

ABOUT TTSL DAILY

Thick Thigs Saves Lives Training is a functional fitness program.

Each session has:

- A Detailed Warmup
- Strength
- Conditioning
- Cooldown

It includes full body movements, weightlifting, and gymnastics. The programming is **designed to be done at any fitness level**, and to make you more prepared for living a healthy limit free life.

How do I know if TTSL Daily is right for me?

- ✓ If you want to become the best version of yourself & care for your body
- ✓ If you want to get a great workout in but you have a busy schedule



BECOME A MEMBER NOW 

MEMBER LOGIN

- What kind of equipment do I need to do TTSL Daily? +
- I haven't worked out in years, do I need to be in good shape before I start? +
- I'm not confident with how I move, how do I know that I won't get injured lifting? +
- How do I access the programming? +

BENEFITS OF TTSL DAILY



SUPPORTIVE COMMUNITY

A strong group of women who will support & hold you accountable



FLEXIBLE SCHEDULE

For busy women who only have about 1 hr a day to workout



FEEL YOUR BEST


Build strength, endurance, and mobility to live your best life



PROGRAMMING

No need to make a plan at the gym, we've done it for you!

Bonus: We have knowledgeable coaches that will provide *individual feedback* for your movement to make sure you are moving safely! 🙌🙌

BECOME A MEMBER NOW 

MEET THE COACHES



RACHAEL ARRUDA

Rachael is a **certified L1 CrossFit coach with a degree in education**. She has years of experience in coaching, Olympic lifting, strength & conditioning, and CrossFit.

Something a lot of people don't know about Rachael is that she is a great singer! In high school she was the lead in the play "The Sound of Music"!

Some other accolades on top of her certifications include:



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- Division 3 Collegiate Volleyball Player (Bridgewater State University)
- Division 3 Collegiate Tennis Player (Bridgewater State University)
- Lead Programmer: CrossFit Lite
- Strength and Conditioning coordinator (Wareham High School Boys Football)
- Head Women's Volleyball Coach (Wareham High School)
- 482nd Fittest Woman in the Northeast region (CrossFit open 2014)

KELSEA HELLYAR

Kelsea is a **certified L1 CrossFit coach with a degree in nutrition**. She has years of experience in Olympic lifting, strength & conditioning, and CrossFit.

A fun fact: In 2019, she was a contestant on the game show Ultimate Tag!

Some other accolades on top of her certifications include:

- Division 2 All-American Collegiate Volleyball Player (Springfield College)
- 6th Fittest Team in the Northeast region (CrossFit Team Series) (2017)
- 62nd Fittest Woman in the Northeast region (CrossFit Open) (2016)
- Member of Regional Qualifying Team (CrossFit Regionals) (2016)
- Strength & Conditioning Coach (Simmons Women's Volleyball) (2015)

ISLEY BOYARSKI

Isley is a Montana transplant, who was not super active until she found CrossFit in 2013. She has her **CrossFit Level 2 Certification, USA Weightlifting L1, and Precision Nutrition Level 1**. She has been coaching for 8 years and enjoying fitness for 9 years.

Fun fact: Most of her childhood was spent riding horses and raising pigs!



CHELSEY RAY

Chelsy has her **CrossFit Level 1 Certification** and is a **NASM Certified Personal Trainer**. She is currently studying for the **GGS Pre- & Post-Natal Certification**.

Chelsy is a Tallahassee native who fell in love with fitness in her late twenties as a way to stay healthy enough to keep up with her fast moving children. Soon after, she **became a personal trainer and found her passion for helping others** find their love of fitness.

In 2017, she met Rachael Arruda through her Facebook group, Fitness Programming by CVG. Shortly after, Rachael gave her the push to register for the 2018 CrossFit Open. As a bodybuilder, she loved the challenge of the more functional movements.

BUILDING CONFIDENT WOMEN WORLDWIDE



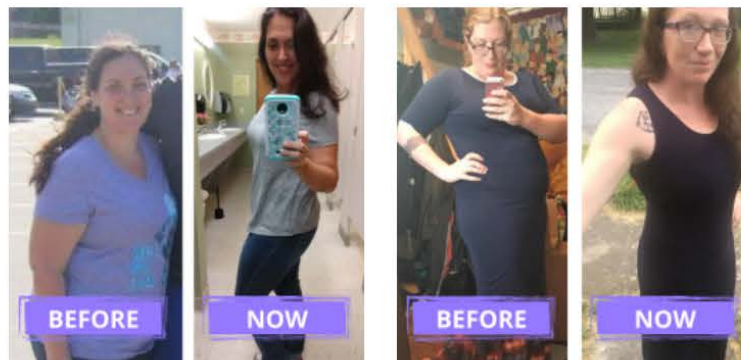
"I got them! So excited to give this a real chance. Thanks so much. ♥ You guys have been a huge motivation to me in my health journey. Just bought sizes SMALL and MEDIUM to celebrate my latest victory - 26% body fat! Amazing. (PS My first leggings from you were XXL or XL!)"

- Amanda S.



"I love the variety it provided and that it takes about an hour. The work outs are fun and challenging. I love that it gets me off the machines and using more than one muscle group at once. I'm not the fittest person out there so the scales and demonstration videos were a big help. The coaches and ladies in the Facebook group are great resources. Recommending these workouts to everyone."

- Jennifer L.



"I absolutely love these workouts! From beginning to end, each workout is laid out for you. The library is set up perfectly and easy to navigate. And the coaching is at your fingertips. I'm so glad to have tried TTSL!"

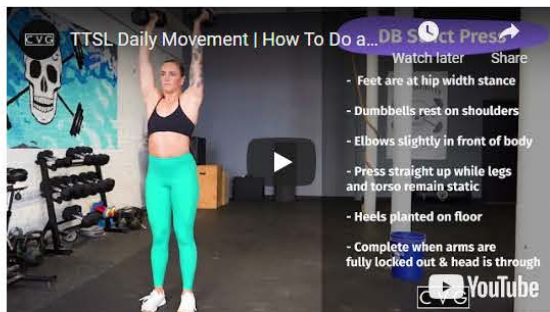
- Mercedes K.

"I have a chronic illness and was afraid I wasn't going to be able to do these work outs. After some encouragement from everyone in the FB group I finally bought it and started. No looking back. After 3 weeks I feel stronger. Have been able to modify when needed and LOVE every minute of hard work and accomplishment. DO IT!!!!"

- Brandi L.

BECOME A MEMBER NOW

TTSL DAILY MOVEMENT LIBRARY



Are you excited to join TTSL Daily but are unsure how to do some of the movements? You aren't alone. You have full access to our [Movement Library on YouTube](#) where we give step-by-step instructions on how to properly do the exercises.

IT'S TIME YOU FOCUS ON YOURSELF!

JOIN TTSL DAILY

Become the best version of yourself!



Constantly Varied Gear is a small company making badass apparel for strong women.



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