



**28 DAY CHALLENGE**

**DAY 10**

# Day 10

Welcome to planning for day 10 of the challenge!

Today we have a few new bits

Just a reminder/ follow up on a weigh in/check -in and follow up on your nutrition and training.

- ✓ Q&A
- ✓ Pre-Training Supps - Follow up
- ✓ Cold exposure 2
- ✓ Keep working on all the other sections

## Q&A

I'm going to be doing some live Q&A's over the next week so please add some questions to discord in the Q&A tab. These can be anything, training, nutrition, supps, sleep, lifestyle you name it I will answer it!

## Pre-Training Supps

If you missed this it's just a follow up -

A lot of people use a range of supplements to help increase training performance. But these are also limited in benefits due to the nature of them. This is why I created a simple pre-training bundle for you to optimize blood flow and performance. Plus a crazy pump that lasts all the time!

There are also plenty of other benefits to these for general health, immune system etc etc.

These aren't essential but once you get started you will see exactly why I love these stack options. I have them with a black coffee and much prefer it to any pre workout on the market.

Any questions just let me know!

## Stack option 1 - Simple

Take this 30 mins before training.

Vitamin C - 1000mg

Citrulline malate - 3000mg

Odorless garlic - 500mg

You can get them all from here - <https://uk.iherb.com/c/now-foods>

Stack option 2 - Next level

Take this 30 mins before training.

Vitamin C -1000mg

Citrulline malate - 3000mg

Odorless garlic - 500mg

NAC -500mg

Coenzyme Q10 -100mg

You can get them all here - <https://www.nowfoods.com/products/supplements>

Cold Exposure 2

We are going to be upping the cold exposure a little from here. If you have stopped it then this is your chance to start it again<sup>1</sup>

Option 1 - Cold Shower 4-5 min under the shower as cold as you can.

Option 2 - Fill the bath with cold water and ice and lay in it for 4-5 mins