



5 Common Training Mistakes



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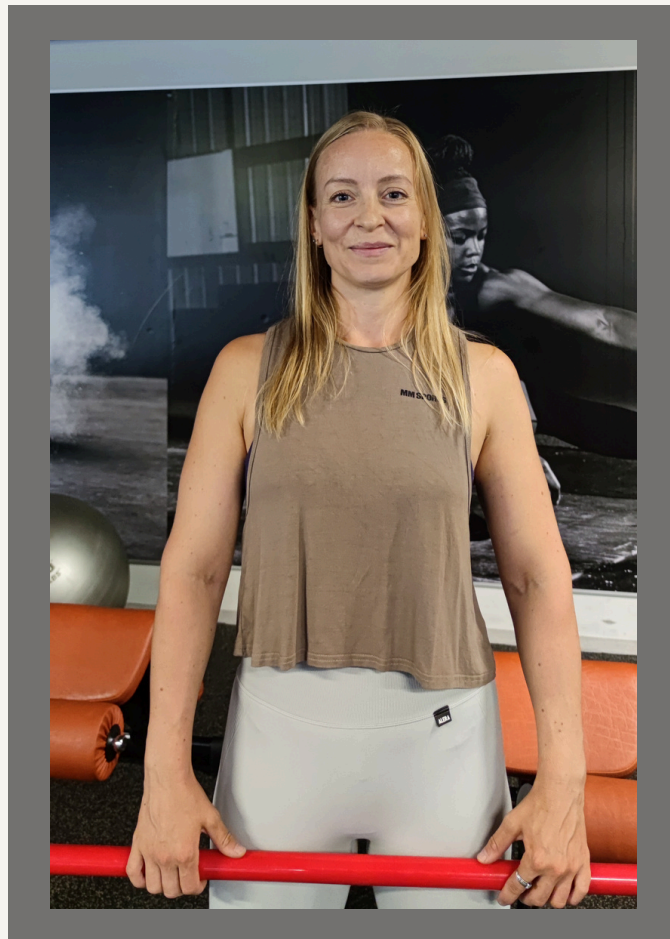
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ABOUT COACH MIRA

I've been working as a coach for over 10 years and been training at the gym for 20 years. And still counting!

During my years I've learnt from numerous mistakes and applied science backed methods to my coaching and of course to my own training.

I hope this guide helps you to get over some issues you are having related to training at gym and can spark your enthusiasm for this great, great form of exercise.

*As a **special gift for you**, check in the end my discount code and get my **online training** at special price.*

Mira Auvinen

1 You're Ignoring Nutrition

FUEL YOUR GOALS

You've probably heard the phrase, "You can't out-train a bad diet."

Nutrition is the foundation of any fitness plan.

Without proper fuel, your body can't recover, build muscle, or have a good performance in the workouts.



This is also a common mistake with people who want to burn fat. The body will stubbornly hold on to the fat deposits if you don't provide it with the nutrients and energy it needs.

Common Mistakes:

- Skipping meals or not eating enough to support your workouts
- Eating too much processed foods instead of nutrient-dense whole foods
- Neglecting protein intake, which is crucial for muscle repair and growth.

Solution:

As your personal trainer I help you align your diet with your fitness goals, whether that's gaining strength, losing fat, or enhancing performance. Together, we can create a sustainable meal plan that works for your lifestyle.

2 Training Without a Clear Plan

TRAIN SMARTER, NOT HARDER

Walking into the gym without a plan often leads to random exercises and wasted effort. Without a structured program, it's difficult to track progress or ensure your workouts are targeting your goals. Next thing you start losing your motivation.

Common Mistakes:

- Doing the same reps and sets every session without progression
- Neglecting key muscle groups or movement patterns
- Lacking variety or over complicating routines and jumping to new and exciting exercises every time.

Solution:

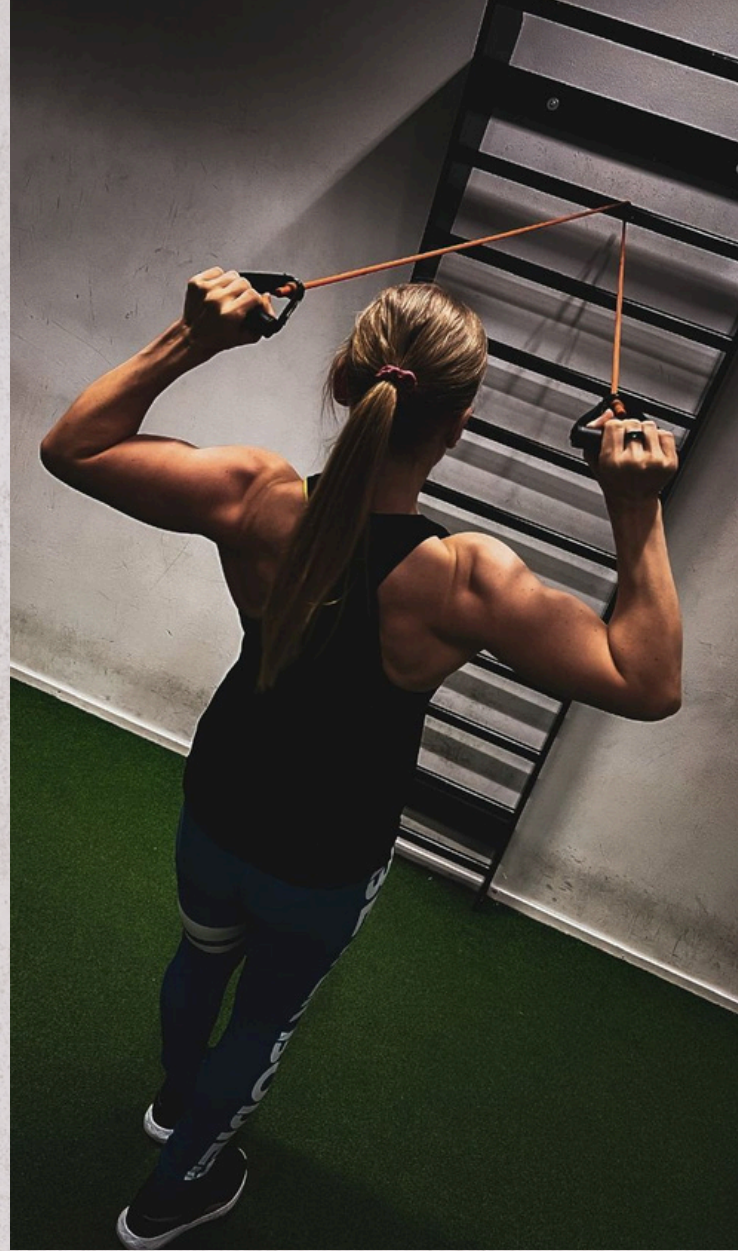
With my personal training, you'll get a customized plan tailored to your specific goals. Whether you want to build strength, improve endurance, or simply **feel confident in the gym**, a structured approach ensures every workout counts.

A tailored plan is your road map to building progress in your workouts, which translates into **seeing visible results** 🙌



3 Skipping Workouts Repeatedly because of Hurry

PLAN YOUR WEEKS IN
ADVANCE



When your days are too chaotic and busy, obligations can easily fill up your week if you don't **prioritize your wellness time**.

Use the planner on the next page to write down up to 5 of your most important daily tasks. Then, write down what time of the day you devote to yourself and what your daily activity will be. For example: weight training, walking, yoga, running, meditation, etc.

If you fail to plan, you're planning to fail.



WEEKLY PLANNER

DATE: _____ / _____

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

REMEMBER

NOTES

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4 Under or overtraining

FIND THE BALANCE

When starting routines it can be tempting to do more of the good stuff in the hope of faster results. However, there's no fast track to building great results. Finding the balance between pushing yourself and overdoing it is critical for the long-term.



Overtraining can lead to injury and stalled progress, while **undertraining and taking it too easy won't challenge your body enough to see results.**

Common Mistakes:

- Doing too much cardio or more sets than your plan suggests
- Not training with enough intensity to stimulate adaptation
- Ignoring the need for rest days.

Solution:

As your personal trainer I monitor your performance and adjust your program to keep you in the sweet spot. I'll ensure you're working hard enough to make progress but not so hard that you risk injury or burnout.



5 Compromising on Technique

LEAVE YOUR EGO IN THE LOCKER ROOM

Proper form isn't just about safety—it's about **efficiency**. Poor and uncontrolled technique can lead to injury and limit the effectiveness of your workouts.

Common Mistakes:

- Using momentum instead of muscle engagement during lifts
- Not going through a full range of motion in exercises like squats or presses.
- Copying others in the gym without understanding proper form.

Solution:

As your personal trainer, I'll teach you the correct technique for every exercise. From mastering the squat to perfecting your bench press, you'll **feel confident knowing you're training safely and effectively**.



READY FOR YOUR TRANSFORMATION?

Avoid these common pitfalls and take your fitness journey to the next level. Whether you're looking to build strength, improve confidence, or achieve a specific goal, I'm here to help. Let's create a plan that works for you and gets you the results you deserve 🌟😊

I offer you a **20% DISCOUNT** for all of my online coaching services. The code can be applied at your first order only. Mention the code at the time of booking the coaching.

INSTAGRAM2025

*Contact me today to start your personal training journey.
Your goals are within reach—let's achieve them together!*

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