



28 DAY CHALLENGE

DAY 12/13

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28 Day Challenge - Day 12/13

This is just a follow up post to make sure you are following the new training structure and have given the new cold exposure drills a go.

Here is the reminder 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.

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 again¹

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