



28 DAY CHALLENGE

DAY 11

Day 11

28 Day Challenge - Day 11

Welcome to planning for day 11 of the challenge!

Today we will be looking at a slight tweak for training next week. Plus a few reminders.

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

Training Tweak

You will be following the same system with the training as outlined for this week, but you have an addition.

The current training format

Continue to perform a couple of warm up sets for each movement. Then the fun starts

We have one hard set of 6-8 reps
Followed by one hard set of 15-25 reps

The new training format

Continue to perform a couple of warm up sets for each movement. Then the fun starts

We have one hard set of 6-8 reps
Normal long rest
Followed by one hard set of 15-25 reps
Rest 30 seconds
With the same weight as the 15-25 rep set go again and aim for as many reps as possible.

Q&A

Just a reminder to post any questions you might have.

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!

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