



12 Week StrongHER Athlete Rehab System

Hey Girl,

Are you tired of that nagging fear that one wrong move could end your season? That sinking feeling when you land awkwardly, change direction, or push hard in training... wondering "is this the one that takes me out?"

I get it.

You've worked too hard, sacrificed too much, and come too far to watch from the sidelines while your team takes the field without you.

The constant cycle of niggles, setbacks, and "just resting it" isn't just frustrating—it's stealing your spot, your confidence, and the career you're building.

I know this feeling intimately.

And so do my clients.



It's exactly why I spent months developing a physio program tailored for female athletes like yourself who want to:

- Train hard, pain-free, without worrying about your next injury
- Build explosive power and mobility to dominate on the pitch

- Move with the confidence of an elite athlete built to last
- Leave your teammates wondering what's changed in your game

It's called:

The 12-Week StrongHER Athlete Rehab System

A custom rehab system designed for female athletes. The treatment and exercise program is designed to transform injury-prone athletes into durable, powerful players who can break through performance barriers with bodies built to dominate on match day.

Why Most Female Athletes Stay Injured (And How We're Different)

Too many female athletes live with persistent pain, repeat injuries, or a lack of confidence in their body. Why? Because traditional rehab wasn't built for athletes. You're told to rest, given a few basic exercises, and sent back to training without the strength, resilience, or support needed to perform.

At **StrongHER Athlete**, we've built a proven rehab framework tailored specifically to female athletes. Our system doesn't stop at pain relief — it takes you all the way back to performance, ensuring you return to your sport stronger, more resilient, and ready for the demands of competition.

The Problem With Traditional Physiotherapy

We believe movement is medicine, and rehab should prepare you for more than just daily life — it should prepare you for the chaos of sport. The problem is, most rehab programs fail because they:

- Prescribe **basic, generic exercises** that don't progress you far enough.
- Deliver **boring programs** that are hard to stick to.
- Provide **incomplete guidance**, leaving you guessing about what's next.

That's why we created **StrongHER Athlete** — a system that goes beyond pain relief to truly rebuild your confidence and performance.

The StrongHER Athlete Difference

PROBLEM #1: Elementary Exercises

Most female athletes are kept on the same easy drills for too long out of fear of re-injury. But when exercises stop challenging you, your body stops adapting.

Our Solution: Progressive, Sport-Specific Exercises

StrongHER Athlete programs are designed to build strength, stability, and movement quality step by step, preparing you for the real demands of your sport.

PROBLEM #2: Boring Programs

If you're not engaged, you won't stick with it. Most rehab is repetitive and uninspiring.

Our Solution: Engaging Drills That Transfer to Sport

We focus on exercises that carry over to real performance — drills that build confidence, speed, power, and stability. Programs are challenging, varied, and motivating, so you'll actually want to do them.

PROBLEM #3: Incomplete Guidance

Rehab often leaves you on your own too soon, without the structure or support to make a full return.

Our Solution: Complete Support System

We take the guesswork out of rehab. With structured programs, clear instructions, and expert coaching, you'll know exactly what to do, how to do it, and when to progress. You won't just be "managing" your injury — you'll be overcoming it.

Our 12-Week Elite Program is Ideal for those looking to rehab an injury or recover from a small orthopaedic surgery. This program takes you from rehab to performance, building the strength and resilience you need to return to your sport stronger than before.

How We'll Work Together

Each week, you'll have guidance from a physiotherapist who understands both the science of rehab and the demands of sport. We'll:

- Focus on the movement patterns you need to master.
- Provide treatment and coaching to support recovery.


- Progress your program step by step so you're always moving forward.
- Give you access to exercise videos, instructions, and feedback so you're never left unsure.


All you need to do is commit to the process. With consistency and effort, your results will speak for themselves.

Here's Exactly What You'll Get

- 12-Week Custom Exercise Program designed by a Sport and Exercise Physiotherapist and tailored to your lifting history and goals
- Initial Injury or Performance Assessment through a thorough questionnaire and consult, to pinpoint the root cause of your problem
- 8 1:1 Treatment Sessions (30 minutes each) to handle any niggles and keep you progressing safely
- Personalised Exercise Video Library so you know exactly what to do, with correct form
- Ongoing Messaging Support (Mon–Fri) to answer questions and keep you accountable

Bonuses if you join today:

 **BONUS:** Recovery Checklist (usually \$29) — to ensure you have the best chance of feeling 100% going into every session

 **BONUS:** Ankle Robustness Program (usually \$59) — stability starts with the bottom up so let's keep those ankles strong and stable.

Let's Be Upfront

Rehab that works isn't easy, it takes time, consistency, and effort. We'll give you everything you need to succeed, but your commitment to the process is what creates the result.

The athletes who thrive in this program are the ones who show up, do the work, and trust the process. If you do that, you won't just recover, you'll transform.

Our Guarantee

We believe in removing the risk for you. If within the first 7 days of the program you don't feel this system is right for you, we'll refund 100% of your investment.

You'll keep everything you've learned and the exercises provided — no questions asked.

That's how confident we are in StrongHER Athlete.

Investment Options

We know every athlete's journey is different, which is why StrongHER Athlete offers flexible payment options pathways:

12-Week Elite Program

- Upfront: \$2750 AUD (save 10%)
- Instalments: 3 x \$1008 AUD, 4 weeks apart

The StrongHER Promise

This isn't a quick fix, and it's not a generic program. **StrongHER Athlete** is a system built for women who want to break the injury cycle and perform with confidence.

You won't just return to sport.

You'll return **StrongHER**.
