



28 DAY CHALLENGE

DAY 7

28 Day - Day 7

Welcome to planning for day 7 of the challenge!

Today is check in day! Plus some follow up on your nutrition and training.

- ✓ Check in
- ✓ Nutrition - post your info
- ✓ Start taking supplements - review the structure here
- ✓ Keep up with new training structure
- ✓ Add some LISS
- ✓ Proper hydration
- ✓ Sleep schedule

Check in

Head to day 7 of progress and post an update of how you are doing. How are you feeling? Have you lost fat? Feeling stronger?

Nutrition

If you haven't done this then please make sure you calculate your calorie needs. The number we get from this information we will then use for some calculated recipes.

www.davidkingsbury.co.uk/calorie-calculator

Once calculated please post your info into the nutrition area of discord

For this please tell me your height, weight and goals selected.

A few notes on this -

If you want to drop fat you need to be in a calorie deficit

Don't go in a large deficit as this will impact optimum hormone production

If you are above a healthy level of body fat then you should first focus on fat loss as excess fat will reduce your testosterone

If you want to primarily focus on muscle gain then you need to be in a slight surplus

If you want to achieve both fat loss and muscle gain then start in a slight deficit

Recipes

This is just a reminder - You also now have access to the first round of simple recipes!!

Use this link to access the calculated recipes - <https://www.davidkingsbury.co.uk/wp-content/uploads/2023/04/28-Day-Food-Ideas.pdf>

All the recipes are 500 cal here and the snacks are 250 so you can play around with number of meals and snacks to hit your daily targets.

Training structure for the next week

We have a few changes to the training that make a big difference. For the next section we will be focussing on 2 hard sets for each movement.

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 reason for the range on these is I want you to be pushing to the limit of what you can do. You just need to keep pushing until you hit 1 rep in reserve.

Or if you have someone who can spot you then go to failure.

Please track the weight you achieve and the reps you achieve for these as these we will try and build on.

Supplement protocol

By now some of you will have received your supps. If you have here are some guidelines.

Most supplements can be taken at any time of day.

Here are the only ones where I specify the time

Take before 30 mins bed
Magnesium or ZMA
Glycine

Take in the afternoon after 2pm
Ashwaghandha

Take the rest with a meal
You can split them up and have half with breakfast and half with the lunch for the rest

A few notes

Make sure you take your creatine every day and not just on training days.

Add some LISS

Over the next week you can add some LISS (low intensity steady state cardio). This applies to you if you don't normally get many steps in.

On your rest days from resistance add 45-60min of slow steady cardio. This can be done on the bike or walking. Running or hard cycling are too hard for this level of intensity so keep it easy!

This will help burn a few extra cal's and also serve as some active recovery from your resistance training.

Proper hydration

Continue to follow the protocols outlined

Sleep schedule

Continue to follow the protocols outlined. If you haven't tried the cold exposure in the morning then please give this a go

Option 1 - Cold Shower 2-3 min under the shower as cold as you can.

Option 2 - Fill the bath with cold water and ice and lay in it for 2-3 mins.