



**28 DAY CHALLENGE**

**DAY 3**

# Day 3

Welcome to day 3 of the challenge! Today we are going to continue to focus on the previous day's tasks whilst also looking at a few new ones.

Hydration  
Sleep Schedule  
Food choices from the guide  
Training  
Review supplement information

## Hydration

Continue to follow the protocols outlined

## Sleep Schedule

Continue to follow the protocols outlined

## Food Choices

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>

## Training

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.

Today I want you to either follow one of the sessions from the program as outlined or make sure to keep active (get some steps in)

### Within the programs here are some key points -

- Focus on full range of movement
- Don't rush any reps, stick to the tempo outlined
- Don't go to failure, instead work on controlled good reps.
- Work towards 2 reps in reverse. This means finishing your set with a couple of reps in the tank.
- If you are new to training then do one less working set than outlined for each movement
- Make sure do enough warm up sets prior to working sets, i suggest 2-3 depending on movement and order.

- If you are unsure about any movements then watch the coaching video in the app or ask questions here - <https://discord.com/channels/1097499696433467473/1100795046661455903>
- Make sure you are breathing whilst exercising. Inhale on the eccentric (lowering phase), exhale on the concentric (lifting phase).

Once these first few sessions are done I will introduce some additional structure around the training.

### **Review supplement information**

I have created a guide for supplements as a starting point of this program and found suitable links. If you have brands you prefer then feel free to use them. If you have any medical conditions or take medications please consult your health practitioner before trying any of them.

This is a chance to review the info, ask questions and get your order in. We will begin introducing these next week.

<https://www.davidkingsbury.co.uk/wp-content/uploads/2023/04/28-Day-Supplements-.pdf>