

# **Beautiful Badass**

## **Mini-Course**

# **How to Build a Better Body the Sane & Simple Way**

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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 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.

# Beautiful Badass Mini Course Overview

Howdy, and welcome to the Beautiful Badass Mini Course.

I'm Nia Shanks, and I'll be leading you through this new, awesome, exciting journey to achieving Beautiful Badass-ification.

Chances are you've tried dozens of other workout programs and diets, but now it's time to *do what works*.

It's my sincerest hope that you read and apply all of the information in this Mini Course. Honestly, you have no reason not to. Everything – from eating to working out – is super simple to apply, and you can do it today.

**Please commit to reading this brief Mini Course and start applying the information immediately.**

You must take action if you want results – and I'm willing to bet you'll actually have a ton of fun on your new Beautiful Badass journey. After all . . . if you're not having fun, what's the point?

The Beautiful Badass journey is all about getting the results you want while keeping things sane and simple. Nutrition and working out should *enhance your life* and not dominate it.

You should, and will, do what works best for you, your personality, lifestyle and preferences.

Let's dive in and begin by defining *Beautiful Badass*.

# What is a Beautiful Badass?

What exactly *is* a Beautiful Badass?

Beautiful Badass - [byoo-tuh-fuhl bad-ass] one who applies simple, stress-free, no nonsense principles to her workouts and nutrition habits. What I call "The Sane & Simple Way".

A Beautiful Badass performs proven, fun workouts that keep her motivated and as a result, she builds an amazing physique that she maintains long-term with ease.

Furthermore, a BB doesn't fall victim to the latest gimmicks and fads because she's too busy getting maximum results in minimum time.

And she definitely does NOT diet. She follows flexible and stress-free guidelines that are tailored to her lifestyle and preferences to build a better looking, strong, and healthier body she is proud of.

**Forget about stressful diets, OCD eating habits, and revolving your life around the gym. The Beautiful Badass (meaning YOU) are going to build the body you want the sane and simple way.**

And finally, being a Beautiful Badass means way more than just building a great looking body. It's an *attitude*. It's about being proud of who you are and what you can do. It's about saying "No!" to gimmicks, fads, and OCD habits that dominate your life.

Being a Beautiful Badass means working out and eating in a way that *enhances* the rest of your life. It's about a lifestyle you can maintain forever, and it's a journey that never ends.

*It's about being the best YOU possible and highlighting your unique personality and attributes.*

Interested? I sure hope so.

If you want to build a healthier, leaner body, regain your sanity from all of the confusing information and maintain the results long-term while having fun along the way, the Beautiful Badass Mini Course will show you how to do so.

- Forget about burning calories
- Forget about working yourself to utter exhaustion every workout
- Forget about the number on the scale
- Forget about dieting and stressful OCD eating habits
- Forget about performing hours of endless cardio every week

The Beautiful Badass Mini Course will reveal the sane and simple way to build a better looking, healthier body.

No filler, no fluff, and most certainly, no BS.

# You're Gonna Do Things Differently

You're about to discover the importance of *being different* on your Beautiful Badass journey.

What exactly do I mean by "being different"?

Being a Beautiful Badass means *you will workout and eat differently than the majority of women (and men)*.

Why?

Think about the people you see at the gym on a weekly basis. How many of them look the same today as they did months ago, or even years ago?

What about YOU? Have you tried other diets and workouts that failed to deliver results or just left you super stressed and confused?

Most women spend hours and hours on cardio machines. If they venture over to the weight area it's to do some crunches, triceps extensions, and maybe use the inner and outer thigh machines. As a result, they don't look any different compared to when they first started.

Why? Because that stuff does NOT produce results.

If you truly want to build a leaner, healthier body, you're going to have to be different.

- You will workout differently (and actually have FUN)
- You will eat differently (in a GOOD way - you won't be stressed out or submit to OCD eating habits).

Be excited because you're about to be armed with the information that'll leave you standing out from everyone else. You will finally get the results you want, all while maintaining your sanity.

*And I guarantee it's simpler than you could imagine.*

Not only will you workout and eat differently and get phenomenal results, but you won't be stressed out like everyone else.

- You won't be "dieting"
- You won't keep track of calories burned on a machine
- You won't revolve your life around an eating schedule or working out
- You won't be a slave to the number on the scale

Most women who start the journey of building a better body are usually very stressed and frustrated. They follow complex workouts and complicated, stressful diets. Basically, their life revolves around a rigid gym schedule and eating regimen.

You, on the other hand, are a Beautiful Badass. *You are different.* You'll get amazing results and you'll do so using *simple, no nonsense* workout programs and nutrition principles.

You'll no longer be frustrated and stressed out.

# Ditch Dieting & OCD 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 OCD 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 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 composition results from APPLYING (don't forget that!) this simple information.

Are you ready?

## **Eat primarily real food**

See . . . I told you it was simple. It's so simple and yet, most people don't do it.

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 grass-fed meats, wild caught fish, free range eggs, nuts and seeds, beans and legumes, and fruits and vegetables. It also means rice, rolled oats, and sprouted grain breads, if you enjoy those foods (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

Start by eating real food.



Beyond that, all you need to do is:

- Eat when you're hungry
- Stop eating when you're satisfied
- Apply the 90/10 principle (eat real food meals 90% of the time; the 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 – every single time.

**Here's another important and simple tip about being a Beautiful Badass:** [stay off the scale](#). I highly suggest you read that article.

Instead of worrying about the number on the scale, focus on your *actions* and use other indicators to measure your success - how you feel, your energy levels, how your clothes fit, etc.

*Those* are much more positive, realistic, and motivating measurements to use. Do yourself a favor and forget about the scale. Just put it away somewhere and don't even think about. Better yet, go toss it in the trash. You won't be needing it.

Apply the information in this Mini Course *consistently* and go by how you look, feel, your performance in the gym and how your clothes fit.

# THIS is How a Beautiful Badass Works Out

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

Are you ready to finally get results from your workouts? Ready to achieve maximum results in minimum time?

Well let's go then!

Let me start this off with a Disclaimer: no woman I've trained has gotten "big 'n bulky". Not a single one. If they did, they wouldn't work with me, and neither would anyone else. Keep that in mind as we move forward.

**This is how a Beautiful Badass [meaning YOU] should workout:**

- **Use primarily big, compound exercises** - this includes squats, deadlifts, single leg exercises, push-ups, parallel bar dips, inverted rows, chin-ups and other exercises (or appropriate exercise substitutions). Ninety percent of your training should consist of those exercises. They'll allow you to build a better looking body in the least amount of time possible. And don't worry if you can't perform bodyweight exercises like chin-ups and pull-ups. You can work up to them (and doing so will build the body you want).
- **Focus on getting stronger and improving your performance** - this is probably the most important factor. By getting stronger and improving your performance, your body has no choice but to keep changing. Also, this is a much more enjoyable and positive training goal. 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 or anything else – focus on what you *can do* and make it a goal to get better.

- **Forget about spending hours every week on an elliptical machine or treadmill** - a Beautiful Badass does NOT spend endless hours on cardio machines because she knows that there is a BETTER and FASTER way to get real results. A Beautiful Badass will do BB-approved cardio like hill sprints. Or, she'll engage in FUN recreational activity she actually enjoys.

THAT, my friend, is how a Beautiful Badass should workout.

Remember, you will NOT get big and bulky by working out like that. 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 light weights for high reps actually worked, 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 is the Beautiful Badass Workout.

# The Beautiful Badass Workout Program

Now that you know how to eat and workout like a Beautiful Badass, it's time to get into the Sample Beautiful Badass Workout.

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

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

## Day 1

- 1) Squat - 3x5, 1x10
- 2a) Chin-up OR pulldown - 3x5, 1x10
- 2b) Dumbbell overhead Press - 3x5, 1x10
- 3) Plank - 3 x as long as possible

## Day 2

- 1a) Dumbbell reverse lunge - 3x5, 1x12 each leg
- 1b) Suspended push-up - 3x5, 1x12
- 1c) Suspended inverted row - 3x6, 1x12
- 2) Ab wheel rollout - 3 x as many as possible

## Day 3

- 1) Rack pull OR Trap bar deadlift - 3x5, 1x8
- 2a) One arm dumbbell row - 3x6, 1x10
- 2b) Dumbbell bench press - 3x5, 1x10
- 3a) Hanging knee raise OR reverse crunch - 3 x as many as possible
- 3b) Back extensions - 3x12

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

More than likely you're looking at the workouts thinking, "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.

Like I said before, Beautiful Badasses workout *differently*. They workout differently because they do *what works and what produces the best results possible in the least amount of time*.

Sure, you could toss in some isolation exercises at the end of each workout, but that's a different topic for another time.

Just remember . . .

### **The Best Exercises + Improving Performance + Consistency = Amazing Results**

If you want shapely legs and 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.**

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 may not look "sexy" or "innovative", but it works, and it works dang well. Start today and you'll soon be a believer, too.

### **Workout Instructions:**

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

Do this for 4-6 weeks and eat smart as you learned earlier.

*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 you've received and don't get the best results ever, you can call me a liar and fraud.

- Perform each workout once per week, on non-consecutive days ( Day 1 on Monday, Day 2 on Wednesday, Day 3 on Friday, for example)
- 3x5 and 1x12 means to perform 3 sets of 5 repetitions and to perform 1 set of 12 repetitions. Perform the 3x5 and then finish up with 1x12
- Use the same weight for all 3 work sets for the 3x5
- 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 and forth until you complete the prescribed number of sets.

- **How to progress (remember, it's all about *improving your performance*):** for the 3x5, increase the weight the next week once you can complete 3x5 with the same weight. For example, if you used 95 pounds for squats and got 5 reps on the first and second set, but only 4 reps on the third set, you'd stick with 95 pounds until you got 5 reps for all 3 sets. Then you would increase the weight by 5 pounds and start the process over. Do the same for the higher rep sets.
- **Work hard and smart.** You've gotta challenge yourself. You must use a challenging weight for each set of every exercise. Meaning, you should have to focus completely on what you're doing a use a weight that allows you to perform one or two more reps than prescribed. For example, for exercises that have 3x5, use a weight that allows you to perform about 7 perfect reps. Remember – you must use a challenging weight, *but also maintain perfect form on every rep.*

**Now you know what to do. So take ACTION and get to work.**

Below is a little more information to add some fuel to your Beautiful Badass fire.

# THE Most Important Thing

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

All of the amazing information you've received 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 learned.*

You can only succeed if you *take action*. And you know what to do because you got it all in the Mini Course. There are no more excuses.

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 know what to do. And then DO it!

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

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

Let your Beautiful Badass Journey begin NOW!

# Own It

Wherever you are in your health, physique, and/or strength training journey -- **OWN IT**.  
No matter how far you've come or how far you've yet to go.

Own where you are right now.

Be proud of what you've done, even if it's just one tiny step in the right direction.

Always celebrate the small victories, even if no one else sees them.

Embrace all setbacks and obstacles; they're inevitable and provide lessons that allow us to grow stronger and more resilient. And they make the victories that much sweeter.

Be optimistic and celebrate whenever possible.

Keep going and don't ever stop.

Be relentless.



## **Bonus Articles for You**

If necessary, take your time working through the following articles. **I encourage you to read each one of them because they contain vital information that can help you achieve YOUR goals in a simple, stress free, no nonsense way.**

In no particular order, here are the must-read articles for you:

[Stop Weighing on the Scale - Why, How to get Better Results, and a Challenge](#)

[Letting Go of the Fat Loss Mindset](#)

[Letting Go of the Fat Loss Mindset Part 2](#)

[Beautiful Badass Nutrition Principles](#)

[The 10 Commandments for Simple Fat Loss](#)

I hope you enjoyed the Beautiful Badass Mini Course.

If you have any questions, I'm here to help you in any way possible.

**PS -- If you enjoyed the Mini Course, please share it with your friends and family members who are struggling to get results and deserve to know the Sane & SIMPLE, No Nonsense way to build the body they really want. Just tell them to sign up at [NiaShanks.com](http://NiaShanks.com) or [LiftLikeaGirl.com](http://LiftLikeaGirl.com).**