LA MANNEQUIN · SCULPTED MUSE

WINTER ARC

LOCK-IN STARTER

A taste of all seven systems to remember who you are,
choose your own standard
and keep going on the hard days.

FUCK IT. DREAM BIGGER. SCULPT IT.

Grace in the process. Fierce about the destination.

Your Identity Statement

I AM THE WOMAN WHO

THE OLD STORY I AM CORRECTING

THE EVIDENCE I WILL CREATE



Set Your Own Standard

THE INHERITED EXPECTATION	MY OWN STANDARD

A standard becomes yours when your choices begin to prove it.



The Minimum Viable Day

Self One honest promise kept	Body Ten-minute walk or mobility	Face Cleanse and moisturise
Fuel One balanced meal + water	Space Reset one visible surface	Direction One focused work action

MY MINIMUM VIABLE DAY

THE RETURN PRACTICE

EVERY IDENTITY HAS MOMENTS OF STRESS, UNCERTAINTY AND SELF-DOUBT.
YOUR RETURN PRACTICE IS THE ACTION THAT RECONNECTS YOU TO YOURSELF BEFORE MAKING ANOTHER DECISION.
IT IS NOT ABOUT FEELING PERFECT.
IT IS ABOUT BECOMING AVAILABLE FOR YOUR NEXT HONEST ACTION.

MY RETURN PRACTICE
When I notice I am becoming overwhelmed, disconnected or tempted to disappear...

I return to:

It takes approximately:

It helps me remember:

After completing it, my next honest action is:

- WALK
- JOURNALING
- PRAYER
- MUSIC
- VISION BOARD

Continue. — Do Not Restart

ONE IMPERFECT CHOICE

does not erase the day.

Do not disappear after one difficult moment. Return at the next planned action.

CONTINUE. — DO NOT RESTART.

THE NEXT PLANNED ACTION

A TASTE OF THE COLLECTION

Seven systems.
One life.

01	**IDENTITY**	*you just started here*
02	**VISION**	*The Future Hour*
03	**NOURISHMENT**	*The Healthy Girl Protocol*
04	**MOVEMENT**	*The Gym Protocol*
05	**GLOW**	*The Glow Protocol*
06	**INNER MUSE**	*private, for you only*
07	**RESET**	*The Reset*

A taste of each. Just enough to feel it.

FUCK IT. DREAM BIGGER. SCULPT IT.

A LOT *can happen in a* YEAR

The Project Vision

THE PROJECT I AM BUILDING

WHO IT SERVES

WHY I AM THE WOMAN TO BUILD IT

THE PROBLEM IT SOLVES

WHAT SUCCESS LOOKS LIKE IN ONE YEAR



healthy girl era

01 · THE HEALTHY GIRL MINDSET

HEALTH IS WEALTH.

The Healthy Girl Standard

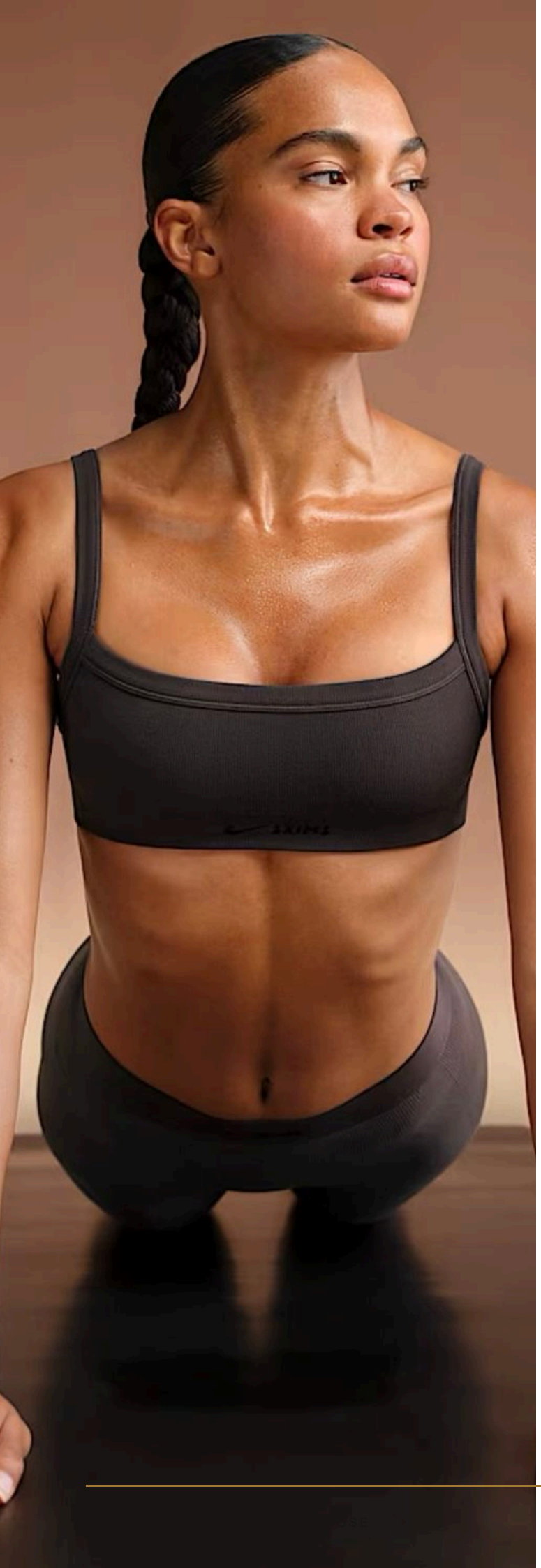
MY STANDARD

I nourish myself before I am depleted. I move before I feel stuck. I prepare before the week becomes loud.

THE OLD PATTERN I AM LEAVING

THE STANDARD I AM CHOOSING

THE SMALLEST ACTION THAT PROVES IT TODAY



2Pillar - Sculpt

The Sculpt Focus:
Low-impact time-under-tension designed to target deep core stability, pull in the waistline, improve posture, and lengthen muscle tone without joint stress.

1. Classe — 45 - 55min

2. Focus — Core, Glutes, Legs

3. Modalities

- LAGREE
- MAT PILATES
- SCULPT
- REFORMER PILATES

Execution Rule:
Dedicate 2 days a week to Lagree, Pilates, or Mat Sculpt to build deep core strength, refine posture, and restore your body between heavy lifting days.



Your Weekly Training Plan

Weekly Arc)

SESSION 1 — Strength & Cardio (Full Body)

SESSION 2 — Lagree or Pilates (Sculpt)

SESSION 3 — Cardio Solo Session

SESSION 4 — Lagree or Pilates (Sculpt)

SESSION 5 — Strength & Cardio (Full Body)

2 Days Rest and Reset

“Where transformation happens”



READ YOUR SKIN FIRST

You may recognise more than one concern. Start with the first statement you check, reading from top to bottom.

HOW TO USE Check every statement that applies today. Your first checked answer becomes your first four-week focus.

01 Does your skin sting, burn, peel, feel raw or react to basic products?
Visible irritation and discomfort come before correction.

□ YES
Begin with
Foundation Reset

02 Are you experiencing active or inflamed breakouts?
Stabilise active breakouts before concentrating on leftover marks or fine lines.

□ YES
Begin with
Breakout Stability

03 Is your skin tight, flaky or dehydrated—but not irritated?
Comfort and hydration create a clearer baseline.

□ YES
Begin with
Hydration & Comfort

04 Are breakouts mostly controlled, but marks or uneven tone remain?
Target the visible aftermath only after active inflammation is calmer.

□ YES
Begin with
Tone & Marks

05 Is your skin calm—and your main concern texture or fine lines?
Renewal belongs on a stable, comfortable foundation.

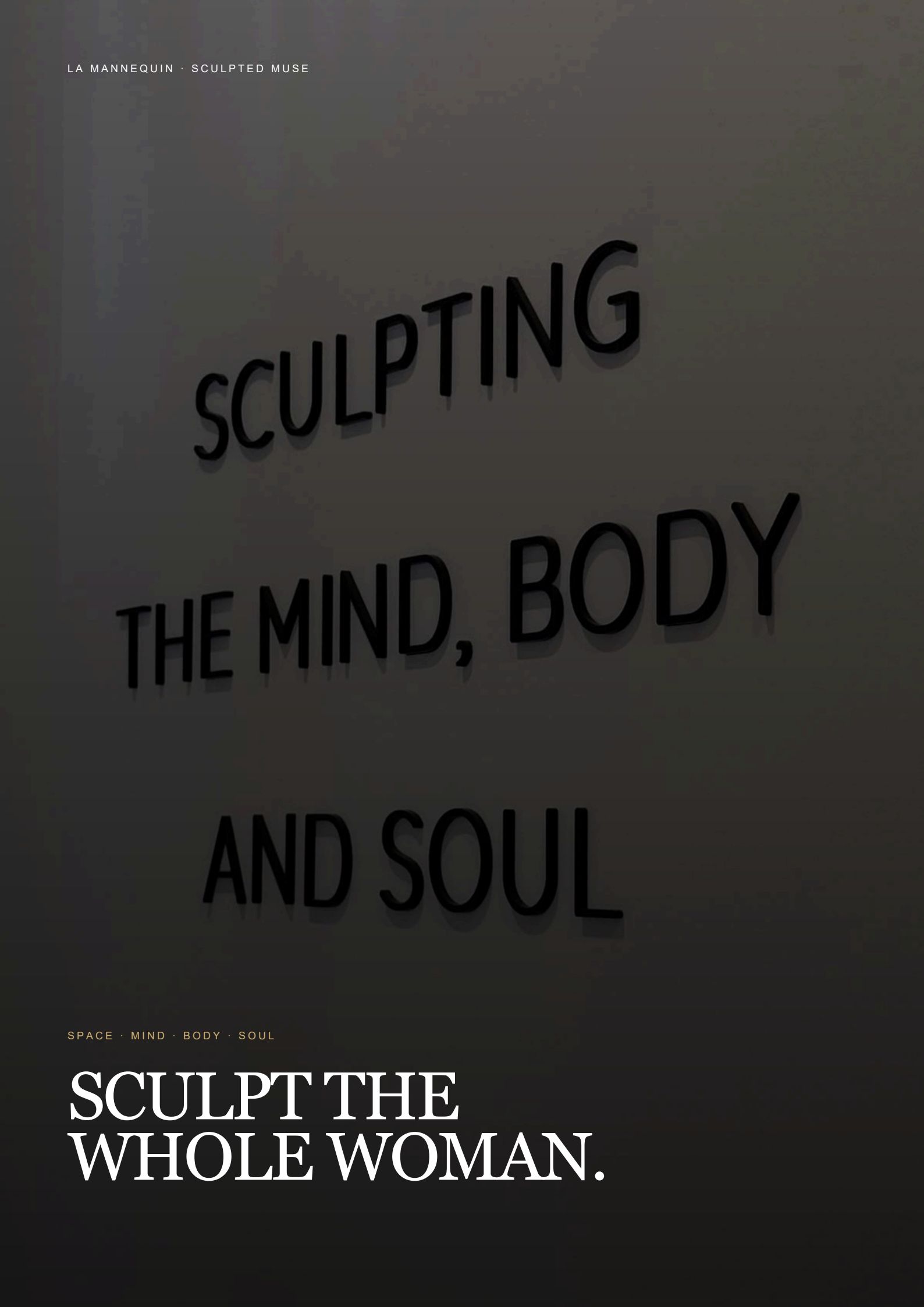
□ YES
Begin with
Renewal & Fine Lines

My First Focus

Choose one route—not every concern at once.

THE PRIORITY RULE

Stability before correction. Breakouts before marks. A calm foundation before renewal.



SPACE · MIND · BODY · SOUL

SCULPT THE WHOLE WOMAN.

The Five-Minute Rescue

For the day when capacity is low. Small, finished and honest still counts.

01

MINUTE 1

Collect visible rubbish

02

MINUTE 2

Return five objects

03

MINUTE 3

Clean one surface

04

MINUTE 4

Restock one essential

05

MINUTE 5

Leave the room finished

Five minutes can restore your relationship with a room.

WHAT COMES NEXT

Winter Arc has already started.
You're not behind.

This is the taste. Ninety days finish it.

Miami 10 moves the Sculpted Muse Systems together:
Identity. Success. Beauty. Glow Up.
Inner alignment. Reset.

Weekly live sessions with me, week by week,
and The Muse Room, your living environment.

JOIN THE FIRST 101

sculpted-muse.com/miami-10

Belonging is given. Status is earned.