



YOUR
GUIDE

—2026—

WELCOME

I am so excited you are here!

Recently I have been thinking a lot about how much life changes in different seasons, particularly as a woman and how our training has to change with it too.

Right now, I'm pregnant, my energy, my body, my routine everything looks different. I know it's going to rapidly change again but that's why I have created ERA.

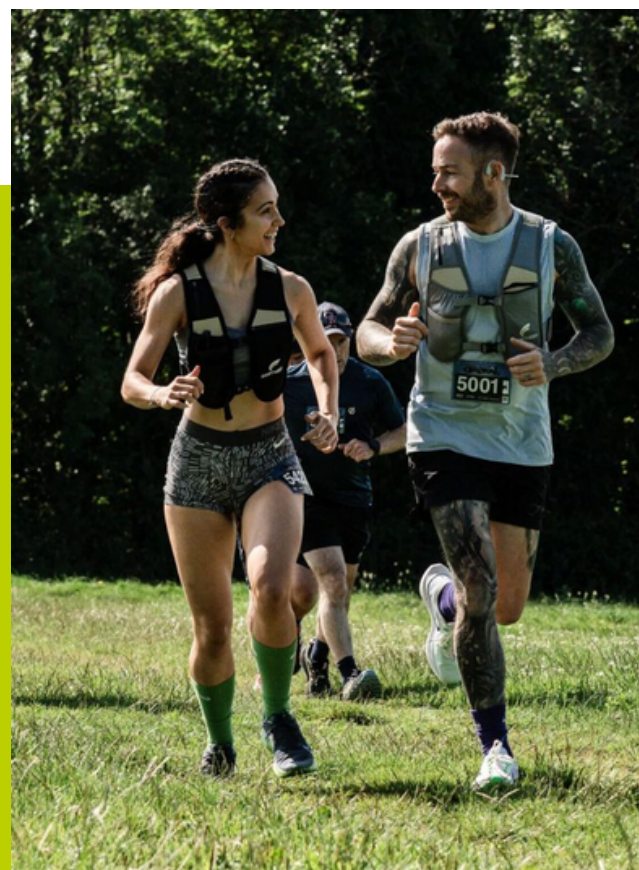
ERA - Training for every version of you

You don't have to be pregnant!
You may be...

Busy
Feeling a bit lost
Getting back into it
Trying to feel like you again
Ready for a challenge



—2026—



WHAT DOES IT ALL MEAN?

Project Era

This is all about keeping things simple, realistic, and consistent.

- 3 workouts a week
- Gym/home options depending on you and your needs/preferences
- Adaptable at every stage
- Weekly check-in call on a Friday afternoon/evening 15-30mins between 2-6pm
- Weekly Bonus Workouts to complete at home sent to you every Wednesday

Limited spaces open each month and we get started on the first £60/month.

To sign up or to book in a free 15min chat please message me on 07745929037





WHEN?

To secure your slot please join the wait-list and make a deposit of £9.99 - the remaining balance will then be due on the 1st of the month.



WEEKLY WORKOUT ROUTINE

Your weekly workouts/
adjustments or progression

Every Monday



ONLINE GROUP
TRAINING SESSION

Online group sessions or
Prerecorded

Go Live Every Wednesday



ONLINE CHECK IN
WITH ME

Your weekly check in

Every Friday - Between 2pm - 6pm

GET IN TOUCH

Thank you so much for taking the time to learn more about ERA. i

f you have any questions at all please do not hesitate to get in touch. I can't wait to chat!



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Coming soon:

End of August 2026

Bespoke 1:1 Training for young girls & women

- Private space
- 30-45 and 60 minute sessions available

September 2026

- Small in person group training
- Strength Training Workshops
- Pre/Postnatal training

October 2026

- Challenges - Such as Her Running Era

Details and sign up pages will launch a month prior to these events for more details please get in touch.

EXCLUSIVE OFFERS:

Refer a friend and receive 10% off your next training block.

Spread the word to enter my monthly giveaway.