



8 WEEKS, HONESTLY

What the 8-Week Package at Sanctuary Fitness actually does, week by week, what a realistic result looks like and what decides it. No before-and-after fantasy, no supplements to buy. Written by Stevie Fulton.

WHAT YOU GET FOR £205

- Every class on the timetable for eight weeks: seven a week, 50 minutes each, all coached.
- Small-group Personal Training slots mid-week, mornings and late afternoons.
- A nutrition plan built for you at the consult, on top of the four-rule baseline every client gets.
- A measure in week one and week eight: tape, weight, photos, same conditions both times.
- No contract, no joining fee, no upsell. The next block is your choice at the end.

WEEK BY WEEK

Week 1	Measure. Three sessions. Protein at every meal. Nothing else change
Weeks 2 to 3	Add steps and water. Scales jump about; the weekly average matters.
Weeks 4 to 5	Halfway tape. If the average moves, change nothing. If not, one chang
Weeks 6 to 7	The drift weeks. Sessions booked in advance. Lifts up on week one.
Week 8	Measure again, same conditions. Decide what is next with the number

WHAT A REALISTIC RESULT LOOKS LIKE

Two to five kilos of fat, several centimetres off the waist, lifts noticeably up, sleep and energy better, and a set of habits that survive the block ending. Some people do more; the ones who do more turned up more and counted the drink.

What it is not: a different body in eight weeks, or a number on the scales that means anything on its own. The tape and the photos tell the truth the



scales hide, which is why we measure both ends.

WHAT DECIDES THE RESULT

- Sessions: three a week beats a perfect fortnight and a missing fortnight.
- Protein at every meal, and a calorie target a few hundred under maintenance. Not a crash.
- Eight thousand steps a day. The walking does more of the fat loss than the classes.
- Nothing is banned. 90% of meals on the plan, the other 10% is life. Alcohol works against you: set a number, water between drinks.
- Sleep. Seven hours. Tired people eat more and lift less.

WHO IT SUITS

Busy adults who want results without a gym membership they never use. Beginners, people coming back after years off, people over forty, parents, shift workers. Everything scales on the day. Kids are welcome at one-to-one sessions.

Who it does not suit: anyone who wants to be left alone with the machines. Every session here is coached.

NEXT STEP

A free ten-minute consult, in the gym or by email. Email me at sanctuary@clydebankpt.com with the words 8 WEEK. Next start date and places left are always on clydebankpt.com/8-week-package.