any advice from this program/manual or if you have any medical condition or injury that contraindicates physical activity or supplementation. This advice is intended for healthy individuals 18 years and older only.

The information in this program is meant to supplement, not replace, proper exercise training and nutrition along with the approval of your physician. All forms of exercise and nutrition pose some inherent risks. The author advises all readers to take full responsibility for their safety and know their limits and seek expert guidance for performing all of the exercises contained within this program. The exercises and dietary recommendations in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

See your physician before starting any exercise or nutrition program or making any changes. If you are taking any medication, you must talk to your physician before starting any exercise program, including any recommendations in this program. If you experience lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician immediately. Do not perform any exercise unless you have been shown the proper technique by a certified personal trainer or certified strength and conditioning specialist. Always ask for instruction and assistance when lifting. Don't perform any exercise without proper instruction. Always do a warm-up prior to strength training and interval training.

You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, if you have had any injuries, may have an injury, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician. If your physician recommends that you don't use any information in this program, please follow your doctor's orders. This information is intended for informational use only. Nia Shanks and NS Fitness LLC will not assume any liability or be held responsible for any form of injury, personal loss or illness caused by the utilization of this information.

In addition, make sure you use equipment that is properly maintained and safe. You must also have the exercises taught to you by a certified personal trainer or strength coach and have a spotter with you during exercises.

**The Main Goal of the
Beautiful Badass is ...**

**... to Become the
Most Awesome and Strongest
Version of Yourself**

**Because when you do that, you'll get the other
results – build a better body and improve your
overall health – that you desire.**

Always remember that.

Beautiful Badass Mini Course Overview

Before we begin, please allow me to say:

Howdy, and welcome to the Beautiful Badass Mini Course!

I very much appreciate you signing up for this Mini Course and the additional insider-only information you'll receive from me. I know you don't just give your email address to anyone, and I want you to know how appreciative I am that you're providing me with the opportunity and privilege to connect with you.

So once again, thank you very much.

I'll do everything I can to send you the most helpful (and hopefully even a little entertaining!) information possible.

Moving on . . .

I'm your host, Nia Shanks, and I'll be leading you through this awesome, exciting, and incredibly rewarding journey that will help you become the strongest, most awesome version of yourself while also allowing you to reach your better-body goals.

But before we proceed, I must tell you something incredibly important: I have no intention of solely providing you with just another workout routine, nutrition information, or any additional typical, banal information.

The truth is - I'm not interested in just helping you build the body you want. My main priority is not helping you look great in a bikini. While the information in this Mini Course, the articles on LiftLikeaGirl.com, and the products offered on that website *will definitely allow you reach those goals*, I want to give you something so much more than that.

And I hope you expect more than just a workout routine from me.

As you'll see throughout this Mini Course and most articles available on my website, my main goal is to help you become the strongest, most awesome version of yourself.

Together, we'll accomplish this with simple, no nonsense strength training and nutrition information. But, we'll also include a hefty dose of important elements that are far too often neglected in the fitness world.

Mindset.

Positive self image.

Defining yourself based on *your* terms and not *their* terms.

Please don't doze off! I know this may sound boring, but I promise it's important and worth your while.

This journey isn't just about looking great; it's about **improving your self-confidence and being proud of what your body can do**. It's about loving your body *this very moment* and not vowing to appreciate it once you "lose X number of pounds" or can fit in a certain pair of jeans.

It's important that you know that [the journey is the destination](#).

It's about discovering and highlighting your own unique characteristics and strengths, and allowing you to unleash your true potential. (Because you are absolutely *awesome* in a way that is uniquely you).

When you try to achieve "their" standards when it comes to a certain body shape or size, or physical image, you're selling yourself short. You're ultimately holding yourself back. Trying to achieve and maintain "their" standards only imposes limitations on you.

The solution is to [define yourself on your terms and to embrace your own labels](#). (Click that link to read an article about this topic).

When you do these things – focus on being the most awesome version of yourself, define yourself on your own terms, and follow proven, simple, and sane workout and nutrition guidelines – you'll reap the body-transforming results you want.

And you'll get way more than you ever expected in the process.

Here's a summary of the goals I aim to accomplish in this Mini Course and through the information on my website.

This journey is about proudly and boldly saying . . .

- NO to restrictive dieting
- NO to relying on a number on the scale to determine your self-worth
- NO to grueling workouts that leave you exhausted
- NO to the "eat very little" and "work out 'til you drop" mentality
- NO to obsessive eating habits
- NO to body image shaming

And enthusiastically proclaiming . . .

- YES to eating satisfying, delicious meals
- YES to getting stronger, both physically and mentally
- YES to highlighting your own individual strengths and abilities
- YES to being empowered

- YES to enjoying a wide variety of foods
- YES to reaching your true potential
- YES to being the most awesome version of yourself (this is the essence of being a Beautiful Badass)

That, my friend and fellow Beautiful Badass, is the ultimate goal.

It's my main priority to continue to help you become the strongest, most awesome version of yourself possible. To allow you to do so the sane and simple way; without diets or crazy workout routines. To show you that Training to Be Awesome (as I like to call it) is one of the best ways to build the body you want because you'll have a ton of fun AND maintain the results you achieve.

Chances are, you've tried dozens of other workout programs that do nothing but leave you overly exhausted and diets that revolve around restriction, and now it's time to *do what works*.

It's time to *train to be awesome* instead of revolving your life around a grueling workout regimen that constantly breaks you down instead of builds you up. It's time to embrace flexible, stress-free nutrition guidelines that allow you to regain your sanity.

It's time to achieve results today that you can not only maintain tomorrow, but years from now. But to accomplish these things you must do something. You must not only read the information here, but you must *apply* it.

And you can, because it's so very simple.

And I thank you once again for allowing me the privilege to show you how.

Let's begin by discussing one of the most confusing topics of all – nutrition.

Beautiful Badass Nutrition: Ditch Diets & Obsessive Eating Habits, for Good

It's time to discover the sane and simple way to eat for a better body and improved health. More importantly, *it's time to ditch dieting and stressful, obsessive eating habits, for good.*

Warning! Do not underestimate the power and effectiveness of what you're about to read. Some people may ignore the following information because it appears "too simple". Yes, the following information is simple, but, and here's the most important thing – *it works.*

Think about it:

Would you rather have simple, flexible, stress-free nutrition principles that you can apply today and adhere to long-term, all while regaining your sanity?

Or

Would you rather have overly complicated, stressful diets and meal plans that you could follow for a week before going crazy?

There's absolutely no reason to follow complicated diets. You can, and will, get amazing health and body-transforming results from applying this proven, simple information.

Are you ready?

Here's the first thing you should focus on:

Eat primarily real food

What is *real food*?

It's anything you can find in nature. If you can grow it or kill it, you can eat it. This includes meats, wild caught fish, free range eggs, nuts and seeds, dairy (if you tolerate it), beans and legumes, and fruits and vegetables. It also means rice, rolled oats, and sprouted grain breads, if you tolerate and enjoy those foods (and I do).

If you want to see and feel immediate changes in your body, start eating real food.

- Don't worry about counting calories
- Don't worry about weighing your food
- Don't worry about eating 5-6 times a day
- Don't obsess over tracking calories

Start by eating real food.

The next three nutrition principles are also simple:

- Eat when you're hungry
- Stop eating when you're satisfied (and not stuffed)
- Apply the 90/10 principle (eat real food meals 90% of the time; the other 10% is up to you)

These are very simple guidelines and they produce results.

Apply this information today and you'll see and feel the changes very soon; both physically and mentally. Don't underestimate the effectiveness of this information, because it works. It's also likely to be the simplest, easiest, most rewarding thing you'll try when it comes to nutrition.

And I'm willing to bet you'll never feel the need to look for another diet ever again.

Flexible guidelines, like those provided above, trump diets and meal plans because they can be tailored to your lifestyle and preferences *and* are sustainable long-term.

For more information about ditching diets and breaking free from obsessive eating habits and the sane and simple nutrition guidelines discussed above, be sure to check out the following articles:

[The Nutrition Survival Guide \(Don't Become a Diet Zombie\)](#)

[5 Problems with Rapid Fat Loss and Quick Fixes \(And What to do Instead\)](#)

[Nutrition is Complicated. You Can't Figure This Out on Your Own \(or so You've Been Told\)](#)

Those articles will provide more details about the nutrition guidelines discussed above.

Now, let's talk about working out, the Beautiful Badass way.

THIS is How a Beautiful Badass Works Out

Now it's time to get to the fun stuff.

Ready to achieve maximum results in minimum time while having fun in the process?

Well let's get to it!

Let me start this off with an important disclaimer: progressive strength training, as outlined below, does not make women “big ‘n bulky”. I've never had a client proclaim she got big from strength training.

Not a single one.

If they did, they wouldn't work with me, and neither would anyone else. That's just a myth and I assure you, you won't look like an NFL linebacker when you follow the provided workouts in this Mini Course.

By following the sample workouts you'll lose body fat, “tone up”, improve your self-confidence, and discover the physical and mental strength you possess.

And all of those things are very, very good.

Here are the few, important elements of a Beautiful Badass workout program:

- **Use primarily big, compound exercises** - this includes squats, deadlifts, single leg exercises, push-ups, inverted rows, dumbbell presses and pulls, chin-ups and variations of those exercises, and they should comprise the majority of your workouts. Those exercises allow you to build a better looking body in the least amount of time possible. And don't worry if you can't perform exercises like chin-ups and push-ups. You can (and will!) work up to them.

Not only will working toward being able to do exercises like push-ups, chin-ups, and maybe even some heavy deadlifts help you build the body you want, but you'll also improve your self-confidence in the process.

It *never* fails. Any time one of my clients performs her first bodyweight chin-up, something in her changes, noticeably. Strength training is one of the best things you can do that will improve your self-confidence. You may not believe me yet, but you will once you experience these results for yourself. Once you get a taste of your true physical abilities, you'll *want* to discover what else you can do. This is what makes working out the Beautiful Badass way so incredibly effective – you'll *want* to keep working out because you'll have long-term motivation.

- **Focus on getting stronger and improving your performance** - this is important. By getting stronger and improving your performance, your body has no choice but to keep changing, which means you'll achieve whatever results you're after (e.g. lose fat, "tone up"). Also, this is a much more enjoyable and positive training goal than simply focusing on burning as many calories as possible. If you've never focused solely on performance, be prepared to be amazed at the difference it makes in your attitude and physique.

Your only goal should be improving your performance each week; doing a *little* better each time. Don't worry about burning calories, achieving a high level of fatigue, or anything else – focus on what you *can do* and make it a goal to get better, slowly and consistently.

This can be accomplished by adding more weight to exercises, performing more reps with the same exercise, using a more challenging variation, or decreasing rest periods between exercises. You'll see how to use these progressions in the accompanying workouts.

- **Don't overly rely on cardio.** Most women think tons of cardio is the answer to losing fat and building a "toned" body. But it's not. Cardio can be helpful, but it pales in importance to eating well and strength training.

The majority of your results will come from eating well, strength training, and consistently improving your performance.

You may need to read that last sentence again.

That's why I use cardio to *supplement* your workout routine instead of using it as the main element.

If you enjoy cardio or want some extra activity to boost fat loss or improve your health, you can't go wrong with going for a walk most days of the week, or on days you don't strength train.

You can even include 5-15 minutes worth of cardio- or interval- based work at the end of your strength training sessions. I'll give you some examples of this in the next section.

And finally, you can do what I personally prefer. Just engage in fun, physical activities. You don't have to "exercise" to build the body you want, and in fact I encourage you to do something fun instead. Personally, I love hiking, ski-boarding, rock climbing, playing racquetball, and other physical activities. When it doubt, do something fun instead of "exercising".

To recap the Beautiful Badass workout philosophy:

Focus on large, compound exercise and improve your performance whenever possible.

That is what matters, and that is what will produce maximum results in minimum time.

And remember, you will *not* get big and bulky from strength training. If compound exercises and training for strength made women big and bulky, I would've been out of a job a loooong time ago. If lifting light weights for super high reps with pretty pastel colored dumbbells was the answer, then that's what I'd tell you to do.

My job is not to tell you what you want to hear - my job is to get you the best results possible in the least amount of time.

That's what this Mini Course will accomplish.

Up next: the sample Beautiful Badass Workout.

The Beautiful Badass Workout Program

Now that you know how to eat and work out like a Beautiful Badass, it's time to get into the sample Beautiful Badass Workout Program.

Disclaimer: make sure you perform every exercise properly, with safe equipment, and a spotter if needed.

We'll begin with the workouts and follow it up with the instructions.

Workout 1

- 1) Squat or goblet squat - 3x6-8, 1x10-12
- 2a) Chin-up or cable pull-down - 3x6-8, 1x10
- 2b) Standing one arm dumbbell overhead press - 3x6-8, 1x10
- 3) Plank - 3 x as long as possible
- 4) Swings (with kettlebell or dumbbell) – 4x12-15

Workout 2

- 1a) Dumbbell reverse lunge - 3x6-8, 1x12 each leg
- 1b) *Push-up - 3x6-8, 1x12
- 1c) **Inverted row - 3x6-8, 1x12
- 2a) Ab wheel rollout or reverse crunches - 3 x as many as possible
- 2b) Back extension – 3x12-15
- 3) Jump rope or bike intervals – sprint for 15-20 seconds, rest 60 seconds; perform a total of 6-8 intervals

*If you can perform more than 6-8 bodyweight push-ups, add resistance via resistance bands, weight vest, chains, or a weight plate. Or simply perform a more challenging push-up variation such as close grip or feet elevated push-ups. If you can't perform traditional push-ups, elevate your hands on a sturdy bench, box, or a barbell set securely in a power rack.

**I recommend using rings or a suspension trainer; if you don't have one, use a barbell set securely in a power rack or the smith machine.

Workout 3

- 1) Rack pull or trap bar deadlift - 3x5, 1x8

- 2a) One arm dumbbell row - 3x8, 1x10-12
- 2b) Dumbbell bench press - 3x8, 1x10-12

- 3a) Hanging knee raise or reverse crunch - 3 x as many as possible
- 3b) Single leg Romanian deadlift (RDL) - 3x10-12 each leg

Note - If you only have dumbbells available or you don't tolerate heavy barbell exercises, you can easily substitute dumbbell exercises for barbell exercises (for example, goblet squats instead of barbell squats, dumbbell RDLs instead of rack pulls or trap bar deadlifts, etc).

There's a chance you looked at the workouts above and thought, "That's *all* I'm supposed to do?" You're probably used to performing many more exercises in each workout and performing higher reps as well.

But your workouts shouldn't be about achieving a high state of fatigue. In fact, you should finish the majority of your workouts feeling better and more energized than when you started.

Being tired doesn't mean you had a productive workout.

What matters is that you worked hard on the basic exercises that produce the majority of the results and that you improve your performance over time.

Just remember . . .

The Best Exercises + Improved Performance + Consistency = Amazing Results

If you want shapely legs, a nice butt, and an overall amazing looking body, then using workout programs like the one above will allow you to achieve those goals. Trust me - if this didn't work, I wouldn't tell you to do it.

And think of it this way: if this Sample Workout didn't produce awesome results, you'd never listen to me again. And I don't want that. ;))

Keeping things simple and focusing on a few main exercises is the best way to build the body you truly want. That workout program may not look "sexy" or "innovative", but it works, and it works dang well.

Start today and you'll soon be a believer, too.

Now let's go over the specific workout instructions.

Workout Instructions:

Perform each workout above once per week on non-consecutive days. Something like Monday, Wednesday, and Friday works well if you want the weekends off.

Perform the three workouts once per week and apply the nutrition information on pages 7 and 8 (and as discussed in the provided articles on page 8) and you'll do incredibly well.

If you don't get results and notice changes in your body, I'll completely eat my words.

Seriously, if you apply all of the information in this Mini Course and don't achieve great results, you can call me a liar and fraud. I'm that confident in this information because I've used it with clients, and myself, for over 10 years.

Now, here are the guidelines for the workouts:

- Perform each workout once per week, on non-consecutive days (Workout 1 on Monday, Workout 2 on Wednesday, Workout 3 on Friday, for example)
- 3x6 and 1x12 means to perform 3 sets of 6 repetitions and to perform 1 set of 12 repetitions. Perform the 3x6 first and then finish up with 1x12
- Use the same weight for all 3 work sets for the 3x6
- Use a lighter weight for the 1x12
- For exercises that have a number beside them (1, 2, etc) do all the sets for that exercise before moving to the next one. For exercises with a number + letter (1a, 1b, etc) perform those exercises as a *superset*. Meaning, do a set of 1a, rest, then do a set of 1b. Perform those exercises back-to-back until you complete the prescribed number of sets.
- **Work hard and smart.** *You must use a challenging weight for each set of every exercise.* Meaning, you should have to focus completely on what you're doing and use a weight that allows you to perform one or two more reps than prescribed. For example, for exercises that have 3x6, use a weight that allows you to perform about 8 perfect reps, but no more. For a set of 12 reps, use a weight you could perform for approximately 14-15 reps.

And never, *ever*, sacrifice exercise form for more weight.

- **How to progress (remember, it's all about *improving your performance*):** most exercises in the workouts above have a rep range, for example 3x6-8 (3 sets, 6-8 reps). I suggest using a challenging weight and beginning at the *low* end of the rep range (6 reps, in this example). Stick with that weight until you can perform the high end of the rep range (8, in this example). The next time you repeat the workout, increase the weight slightly and start over with 3x6, and repeat the process.

The most important thing is that you improve your performance whenever possible. Either perform more reps with the same weight (as just demonstrated in the previous example) or add more weight and perform the same number of reps as last time.

Now that you know how to eat and work out like a Beautiful Badass, let's wrap up this Mini Course so you can get to work!

THE Most Important Thing

It all comes down to a single word - *action*.

All of the amazing information you've received in this Mini Course and additional recommended articles won't do a thing for your physique and overall health if you don't take action.

Why do most people fail?

Because they don't apply what they learn.

You can only succeed if you *take action*. And you know what to do because you got it all in the Mini Course. Oh, and you should take action *today*. Not tomorrow. Not on Monday. Not the beginning of next month. Not the New Year.

Start taking action *today*.

You have absolutely no excuses - the information is simple and stress-free. It's up to you to apply it. If you must, go back and re-read everything so you're comfortable with the information. And then DO it!

I can almost guarantee it's far easier and much more enjoyable than anything else you've ever tried before.

Here's quick recap again of what you need to do:

- Eat simple and smart, as shown on page 7
- Strength train with the best exercises, as used in the sample workouts
- Improve your performance whenever possible, as shown in the workouts
- Make the goal to become the strongest, most awesome version of yourself

Do those four things, consistently, and you'll achieve phenomenal results and even have some fun along the way.

So the question remains - are you going to take *action*?

Your journey begins now.

Highly Recommended Articles

I truly hope you've enjoyed the Beautiful Badass Mini-Course!

Please find below some additional articles over at Lift Like a Girl (NiaShanks.com) I think you should read. They'll provide you with some extra insight on how you can achieve the results you want in the sanest and simplest way possible.

Please read these as soon as you get a chance.

[6 \(Sane and Simple\) Rules to Lift Like a Girl, Get Results, and Be More Awesome](#) - As the title of this article implies, these are the six "rules" you should follow for maximum results. This is the sanest and simplest approach you'll find.

[Numbers Don't Define You](#) - I strongly believe every woman should read this article. It's a short read, so please check it out.

[The NEW Definition of Fitness](#) – THIS is what fitness means and what it should be all about. "Health and fitness should make you feel better about yourself and build you up (physically and mentally), not tear you down. It should enhance your life and not require you to revolve your life around a plan."

[The Bare Essentials Produce Extraordinary Results](#) - This explains why (and how!) using the bare essentials will allow you to build a better body you can maintain long-term. (Personal favorite!)

[Stop Binge Eating – 33 Ways to Break Free](#) - Unfortunately, many people struggle with binge eating. Oftentimes this struggle was brought about from a diet that was very restrictive. If you battle binge eating, this article will, hopefully, help you out.

Want to Connect?

If you'd like to connect, ask questions, or share your Beautiful Badass journey, I'd love to connect! You can reach me at the following places online:

[Facebook](#)

[Twitter](#)

[YouTube](#) (you can find a lot of exercise demonstration videos here)

The Lift Like a Girl Store

If you enjoyed the information in this Mini Course and the recommended articles, then you may want to check out the guides, workout programs, and books offered in the Lift Like a Girl Store.

If you have any questions about where you should begin or what's right for you, please [contact me here](#) and I'll gladly help you out.

In the meantime, scroll through the store to see the complete guides, workout programs, books, bundles, and apparel in the Lift Like a Girl Store.

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