



**28 DAY CHALLENGE**

**DAY 12**

# Day 12

28 Day Challenge - Day 12

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 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