



28 DAY CHALLENGE

DAY 2

28 Day - Day 2

I am sending this out in preparation for tomorrow. This will allow you to take a look at the information ahead of time so you can apply it tomorrow.

- ✓ Run through the app
- ✓ Eat healthy meals throughout the day - And post some pics
- ✓ Keep hydrated
- ✓ Keep working on sleep schedule

Run through the app

For this if you log into the app and select the 28 day programs. Here you can choose either a full gym routine or a dumbbell routine (if you don't have gym access). If you don't have either of these i suggest getting a month pass to a gym as unless you have access to some pretty hefty resistance we are going to struggle to optimize progress.

This week I want you to choose 2-3 workouts from the guide to complete with the exact rep and set formats shown in the app. It doesn't matter which ones as this is just a chance for you to get used to the programs. Make sure you have a rest day on Sunday.

From next week we will all be following the same programs which are 4 days per week. If you can't train 4 days in a week you can just use the 4 days as a rolling plan. This would look something like this Week 1 do sessions 123 week 2 do session 412 etc

Don't do more than 4 weights sessions per week as part of this program.

There will be no organized cardio this week. But you can get steps in if you have time, this is just keeping active with walking.

Eat healthy meals throughout the day - And post some pics

Pretty simple this one - choose from the ingredients in the nutrition PDF and eat simple meals with a balance of protein and carbs and fats.

Post some food pics here - <https://discord.com/channels/1097499696433467473/1100017287349674045>

Keep hydrated

Proper hydration is crucial to this program so please stick to the suggestions outlined yesterday.

Keep on the sleep schedule

Proper sleep is crucial to this program so please stick to the suggestions outlined yesterday.