

An illustration of a woman with long brown hair, wearing a white sports bra and white shorts, running on a sandy beach. She is wearing a pink visor. The background is filled with falling pink and yellow confetti. There are stylized flowers, including purple and pink ones, and green leaves scattered around. On the left, there is a large, soft-focus image of a person's back and shoulder.

# RADIEUSE

YOUR GO-TO FAT LOSS  
GUIDE

MY “NO BS” FAT LOSS BLUEPRINT

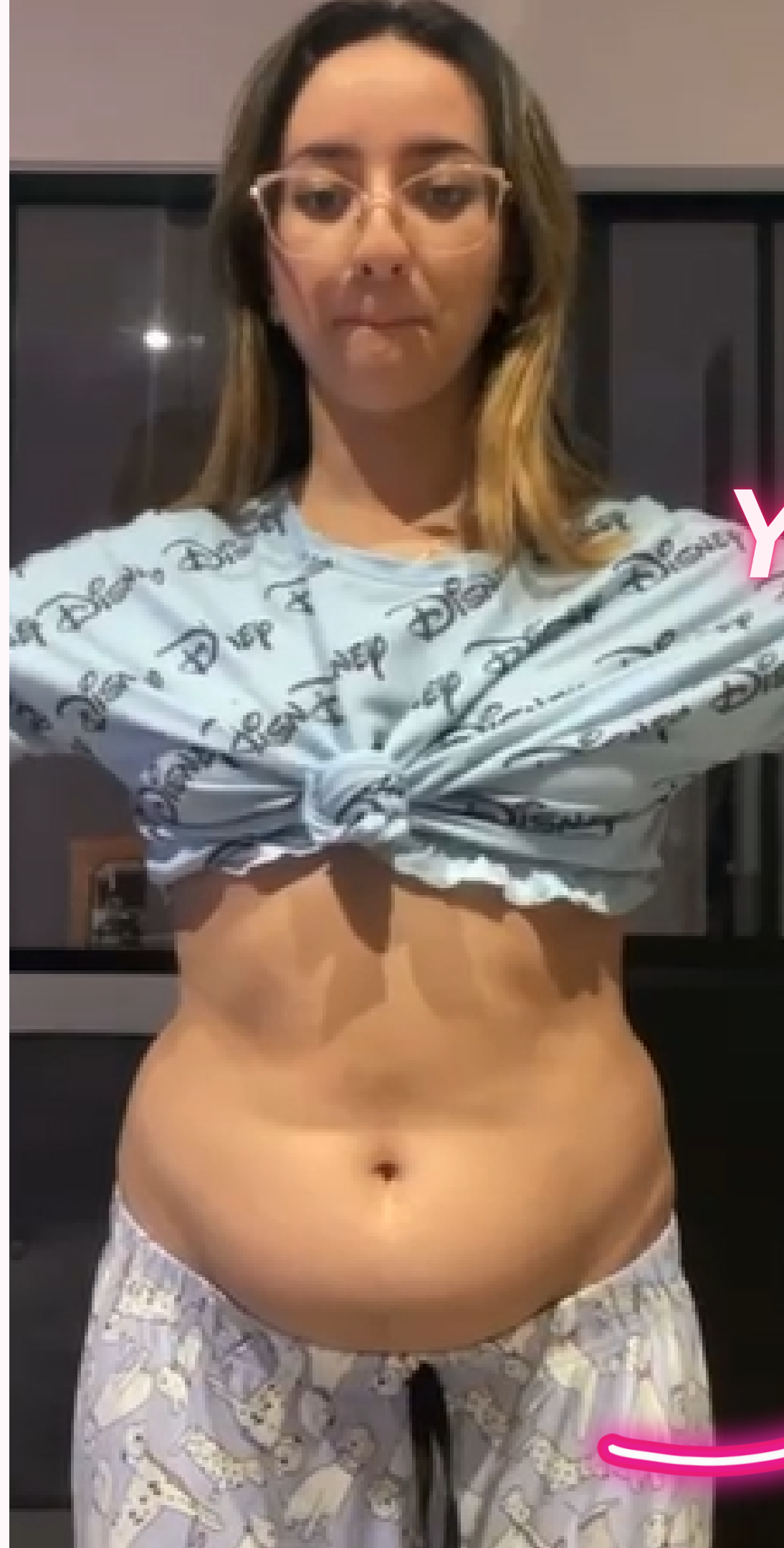
By Fitzye - Leana  
Certified Personal Trainer & Founder of Forgé





***IF YOU WANT  
THIS....***





**YOU NEED TO STAY  
CONSISTENT.**

**WITH YOUR CALORIE  
DEFICIT.**





# MY OWN JOURNEY

FEB 2022

STARTED MY GYM  
JOURNEY IN 2022

JULY 2022

REACHED THESE RESULTS  
AFTER A 6 MONTHS DEFICIT

SEPT 2022-2024

STARTED BULKING

MAY-JULY 2024

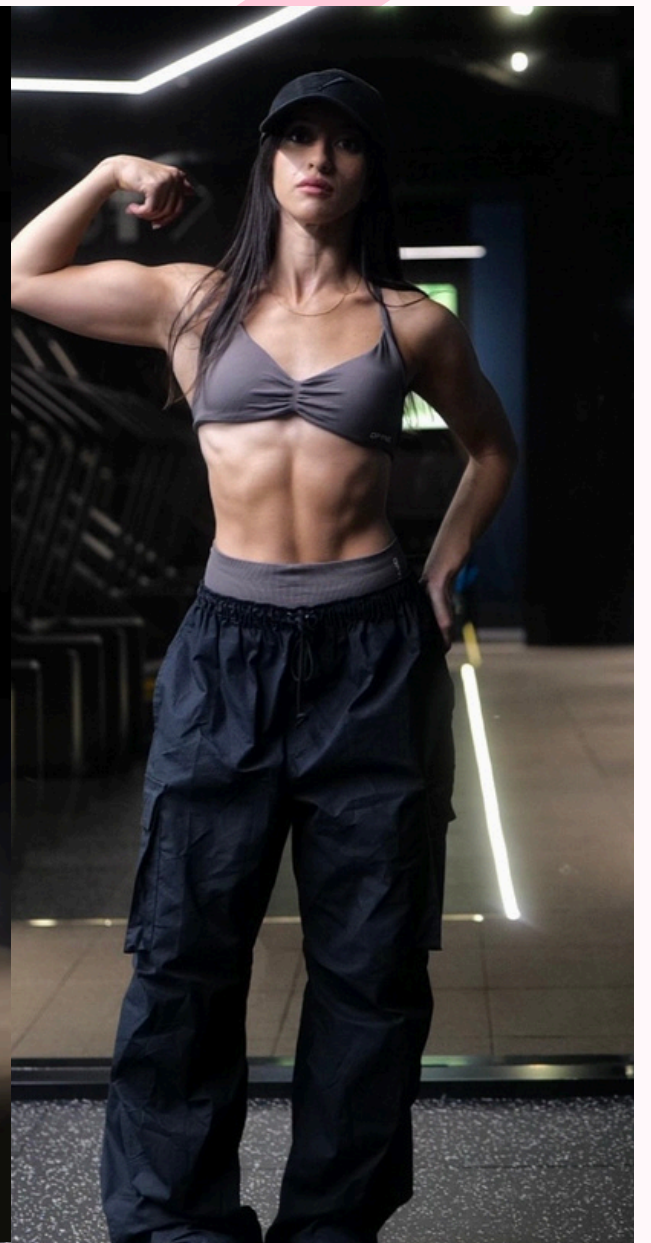
STARTED CUTTING TO LOSE  
THE EXCESS OF FAT





# MY OWN JOURNEY

NOW (2025): STILL GROWING AND BUILDING MUSCLE!





LOSING WEIGHT (INCLUDES BELLY FAT!) REQUIRES BEING IN A CALORIC DEFICIT, MEANING YOU NEED TO BURN MORE CALORIES THAN YOU CONSUME. THERE IS NO OTHER WAY.

# HOW TO ACHIEVE A CALORIC DEFICIT?

## **EATING LESS CALORIES** **(NOT LESS FOOD)**

### **WITHOUT COUNTING CALORIES**

IMPLEMENTING NEW HABITS THAT WILL HELP REACHING CALORIE DEFICIT :  
EATING INTUITIVELY, MAKING BALANCED PLATES, CHOOSING THE RIGHT FOODS...

### **BY COUNTING CALORIES**

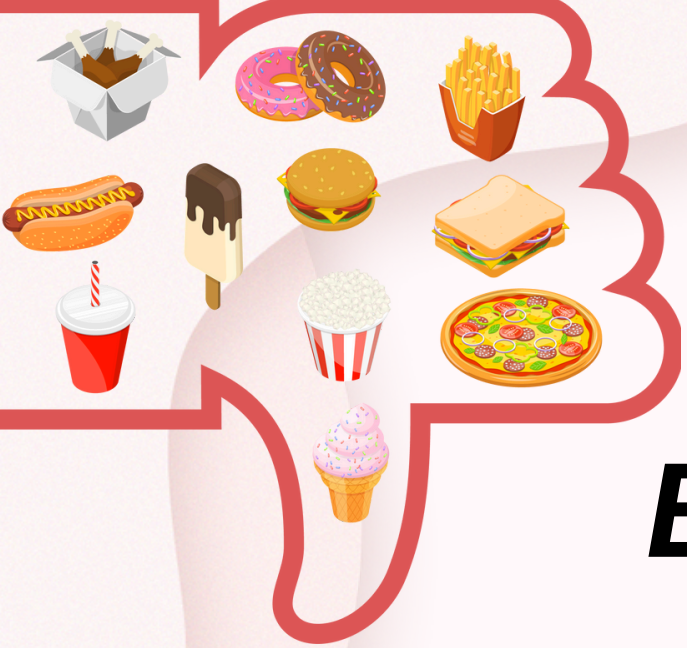
TRACK ALL YOUR MEALS USING MY APP FORGEE (FOOD DIARY)

## **BURNING MORE CALORIES**

### **USE MY LOSE FAT + CUT PROGRAM:**

**IT'S A COMPOUND BASED STRENGTH TRAINING SPLIT  
+  
CARDIO (NOT TOO MUCH, JUST ENOUGH!)**





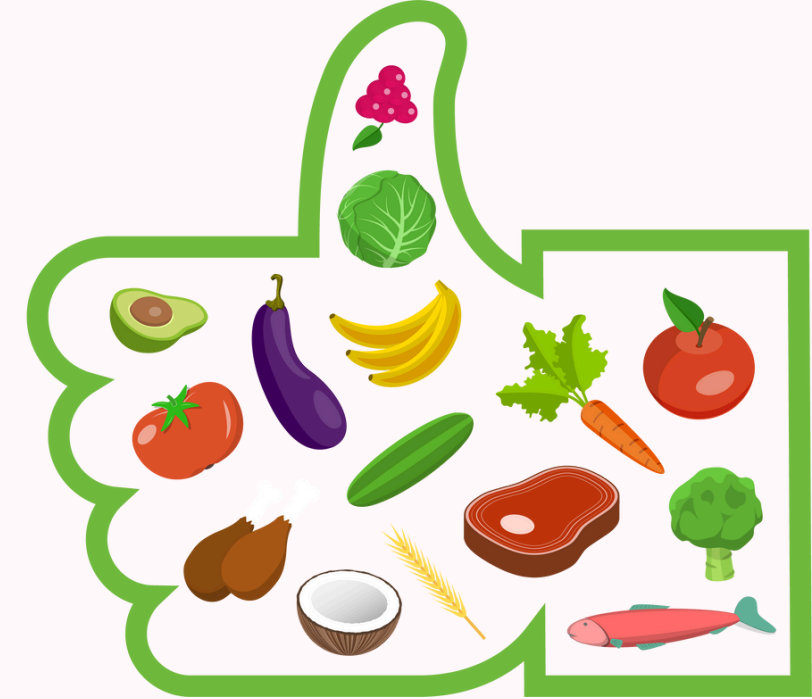
# EATING LESS CALORIES

## BEFORE

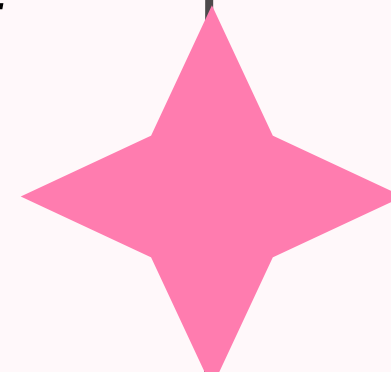
- **CARBS:** CONSUMED A LOT OF SIMPLE CARBS GENERALLY FROM SWEETS WHICH LEAD TO A CALORIC SURPLUS
- **EATING OUT:** WENT OUT 3-4 TIMES A WEEK, ATE WHATEVER I WANTED, BLAMED IT ON THE "BULK", ALSO, I WAS ON A LONG HOLIDAY BEFORE MY CUT AND ATE OUT EVERYDAY.
- **ORDERED FOOD:** OFTEN
- **VEGGIES AND FRUITS:** NOT A LOT



## AFTER



- **BALANCED PLATES:** PROTEIN, CARBS, FATS, & FIBER WITHOUT NEGLECTING ANY
- **PROTEIN AND CARBS:** DIDN'T COUNT EVERY GRAM, BUT STAYED WITHIN A REASONABLE RANGE BASED ON MY MACROS. AFTER 2 YEARS, I KNOW THE MACROS OF MY TOP 3-4 PROTEIN AND CARB SOURCES BY HEART
- **VEGGIES:** UNLIMITED
- **FRUITS:** IN MODERATION, THEY REPLACED SWEETS, MAINLY SNACKS
- **HEALTHY RECIPES:** CHIA PUDDING, EGGPLANT OR ZUCCHINI LASAGNA, HEALTHY SANDWICHES WITH HOMEMADE SAUCES PREPARED IN 2 MNS





# **MACRONUTRIENTS**

**ALL OF THEM ARE IMPORTANT**

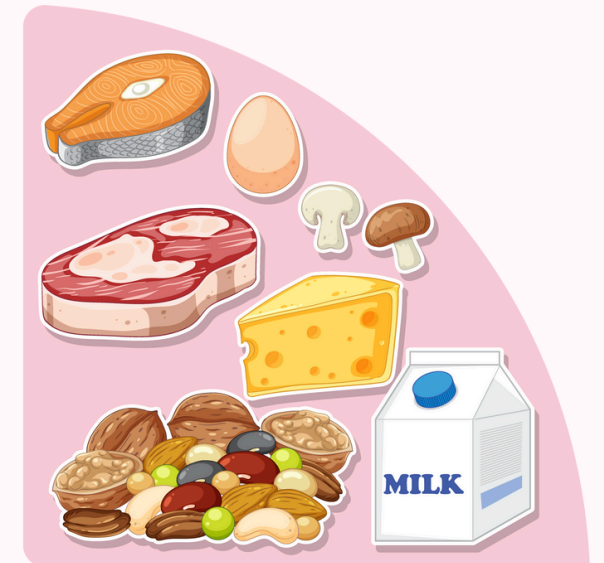
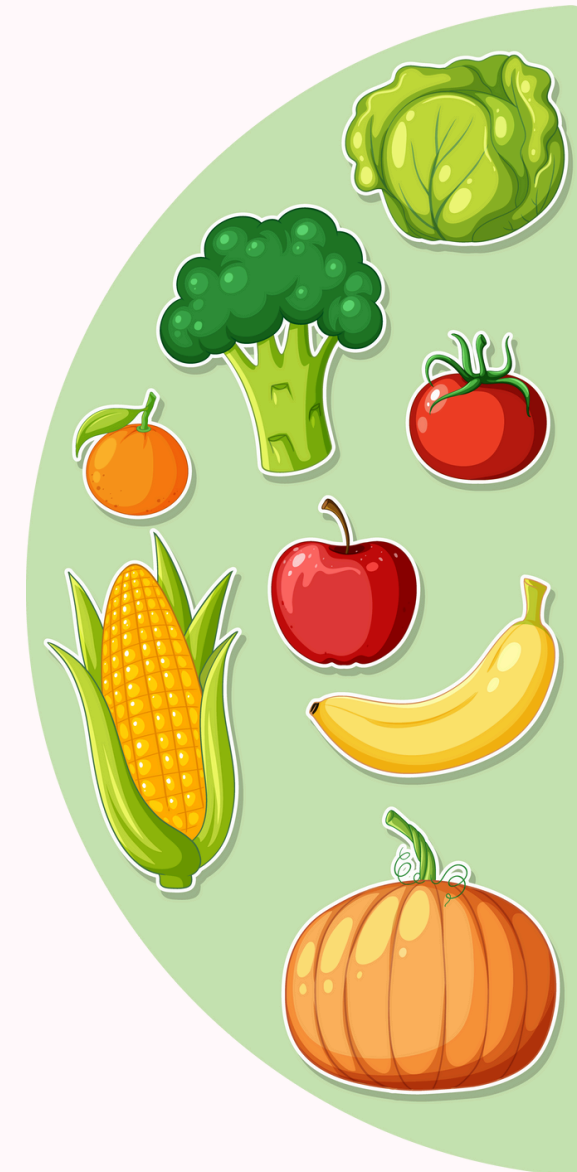
***CARBS: PROVIDE YOU WITH ENERGY.***

***PROTEINS: HELP YOU BUILD MUSCLE.***

***FATS: OFFER LONG-TERM ENERGY, INSULATE YOUR BODY, SUPPORT HORMONE PRODUCTION, AND AID IN NUTRIENT ABSORPTION.***

***FIBER: A TYPE OF CARBOHYDRATE THAT SUPPORTS GUT HEALTH. TO HEAL YOUR GUT, FOCUS ON INCREASING YOUR FIBER INTAKE.***

***NOTE: THIS IS NOT AN EXHAUSTIVE LIST OF FUNCTIONS.***





# MACRONUTRIENTS

EAT YOUR CARBS!!!!

**CARBS!!!!!! 🍞**

**DON'T CUT CARBS, SERIOUSLY.**

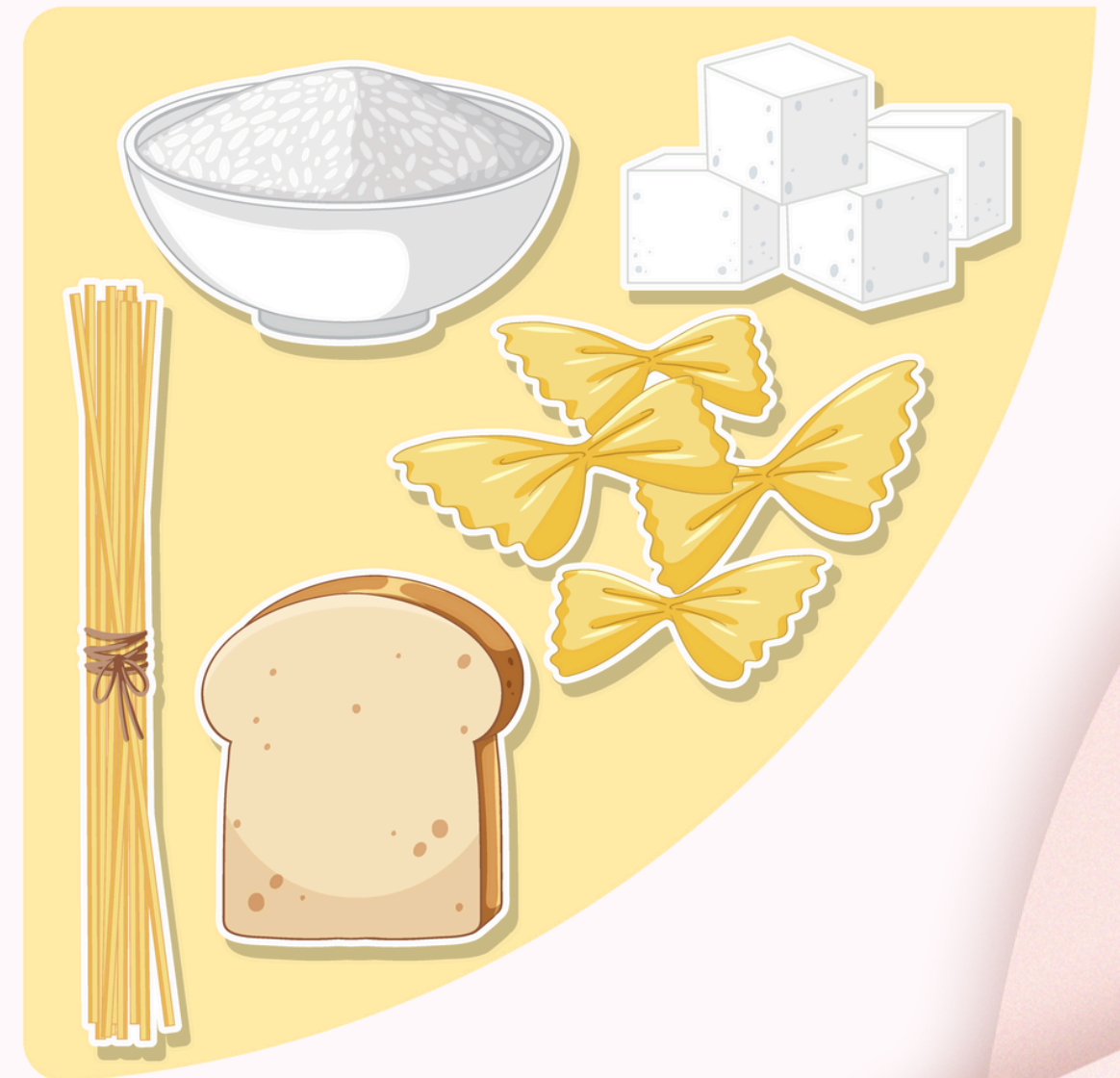
**I USED TO DO THAT TOO, THINKING THEY WERE THE REASON I WASN'T LEANING OUT.**

**BUT THE TRUTH IS, CARBS WERE EXACTLY WHAT MY BODY NEEDED TO LIFT HEAVIER, TRAIN HARDER, AND ACTUALLY BUILD SHAPE.**

**LESS CARBS JUST MEANS LESS WATER, YOU'RE NOT REALLY LOSING FAT.**

**FAT LOSS COMES FROM A CALORIE DEFICIT, NOT A CARB DEFICIT.**

**NOW I EAT THEM EVERY DAY, FEEL STRONGER THAN EVER, AND THAT'S EXACTLY WHAT I TEACH INSIDE MY APP.**





# ***BURNING MORE CALORIES***

***4/5 STRENGTH TRAINING SESSIONS :  
EXAMPLE:***

- ***LEG DAY 1***
- ***BACK, BICEPS & ABS***
- ***CHEST, ARMS & SHOULDERS***
- ***LEG DAY 2***
- ***OPTIONAL DAY WORKING ON WEAKNESSES***

***CARDIO :***

- ***ONE 45-MIN SESSION***
- ***15/20MNS SESSIONS AFTER UPPER BODY DAYS ONLY***
- ***OVERCOME STAGNATION AND PLATEAU BY ADDING ANOTHER CARDIO SESSION FOR 2 WEEKS***





# **SLEEP**

- **7-9 HOURS A DAY**
- **WHEN YOU DO NOT SLEEP ENOUGH, YOUR WEIGHT DOESN'T CHANGE BECAUSE YOUR METABOLISM DIDN'T HAVE ENOUGH TIME TO PERFORM FUNCTIONS INDIRECTLY LINKED TO FAT LOSS. IT'S ALSO LEADING TO HIGH CORTISOL LEVELS.**



# **CHEATMEALS**

- **1 CHEATMEAL PER WEEK**
- **OPT FOR COFFEE INSTEAD OF DINNER OUTSIDE WHEN YOU DON'T WANT A CHEAT MEAL**
- **CHEAT MEALS SHOULD NOT BE THAT HUGE (NOT MORE THAN 1000-1500 KCAL)**





# REALITY CHECK

**DON'T FORGET: SOCIAL MEDIA IS NOT REAL LIFE. NOT EVERYONE HAS A FLAT STOMACH, AND IT'S EXTREMELY HARD FOR MANY PEOPLE TO ACHIEVE.**

**GO TO THE CLOSEST BEACH, AND YOU'LL SEE HOW UNCOMMON IT IS TO HAVE A FLAT STOMACH.**

**HAVING A LOW BODY FAT PERCENTAGE, EVEN WHEN YOU EXERCISE, IS SUPER HARD! YOU HAVE TO MAINTAIN A CALORIE DEFICIT, AND THAT'S NOT SO COMMON BECAUSE IT REQUIRES DEDICATION ON TOP OF ALL OUR DAILY JOB AND DAILY STRUGGLES.**

**DON'T BE DISCOURAGED, BUT KNOW THAT YOU WILL ACHIEVE IT WITH MY PROGRAM IF YOU DO NOT GIVE UP, AND YOU WILL OFFICIALLY BE PART OF THE 1% OF THE POPULATION.**







# ***YOU HAVE TO WANT TO BE BETTER***

*IF YOUR DREAM IS TO BE FIT OR GET RID OF YOUR BELLY FAT, **YOU SHOULD BE TAKING NOTES OF MY RIGHT NOW TO START APPLYING MY ADVICE.***

*YOU ARE THE ONLY PERSON WHO CAN SAVE YOURSELF; NO ONE ELSE IS COMING TO DO IT FOR YOU. **IF YOU DON'T GET UP NOW, RETHINK YOUR DIET, AND WRITE DOWN YOUR NEW GYM ROUTINE OR USE MINE, NO ONE WILL DO IT FOR YOU.***



*NO ONE CARES ABOUT YOUR SUCCESS **MORE THAN YOU DO.***



# ***YES, IT'S WORTH IT***

*I RECEIVE HUNDREDS OF DMS ASKING FOR HELP WITH FITNESS JOURNEYS. MANY SEEM MOTIVATED, BUT ONCE I GIVE THEM EXACTLY WHAT THEY NEED TO DO, THEY LOSE INTEREST BECAUSE IT FEELS LIKE TOO MUCH WORK, AND THEY WERE HOPING FOR AN EASIER ANSWER.*

*YES, IT WASN'T EASY, BUT IT WASN'T IMPOSSIBLE EITHER. I'M GLAD IT WASN'T EASY AND OUT OF REACH FOR MOST PEOPLE BECAUSE IT MAKES ME FEEL PROUD OF MYSELF.*

THE MORE I SAW MYSELF CHANGE, THE LESS I CRAVED SUGAR OR JUNK, IT JUST STOPPED CONTROLLING ME. WORKING OUT BECAME MY NEW OBSESSION BECAUSE IT MADE ME FEEL GOOD, NOT JUST LOOK GOOD.

I EXPLAIN ALL OF THIS INSIDE THE CRAVINGS SECTION OF MY APP, WHERE I HELP YOU COMPLETELY SHIFT THE WAY YOU SEE JUNK FOOD AND HEALTHY EATING WITH MY 15 PERSONAL TIPS AS AN EX-OVERWEIGHT.

**ONE OF THE FIRST STEPS TO SUCCESS IN LIFE IS BEING IN SHAPE AND TAKING CARE OF YOUR PHYSICAL HEALTH.**





**THE GYM DOES  
NOT MAKE YOU  
BULKY.**



**YOUR DIET  
DOES.**



**BULKY PHYSIQUE =  
POOR CALORIC  
MANAGEMENT,  
INCLUDING PROTEIN  
QUALITY**



**LEAN PHYSIQUE =  
OPTIMAL CALORIC  
MANAGEMENT,  
INCLUDING HIGH  
QUALITY PROTEIN**





# **NOTE : WEIGHTLIFTING WILL NOT MAKE YOU BULKY OR TOO MUSCULAR**

**WEIGHTLIFTING WON'T MAKE YOU BULKY, YOUR DIET WILL. IF YOU HAVE A POOR DIET OR CONSUME TOO MUCH CALORIES OR YOUR MACROS ARE BAD, YOU WILL LOOK BULKY. WEIGHTLIFTING ALLOWS YOU TO BUILD MUSCLE TO YOUR DESIRED EXTENT. THE BETTER YOUR DIET, THE LEANER YOUR MUSCLE WILL BE.**

- **UNDERSTAND HOW YOUR BODY WORKS FIRST:** YOUR BODY ONLY KNOWS HOW TO SHED FAT AND BUILD MUSCLE. THERE IS NO SPECIAL TRANSFORMATION FOR ONE 'SPORT' IN PARTICULAR; IT'S NOT BECAUSE YOU'RE DOING PILATES THAT YOU'LL HAVE A DIFFERENT PHYSIQUE THAN IF YOU WERE LIFTING WEIGHTS. YOU WILL LOOK TONED WITH PILATES, JUST AS YOU WOULD WITH WEIGHTLIFTING AND CARDIO. IN FACT, WEIGHTLIFTING, IF DONE CORRECTLY, DELIVERS RESULTS FASTER THAN ANY OTHER TYPE OF MOVEMENT (PILATES, YOGA...)
- **PROGRAM EFFECTS:** THE RESULTS DEPEND ON YOUR PROGRAM, SO AVOID FOLLOWING ANY PROGRAM BLINDLY. IF YOU FOLLOW AN INFLUENCER'S PROGRAM, MAKE SURE THEY ARE CERTIFIED. I AM A CERTIFIED PT IN DUBAI FROM AN ACCREDITED NASM INSTITUTE. UNDERSTAND THAT A PROGRAM WILL AFFECT YOUR SHAPE, SO DON'T CHOOSE RANDOMLY TO AVOID DEVELOPING MUSCLE IN UNWANTED AREAS. IT'S NOT BECAUSE YOUR FAVORITE INFLUENCER GAINS FAT FROM THE GLUTES THAT YOU WILL GET THE SAME, FAT REPARTITION IS GENETICS, NOT PROGRAM BASED.
- **NO MAGIC EXERCISE:** NO SPECIFIC EXERCISE ALONE GUARANTEES WEIGHT LOSS. EXERCISE HELPS YOU BURN CALORIES, BUT IF YOU'RE NOT BURNING MORE THAN YOU CONSUME, YOU WON'T LOSE WEIGHT.
- **TARGETED MUSCLE BUILDING:** UNLIKE OTHER 'SPORTS', WEIGHTLIFTING LETS YOU TARGET SPECIFIC AREAS FOR MUSCLE BUILDING -> EXAMPLE : IF YOU WANT TO AVOID DEVELOPING YOUR SHOULDERS, YOU CAN, IF YOU WANT TO BIGGER GLUTES, YOU CAN. YOUR SHAPE IS 100% UNDER YOUR OWN RULES!

**WEIGHTLIFTING PROVIDES THE FLEXIBILITY TO SHAPE YOUR BODY ACCORDING TO YOUR GOALS.**



# ***NOW THAT YOU KNOW WHAT IT TAKES...***

***IF YOU'RE FINALLY READY TO CHANGE YOUR LIFE, THEN DO IT THE RIGHT WAY. IT MEANS: NOT BY TRYING EVERYTHING BLINDLY AND TRUSTING RANDOM INFLUENCERS, BUT WITH A METHOD THAT ACTUALLY WORKS, FROM A CERTIFIED PERSONAL TRAINER WHO WAS THERE BEFORE AND KNOWS EXACTLY WHAT YOU ARE GOING THROUGH.***

MY APP FORGEE IS NOT "JUST ANOTHER APP."  
AND I'M NOT "JUST ANOTHER INFLUENCER."  
MOST COACHES CHARGE \$250+ PER SESSION.  
MOST APPS GIVE YOU RANDOMLY GENERATED WORKOUTS  
THAT LOOK GOOD ON THE OUTSIDE BUT ARE EMPTY INSIDE

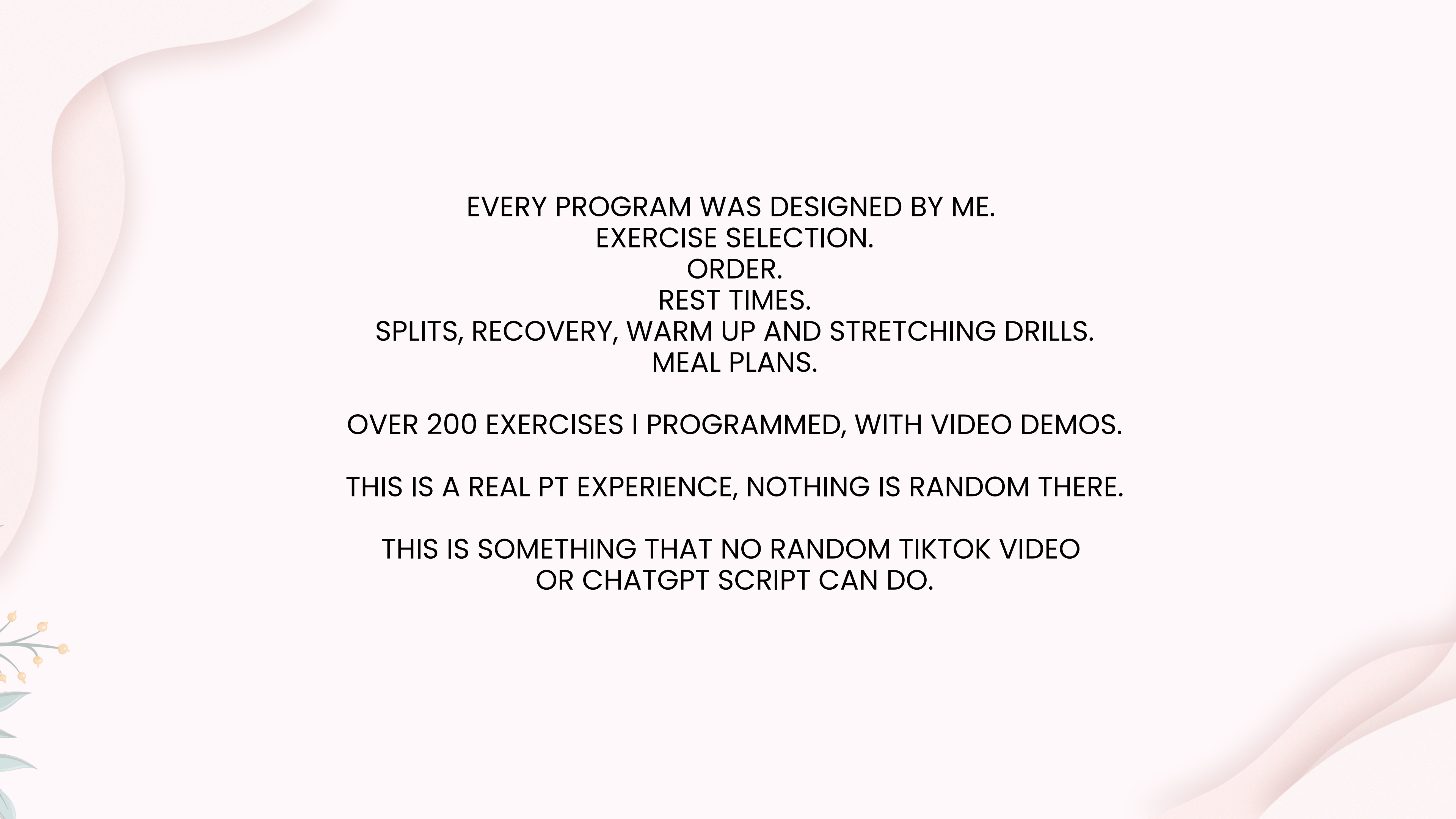
THAT'S THE REAL PROBLEM IN THE FITNESS INDUSTRY.  
A GOOD BODY DOESN'T MEAN SOMEONE KNOWS HOW TO COACH.  
MOST OF THE TIME, IT'S GENETICS.  
SO YOU IDENTIFY WITH SOMEONE WHO HAS A COMPLETELY DIFFERENT  
FAT DISTRIBUTION THAN YOU.

AND IF YOU FOLLOW THE WRONG PERSON,  
YOU'LL TRAIN HARD AND STAY STUCK.

YOU DON'T NEED MOTIVATION.  
YOU NEED A METHOD THAT DOESN'T CREATE FRUSTRATION.

WITH ME, YOU GET REAL COACHING FOR LESS THAN \$1 A DAY.





EVERY PROGRAM WAS DESIGNED BY ME.  
EXERCISE SELECTION.  
ORDER.  
REST TIMES.  
SPLITS, RECOVERY, WARM UP AND STRETCHING DRILLS.  
MEAL PLANS.

OVER 200 EXERCISES I PROGRAMMED, WITH VIDEO DEMOS.

THIS IS A REAL PT EXPERIENCE, NOTHING IS RANDOM THERE.

THIS IS SOMETHING THAT NO RANDOM TIKTOK VIDEO  
OR CHATGPT SCRIPT CAN DO.



I'M NOT JUST CERTIFIED.

I'M AN EX-OVERWEIGHT WOMAN WHO STORES FAT MAINLY AROUND THE BELLY,  
WITH A GOAL SHAPE OPPOSITE TO MY NATURAL FAT DISTRIBUTION.

I KNOW THE STRUGGLE. IT FEELS IMPOSSIBLE. I'VE HAD THIS THOUGHT SO MANY TIMES BEFORE ACTUALLY GETTING MY DREAM BODY.

I HAVE A CERTIFICATION BUT...

I ALSO KNOW THINGS FROM EXPERIENCE.

THAT'S SOMETHING NO CERTIFICATION CAN REPLACE.

HAVING SOMEONE LIKE ME SAVES YOU A LOT OF TIME.

YOU WILL FINALLY MAKE REAL PROGRESS, LIKE THE ONES I SHARED RECENTLY IN MY PINNED INSTAGRAM POST.

WE HAVE A COMMUNITY SUPPORT GROUP WITH ALL THE FORGEE GIRLS + MY SUPPORT TEAM RESPONDS IN 24H MAX.

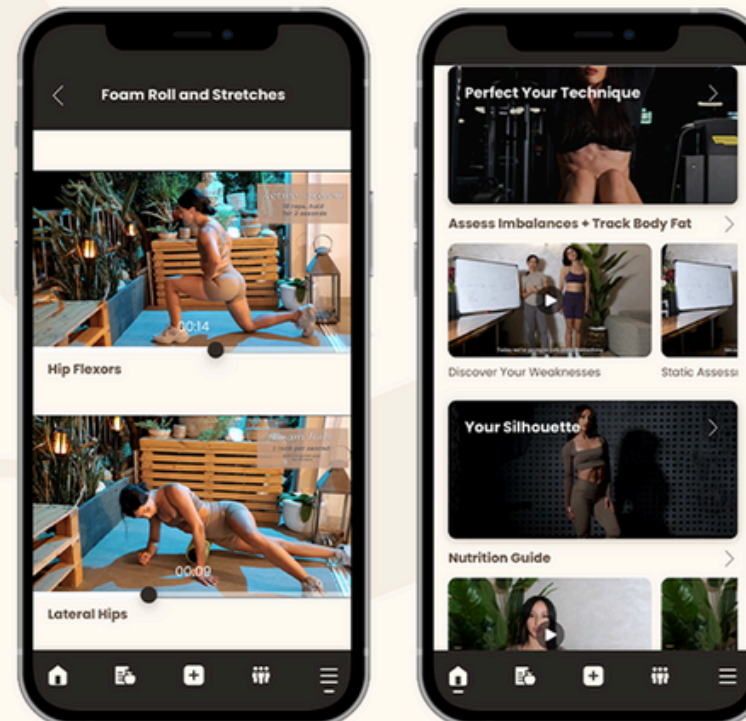
YOU'RE SUPPORTED! NOT TRAPPED.

**AND YOU CAN CANCEL ANYTIME, NO PRESSURE.** MY SUPPORT TEAM IS SUPER HELPFUL AND RESPONDS IN 24 HOURS, I DON'T KEEP ANYONE HOSTAGE. YOU CAN SUBSCRIBE AND CANCEL IMMEDIATELY SO THAT IT ALLOWS YOU TO TRY IT IN PEACE, THEN IF YOU LIKE IT, ASK THE SUPPORT TO CANCEL YOUR CANCELLATION 💙



# Forgée Atelier

*your extra edge inside the app*



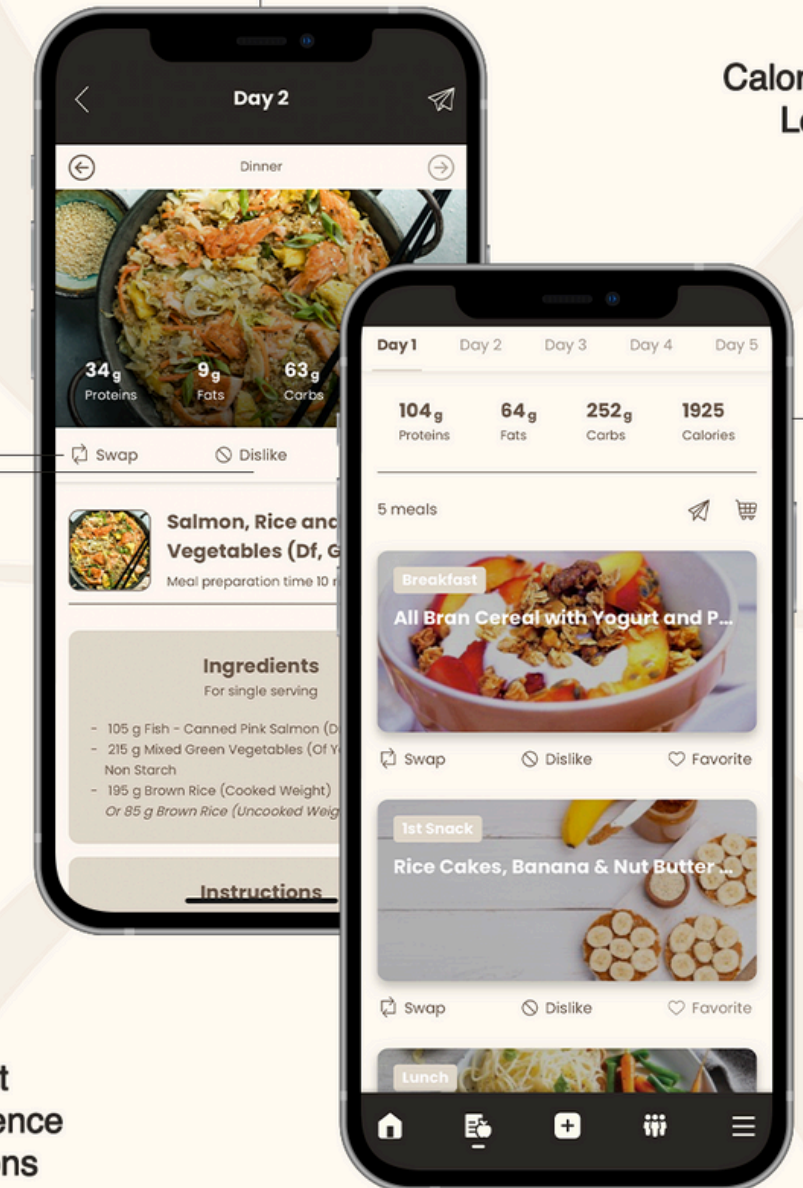
**Perfect your technique** - Advanced coaching cues, demos, and common mistakes to train smarter.

**Assess imbalances** - Professional tools to spot weaknesses, track progress, and build a balanced physique.

**Understand your body** - Insights on body shape & metabolism so users know how to train and what results to expect.

**Nutrition & beyond** - Extra guides, strategies, and tips to take performance and results to the next level.

## Tailored Meals for Different Goals



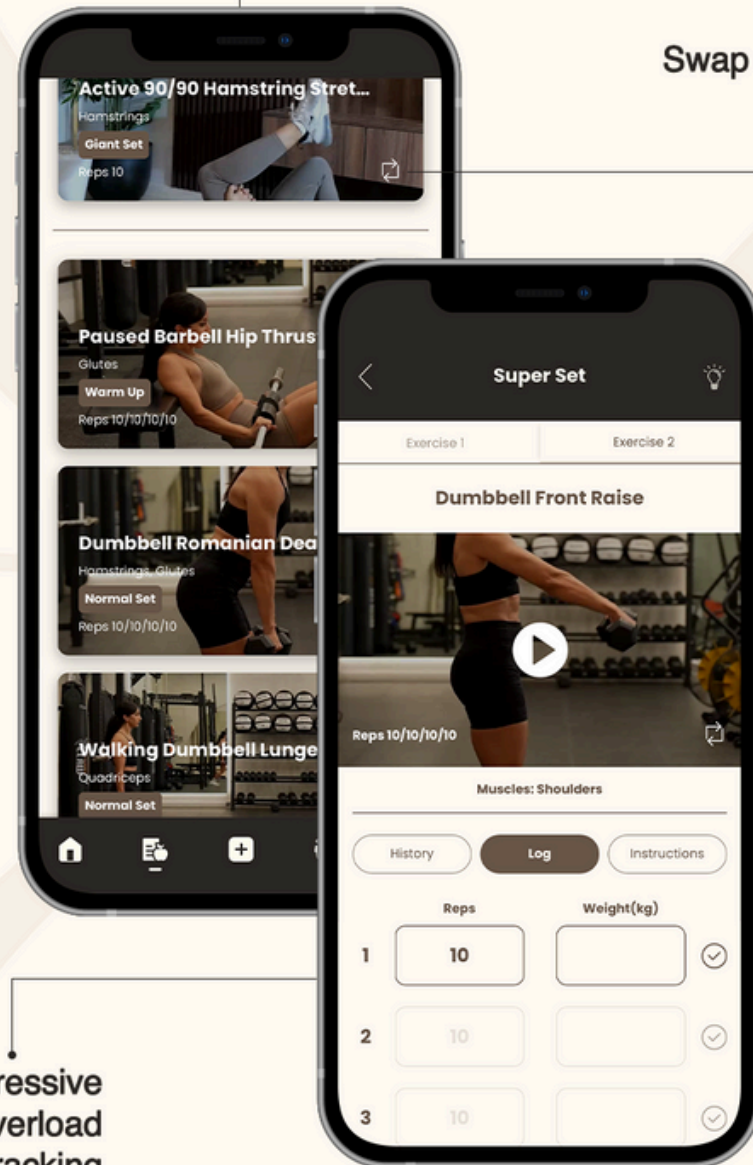
Calorie/ Macro  
Logging

Easy  
Swaps

Diet  
Preference  
Options

Add Custom Meal Plans

## Structured Workouts



Swap Workouts

Video  
Demos

Log Reps/Sets

Progressive  
Overload  
Tracking



Add Your Meal

Today (Aug 20, 2025)

Fats

56/62g

Carbs

59/262g

872cal / 1933cal

Image Scanner

Meal Plan

Dine

Ingredients and amounts of the meal

ent to log, the generator will create an

and macronutrient breakdown for you.

(the example below as a guideline)

green salad

cooked rice

chicken breast

diet coke

Generate

Rest between each set

Reps

Weight(kg)

1

10

2

10

B-Stance Dumbbell Hip Thrust

Personal Best

50 kg

Mean Weight - 40 kg

Today at 1:38 AM

10 R

x

30 kg

10 R

x

40 kg

10 R

x

50 kg

Done

Fri, 15 August 2025

Exercise Completed

29g

12g

80g

528

Proteins

Fats

Carbs

Calories

Swap

Dislike

Favorite

Food Diary

Aug 03

Aug 04

Aug 05

Aug 06

Aug 07

Aug 08

Aug 09

Daily Intake

Proteins

64g

Fats

28g

Carbs

142g

Calories

1041cal / 2035cal

Breakfast

Egg White Bagel (Df)

34g

12g

78g

544

Proteins

Fats

Carbs

Calories

Delete

View

Lunch

Tofu, Wild Rice and Salad (Df, Cf, ...)

Period Tracker

Aug 2025

Su

Mo

Tu

We

Th

Fr

Sa

3

4

5

6

7

8

9

My Workout Program

Week 1

Week 2

Week 3

Week 4

Day 1

Day 2

Day 3

Day 4

8 Exercises

Super Set

Exercise 1

Knee Circles

knees

Super Set

Reps 10

Exercise 2

Dynamic Leg Swings

Food Diary

Proteins

64g

Fats

28g

Calories

1041cal / 2035cal

+ Log Now

Strong Girl Daily Checklist

Log your habits for Aug 4, 2025

Walk 10,000 Steps Per Day

Period Tracker

Next period in 14 Days

Predicted between:

Aug 19th-23rd, 2025

+ Log Now

Strong Girl Daily Checklist

Jul 30

Jul 31

Aug 1

Aug 2

Aug 3

Walk 10,000 Steps Per Day

0

t

Muscles: Hamstrings, Glutes



**READY?**

**JOIN HERE**

