

BEACH READY ALL YEAR



THE 10-MINUTE BACKUP METHOD

I use it to stay fit when life gets busy.

CHRISTINE V

The Bodylab by Christine

Read it in 15 minutes. Use it for life.

People always ask me the same question.

I've spent 20 years in the fitness industry.

I've been on fitness magazine covers. I rebuilt my body to a six-pack nine months postpartum. I reversed type 2 diabetes through training and nutrition.

And the question I get asked most?

*“How do you stay beach ready all year
without spending hours in the gym?”*

The answer surprises almost everyone.

Because it's not what they expect.

No two-hour sessions. No 5am alarms. No punishing programme.

Just ten minutes.

Scattered through a day I'm already living.



That's what this guide is about.

— THE BIGGEST MISTAKE —

The mistake almost every woman makes.

Women think they need an hour to get results.

So when life doesn't give them an hour — and it rarely does — they do nothing.

One missed session becomes two. Two becomes a week. A week becomes “I’ll start again Monday.”

And Monday keeps moving.

HERE'S WHAT 20 YEARS OF COACHING TAUGHT ME:

The woman who moves for ten minutes every day gets better results than the woman who trains for an hour twice a week.

Not because ten minutes is magic.

Because every day is.



Consistency beats intensity.

Every single time.

The goal isn't to never miss a workout.

The goal is to stop one missed workout becoming another fresh start next Monday.



GRACE TRUTH

*Your body doesn't know it was only ten minutes.
It just knows you showed up.*

The Backup Method.

The fitness world calls it exercise snacking. I call it my backup plan.

You don't need another perfect plan.

You need a plan for the days your perfect plan falls apart.

Instead of one long workout you keep postponing, you scatter small bursts of movement through your day.

♥ A set of squats while the kettle boils

♥ A ten-minute walk after lunch

♥ Two flights of stairs instead of the lift

Your body doesn't care if it happened in a gym or your kitchen.

It responds to movement. That's all.

And ten minutes of movement, three or four times a day, adds up to something your body notices.

Your energy notices. And eventually — your mirror notices.

This is the method I use personally. It's why I can go on a winter holiday and wear a bikini without spending the three weeks before in panic mode.

I never stopped. I just moved differently.

♥ GRACE TRUTH

*Your body doesn't care if it happened in a gym.
It responds to movement. Full stop.*

My 10 favourite exercise snacks.

Pick three. Start today.

AT HOME

- 1 Kettle squats**
10 squats every time you boil water. Non-negotiable.
- 2 Toothbrush wall sit**
Hold a wall sit for the full two minutes while you brush.
- 3 Stair step-ups**
10 each leg on the bottom step, morning and evening.
- 4 Post-shower push-ups**
10 against the bathroom wall before you get dressed.
- 5 Ad-break march**
March on the spot during every TV ad break.

DURING YOUR DAY

- 6 Stairs-only rule**
No lifts. No escalators. Every single time.
- 7 Standing calf raises**
While waiting for anything: kettle, printer, school gate.
- 8 10-minute lunch walk**
Outside if possible. Non-negotiable on weekdays.
- 9 Desk squats**
Stand up. 10 squats at the top of every hour.
- 10 Evening walk**
10 minutes after dinner. The most underrated thing I do.

The rule: stack them onto things you already do.

The kettle. The stairs. The lunch break. Movement hidden inside your life.

START TODAY

The 7-Day Beach Ready Challenge.

7 days. 3 snacks a day. No gym required.

DAY	MORNING	MIDDAY	EVENING
MON	10 kettle squats	10-min walk	10-min walk after dinner
TUE	Toothbrush wall sit	10 stair step-ups each leg	10 desk squats on the hour
WED	10 push-ups (wall or floor)	10-min walk	10 kettle squats
THU	10 stair step-ups each leg	10-min walk	Toothbrush wall sit
FRI	10 kettle squats	10 desk squats	10-min walk after dinner
SAT	20-min walk (longest)	Stairs all day	10 push-ups before bed
SUN	Gentle 5-min stretch	10-min walk	Rest. You showed up.

THE ONLY RULE

If you miss a snack — skip it. Don't make it up. Don't punish yourself. Just show up for the next one.

♥ GRACE TRUTH

*One missed snack is nothing.
What you do next is everything.*

Why most women still struggle.

You now have the method. Ten exercise snacks. A 7-day challenge with a clear daily plan.

And if you're like most women, you've tried everything.
The plans. The apps. The fresh starts that lasted until Wednesday.

*You know what to do. You've known for years.
That was never the problem.*

The problem is the moment at 9pm when you're standing in front of the fridge and no one's there.

The moment in the fitting room when your chest goes cold.

The morning you wake up already feeling behind.



*The problem was never the food.
It was doing it all alone.*

A guide can give you the method. It can't be there at 9pm.

That's what Grace is for.

— STOP SABOTAGING YOUR RESULTS —

Meet *Grace*.

Your 24/7 AI coach — trained by Christine.

Grace does more than write meal plans and workouts — she stops you in the moments you usually fail.

When you're tired, alone, or about to reach for the chips, Grace shows up in your pocket with the exact thing you need: a nudging reminder, a better option, and the next small step that keeps you on track.



A personalised training plan

built for your body, your level, your equipment, and your schedule



A personalised meal plan

matched to your dietary preferences, your life stage, and your goals



Daily AI coaching from Grace

available 24/7 — in the moments this guide can't reach



A real community

where you are never doing this alone



Weekly resets & monthly goal reviews

with me, personally

This is the system that prevents slip-ups and builds lasting habits —
so your results become inevitable.

Start Here

Lock in the plan that finally works

I only have space for 75 women.

www.christinevfit.com/grace

The Bodylab

with Christine



YOUR BACKUP PLAN FOR WHEN LIFE HAPPENS.

A real meal plan. A real training programme.
A coach in your pocket. A real community.

FOR THE WOMAN WHO'S DONE STARTING OVER.

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THE BODYLAB BY CHRISTINE

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