

Courageously Confident

A life transformation through fitness.



**Are you sick and tired of not
feeling confident and sexy AF
inside your body?**

Dreading the mirror...

Hiding behind your clothes...

Afraid to see your reflection...

Never feeling good enough...

Are you frustrated with your current fitness routine or lack of?

You don't even know where to
start...

Nothing has been working...

Fitness is confusing you...

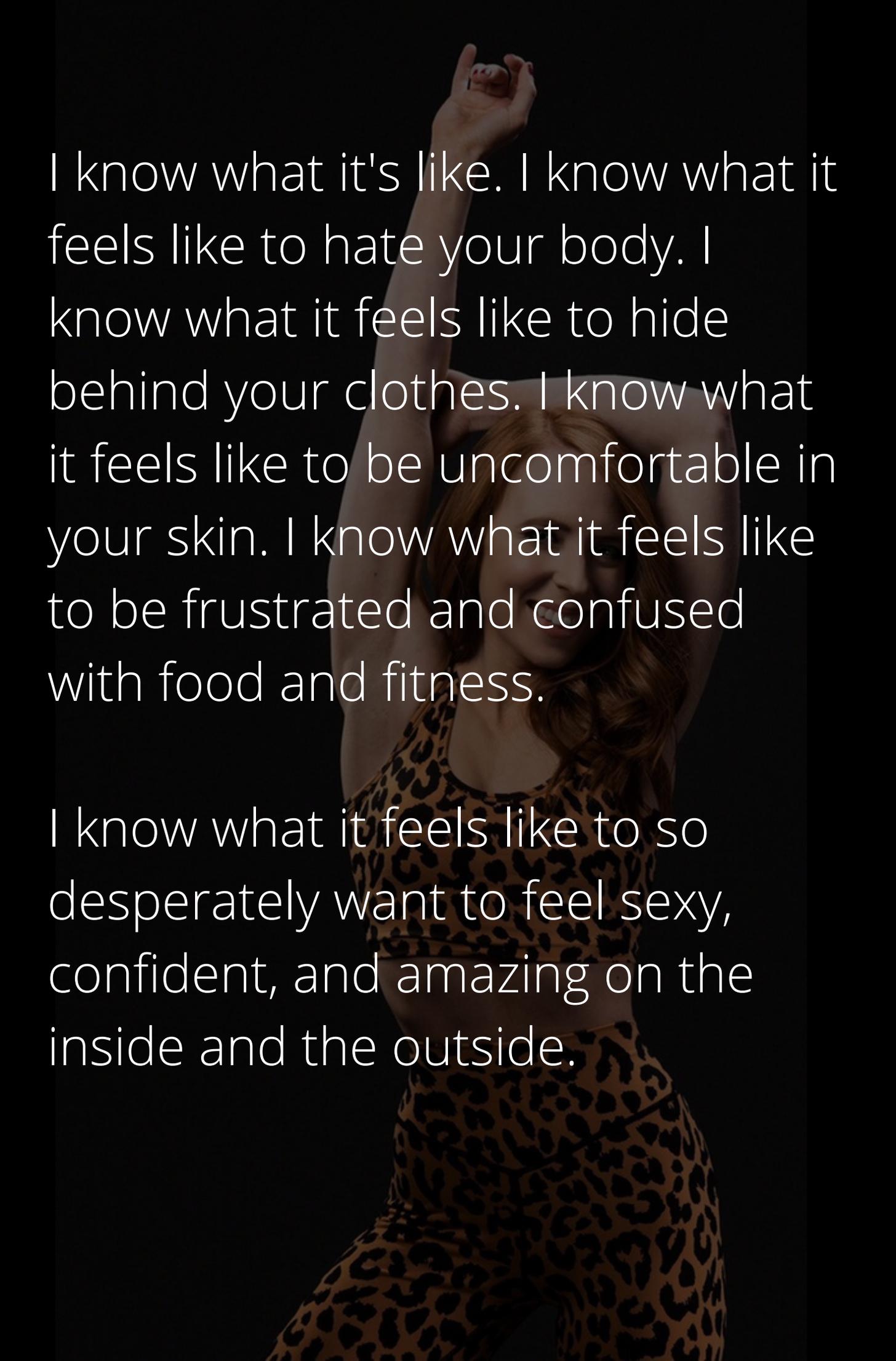
You just want to feel on track...

Are you trying all the quick-fixes and 30-day plans?

They sound appealing...

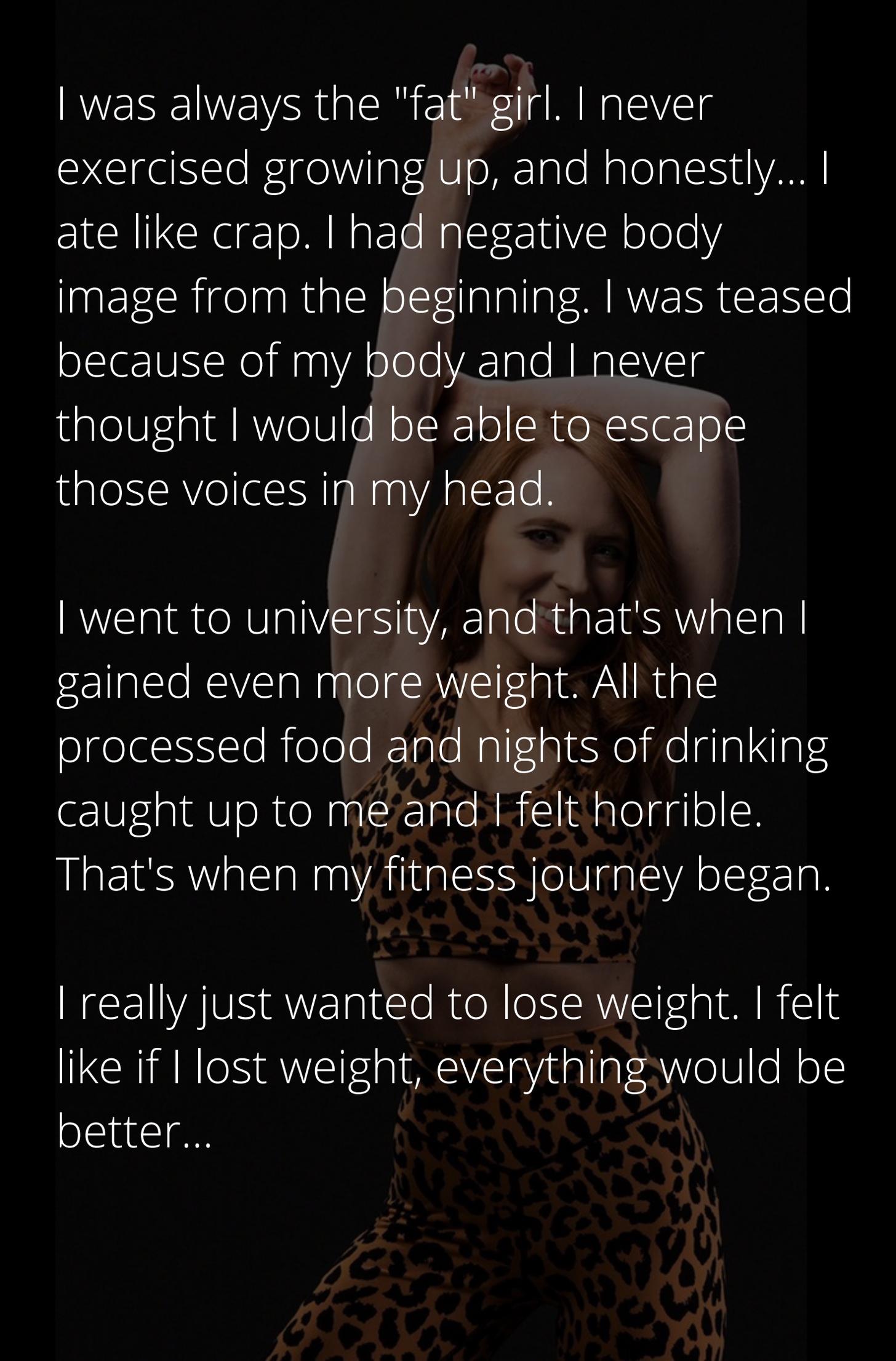
You want the fast results...

But you end up even more confused and the results don't even last...

A woman with long, wavy reddish-brown hair is shown from the waist up, wearing a leopard print halter-neck top and matching skirt. Her arms are raised, and she is holding a small, round object in her right hand. The background is dark, and the overall image has a slightly dim, moody atmosphere.

I know what it's like. I know what it feels like to hate your body. I know what it feels like to hide behind your clothes. I know what it feels like to be uncomfortable in your skin. I know what it feels like to be frustrated and confused with food and fitness.

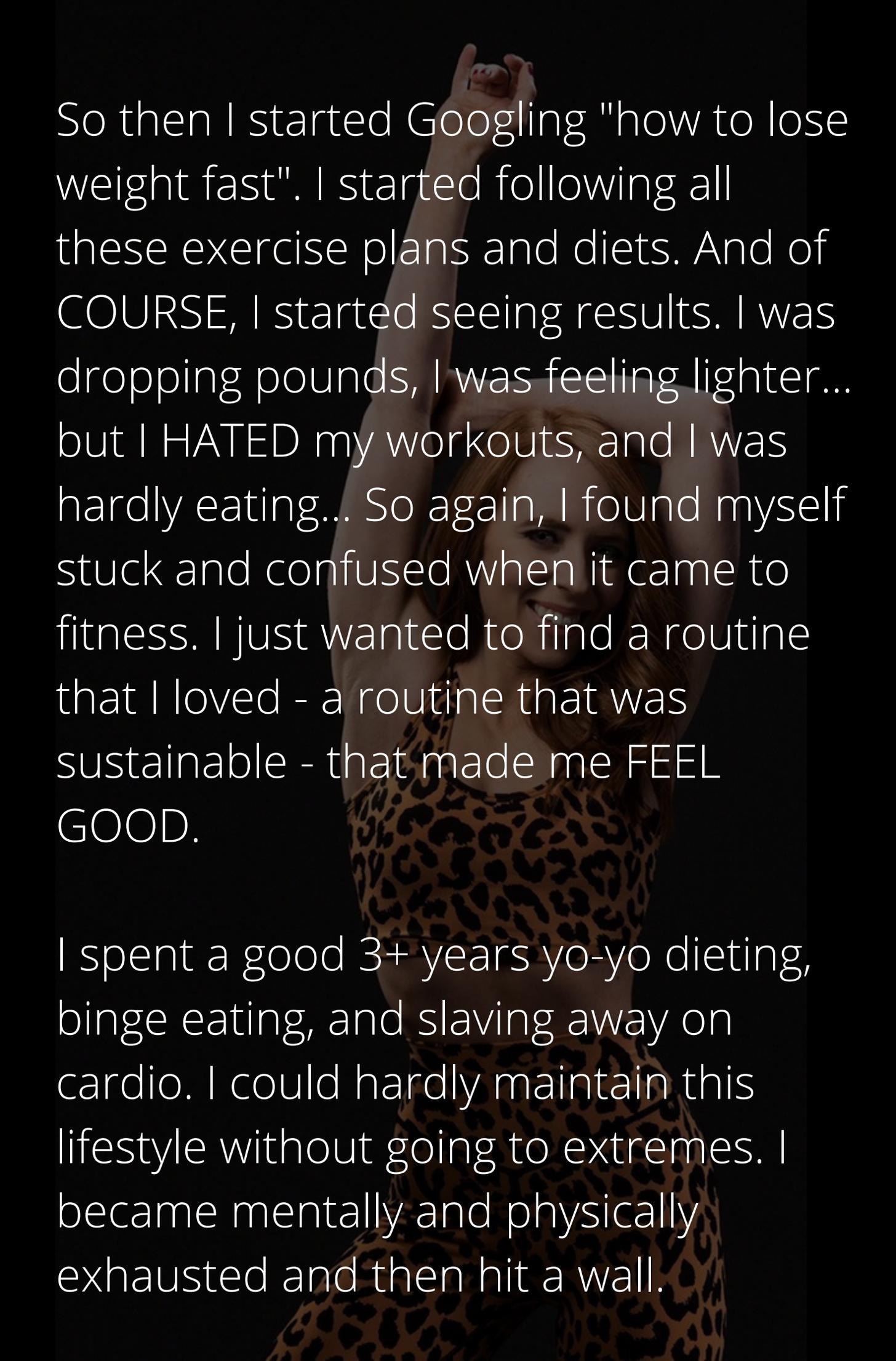
I know what it feels like to so desperately want to feel sexy, confident, and amazing on the inside and the outside.

A woman with long, wavy hair is shown from the waist up, wearing a leopard print crop top and matching leggings. She has her arms raised, holding a small, round object in her right hand. She is smiling slightly and looking towards the camera. The background is dark and out of focus.

I was always the "fat" girl. I never exercised growing up, and honestly... I ate like crap. I had negative body image from the beginning. I was teased because of my body and I never thought I would be able to escape those voices in my head.

I went to university, and that's when I gained even more weight. All the processed food and nights of drinking caught up to me and I felt horrible. That's when my fitness journey began.

I really just wanted to lose weight. I felt like if I lost weight, everything would be better...

A woman with long, wavy hair, wearing a leopard print top, is shown from the chest up. She has her arms raised, holding a small, round object (possibly a fruit or a small toy) in her hands. She is smiling slightly. The background is dark, and the overall image has a soft, slightly blurred quality.

So then I started Googling "how to lose weight fast". I started following all these exercise plans and diets. And of COURSE, I started seeing results. I was dropping pounds, I was feeling lighter... but I HATED my workouts, and I was hardly eating... So again, I found myself stuck and confused when it came to fitness. I just wanted to find a routine that I loved - a routine that was sustainable - that made me FEEL GOOD.

I spent a good 3+ years yo-yo dieting, binge eating, and slaving away on cardio. I could hardly maintain this lifestyle without going to extremes. I became mentally and physically exhausted and then hit a wall.

Through all the ups and downs of my fitness journey so far, I KNEW that I still wanted fitness to be part of my life.

I believed so deeply that fitness could change my life, I was just doing it wrong.

I also believed that mainstream fitness was missing something..

Actually, it was missing A LOT.

I figured out that I really wasn't looking to lose weight or look a certain way, I was looking for confidence, self-love, happiness, empowerment, and courage.

Everything changed...

Through my struggle, I found my strength. Literally, I found strength training, I found circuit training, I found power and excitement in the gym. I found balance. I found peace. I found happiness within myself.

And now, I get to bring the same to you with Courageously Confident.

If you are so ready to make THIS change for yourself, then click [HERE](#) to sign up for the April session.

Courageously Confident

Courageously Confident is a LIFE transformation program. Not only do you get to transform your body, your strength, your muscles, and your fitness.... but you also get to transform your MIND, your confidence, your courage, your relationship with yourself.

Yes, you get the workout plan, you get the guide, you will know exactly what to do in the gym, but you also get mindset training, you get community, you get support, and you finally get to feel heard.

This program is for the woman who....

- Wants a structured and effective fitness plan so she'll NEVER have to worry about what to do in the gym again
- Has been intrigued by lifting weights, but never actually started because it seemed intimidating (OR maybe you HAVE been lifting weights, but you aren't seeing results because you aren't training effectively)
- Values her body and knows that feeling good is the catalyst to success in her life
- Wants to love her body again, and feel less pressure to look a certain way, but to FEEL incredible
- Stands strong on her own but also thrives in a badass community of women

Courageously Confident

Courageously Confident works because it is based around THESE foundational pillars:

Consistency
Commitment
Community
Courage
Confidence

Results don't happen unless you are consistent, committed, surrounded by a badass/supportive community, allow yourself to take courageous action, and show up every day ready to build confidence. THAT is the foundation of your transformation.

Courageously Confident

If you're ready to finally see YOUR own transformation, then click the button below to officially sign up. MANY payment plan options are available for you!

Sign up now!
Click [HERE!!](#)

If you want to keep learning about the program... I have more for you!

Program Details

- 12 weeks worth of workouts that you can use FOREVER
- Exact workouts and exercises for each day
- Videos and explanations for each exercise
- Strength training and various styles of strength training to add variety to your workout
- Cardio + HIIT and how to incorporate them into your routine with strength training
- Learn how to do and WHY a Deload week is important
- Nutritional information
- Pre and post workout nutrition and meal ideas
- Affirmations & topics to reflect on through your fitness journey
- MONTHLY mastermind mindset group coaching calls (these calls are pure magic and this is when you can truly connect, feel supported, and ask questions)
- Access to a private Facebook group for ongoing support

I've always said that CC is more than a fitness program, and that's because it is!!!

There are now Courageously Confident retreats and summits.

Women from ALL OVER THE WORLD have formed strong friendships through this program.

A DOCUMENTARY was made about Courageously Confident - I can't make this up!

[Click here to watch the CC movie!](#)

Meet some incredible CC ladies!



Most programs don't give a F about the people in them. They don't care about your results. CC is different.

Steph cares about her clients. She wants you to keep improving, to grow in your fitness + mind set. This program changed my life.

I see myself differently now. I am no longer a slave to people telling me how I should look or how I should weigh. I am not limited in my food or fitness choices.

- Ashley K



I joined CC at easily one of the lowest points of my life and throughout the months of staying committed to the program and the mindset trainings, little by little my everyday life has improved. I truly look back to where my head and body was at 7 months ago and am amazed at myself for the progress I've made.

Seriously, if you're even thinking of joining, do the damn thing. I sat on it for a year and my only regret is that I didn't join sooner.

- Ashley P



I feel CONFIDENT in the gym and I feel more at ease in my own body. This is the biggest takeaway because this feeling has catapulted me into taking steps into confidence in other areas of my life as well.

Her workouts coupled with the monthly mindset trainings and amazing women in the FB group, has TRANSFORMED my life.

I highly recommend this program to anyone who wants to gain confidence in their life/mindset/fitness. Steph is all heart and is ready to help you reach your goals!

- Sabrina



Joining CC was when one of the best investments I have ever made. You not only learn invaluable information about how to rock the gym with confidence, but you learn things about yourself. You will see a transformation in your everyday life.

CC is so much more than a workout program because you gain a community, a support system, and a coach.

If you are on the fence just join take the plunge you will not regret it!

- Alley

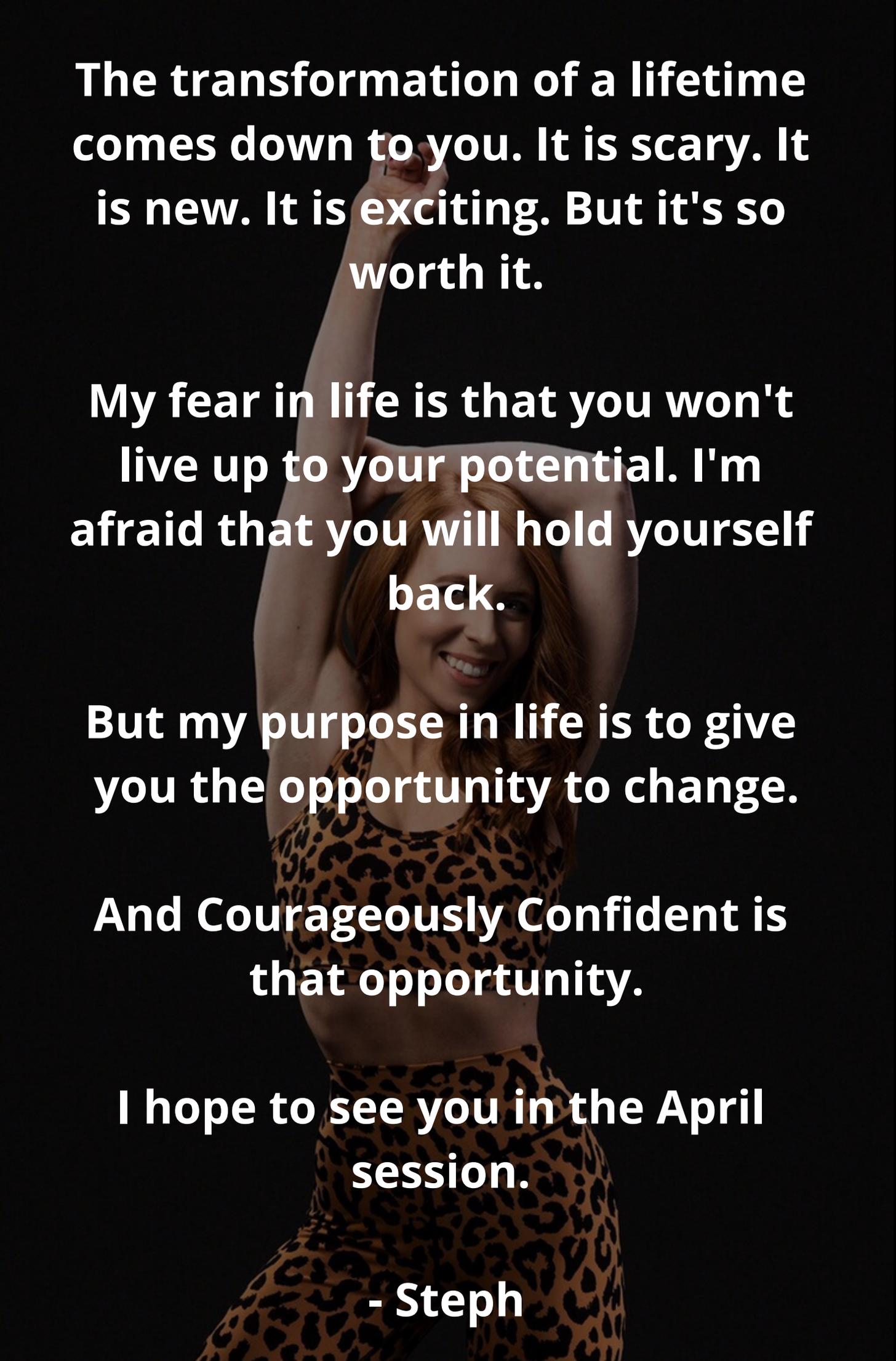


I've tried other programs before, but they never stuck. It's been 3 months, and I'm still going strong on CC! I've gained so much strength, lost weight, and am genuinely excited about the workouts.

CC isn't repetitive. You're constantly learning, and the nature of the community truly inspires you to push yourself!

From form checks, celebrating new PRs and simple words of encouragement, Steph is there for you EVERY step of the way.

- Fawn



**The transformation of a lifetime
comes down to you. It is scary. It
is new. It is exciting. But it's so
worth it.**

**My fear in life is that you won't
live up to your potential. I'm
afraid that you will hold yourself
back.**

**But my purpose in life is to give
you the opportunity to change.**

**And Courageously Confident is
that opportunity.**

**I hope to see you in the April
session.**

- Steph

**All information + more about
Courageously Confident is on
xogingy.com**

Click here to sign-up or read more.

**There are MANY payment plan
options for you to take advantage
of!**

**We are currently in early bird
season, so you also get a discount
included in the payment plans!**

**If you have any questions, feel free
to contact me through IG or FB
messenger.**