



# Fit In 40 Challenge



## The Ultimate 40 Day Fitness Challenge!



**JC FITNESS**  
EXPERIENCE

**Fit In 40**

**The Ultimate 40 Day  
Fitness Challenge**

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## Introduction / Welcome

First and foremost I would like to extend a very warm welcome to you and personally say thank you for investing in your total health and wellness by purchasing **Fit In 40**. You can now see first-hand why it's called the **Ultimate 40 Day Fitness Challenge!**

The live **Fit In 40** event proved a rip-roaring success with dozens of individuals achieving their desired goals of torching body fat, building lean muscle, increasing strength and achieving total fitness, all in just 40 days!

The **Fit In 40** concept came about as I lay awake in bed trying to get comfortable whilst ensuring my badly broken leg was sufficiently elevated. I had been thinking how I could reach the masses and help people from all over the world improve their health and wellbeing. My aim was to provide a service that was personal, fun, effective and ultimately guaranteed results!

The “aha” moment came during that uncomfortable evening... **“Fit In 40”**. I then spent many weeks developing the idea before launching the live event. The success from the live event pushed me in the direction of creating this eBook, enabling me to reach many more individuals looking to improve their health, fitness and wellbeing.

So welcome to **Fit In 40**; the **Ultimate 40 Day Fitness Challenge** that guarantees exactly what it says on the tin. Please make sure you maximise your **Fit In 40** experience by reading the entire eBook prior to commencing **Day One**. Certain sections of the eBook are for reference only; so you need not fear... You haven't got hundreds of pages to scroll through!

I have ensured the eBook is as interactive as possible, with smart links throughout the **Video Challenge Links** section that take you directly to each day's challenge PDF.

So without further ado, I would like to thank you again for creating your very own **JC Fitness Experience** and in particular wish you every greatest success during your impending **Fit In 40** challenge.

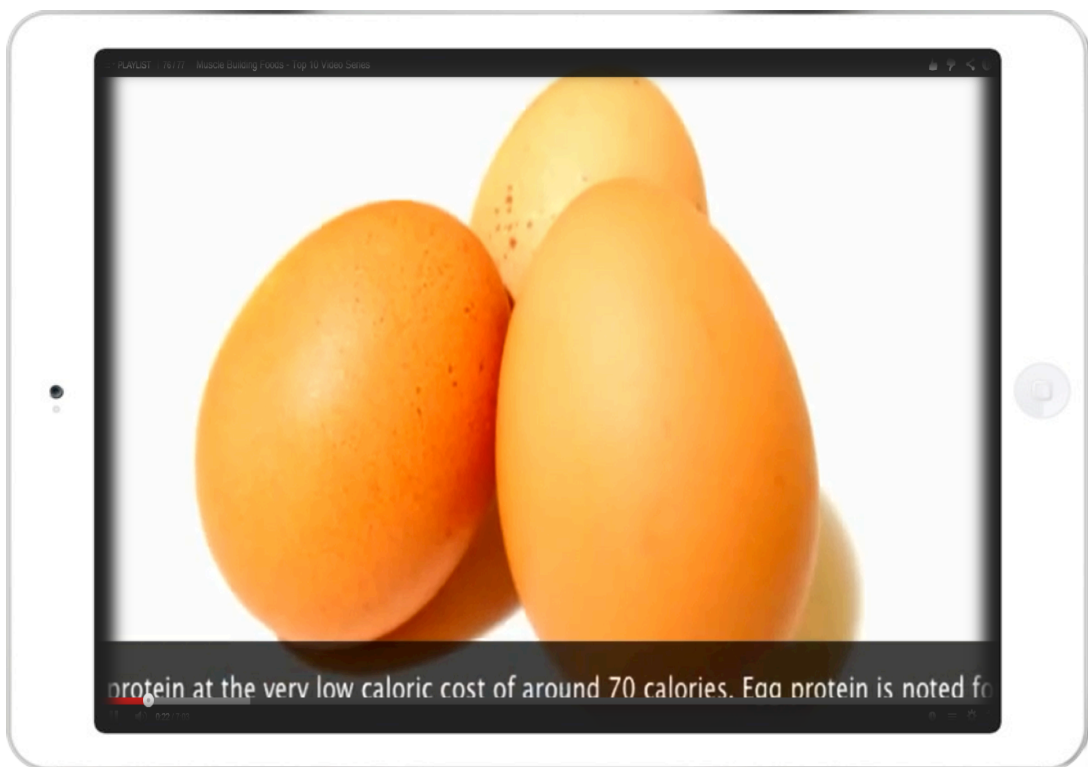
**James Cooper**  
**JCFitnessExperience.com**







# Fit In 40 Challenge



## Lifestyle and Nutrition eBook



**JC FITNESS**  
EXPERIENCE

# **Lifestyle and Nutrition Contents**

## **Introduction / Welcome**

### **Your Fit In 40 Goals**

- What do YOU want to achieve?
- Set your SMART Goals

### **Nutrition**

- Goal Specific Nutrition Guidelines
- Nutritional Advice
- Your Eating Plan
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- Sleep – Are You Getting Enough?
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- 10 Ways To Live A Healthier Life

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## **Concluding Words / Thank You**

## Introduction / Welcome

The **Fit In 40 Lifestyle and Nutrition** section has been created to further enhance your experience. Use the information as you wish but please be aware that exercise alone yields only limited results.

If you really want to transform your health and fitness within 40 days, you will treat this very document as your total fitness bible.

The next 40 days are going to be filled with fitness challenges that are intended to test you both physically and mentally. Each video challenge has been specifically planned and structured in a way to help you become healthier, fitter, stronger and leaner, whilst implementing healthy habits to last you a lifetime.

### I am here to support you!

Social Media is a great platform to communicate. I am very active across Facebook, Twitter and YouTube and my presence continues to grow across these three sites. It's a fantastic way to discuss and share experiences, opinions and support each other on our health and fitness journeys and particularly whilst you are participating in **Fit In 40**.

Be sure to 'Like', 'Follow' and 'Subscribe' for tips and guidance to help you unlock, expand and maximise your total fitness. **REMEMBER** I'm only ever a tweet or message away!



JC Fitness Experience



JamesCooperJCFE



JC Fitness Experience

Here's to your **Fit In 40** success,

**James Cooper**  
**JCFitnessExperience.com**

# Your **Fit In 40** Goals

## What do **YOU** want to achieve?

Your **Fit In 40** journey is unique to you! Yes, the daily fitness challenges are the same for all participants, but that's where the generic aspect of your 40 days ends. What you get out of the 40 days both physically and mentally is entirely down to you.

Whether you are simply looking to complete the 40 days or you have something more specific in mind, I can't stress enough the importance of setting yourself an ultimate goal for the **Fit In 40** challenge.

***"If you want to reach a goal, you must "see the reaching" in your own mind before you actually arrive at your goal."*** – Zig Ziglar.

By setting and achieving worthwhile goals, you can give your **Fit In 40** journey greater meaning and purpose.

## Set Your **SMART** Goals

The best goals are **SMART** goals.

- **SPECIFIC:** Goals must be clear and unmistakable. When goals are specific, they tell exactly what is required.
- **MEASURABLE:** What good is a goal that you can't measure? If your goals are not measurable, you never know whether you are making progress.
- **ATTAINABLE:** Goals must be realistic and attainable by you. The best goals require you to stretch a little to achieve them, whilst not being extreme.
- **REALISTIC:** An extension of 'attainable'; unrealistic goal setting will ultimately lead to de-motivation and loss of adherence. **Fit In 40** can produce fantastic physical results, but remember it is only 40 days! Your fitness journey should not conclude at the end of these 40 days, rather use **Fit In 40** as the springboard to further health and fitness success.
- **TIME-BOUND:** Goals must have starting points, ending points and fixed durations. Commitment to deadlines helps you retain focus. Goals without deadlines are just dreams. **What will YOU achieve in 40 days?**

# Nutrition

## Goal Specific Nutrition Guidelines

The majority of fitness enthusiasts **SMART goals** tend to be aesthetic related. Whether you are looking to

- Lower your body fat
- Increase your lean muscle
- Drop a dress size
- Reveal those six pack abs

The **Fit In 40** fitness challenges can assist and play a major part in helping you achieve these goals; however, what will separate the GREAT from the good are the nutritional habits you adopt over the 40 days and hopefully beyond!

**REMEMBER** everyone should first and foremost implement regular exercise and healthy eating habits for improvements in energy levels, alertness and awareness, both mentally and physically. These are immediate returns for the time invested in exercise and healthy eating and whilst we all love tangible returns such as fat loss, muscle gain, and generally looking better, we should never forget the longer term benefits (combatting adverse health conditions and enhanced longevity) of regular exercise and healthy eating.

**Counting calories** isn't a requirement; as will soon be made clear, but the following guidelines are available for you if you wish to calorie count accordingly.

<b>Eating for fat loss – General rule of thumb guidelines</b>
<b>Calories:</b> Aim to eat around 13 Calories per 1 lb of bodyweight.
<b>Protein:</b> Aim to consume roughly 1g of protein per 1 lb of bodyweight.
<b>Carbohydrates:</b> Aim for between 0.5g-1g of carbohydrates per 1 lb of bodyweight.
<b>Fats:</b> Aim for 0.5g of fats per lb of bodyweight.
<small>*Please note these are no more than a general rule of thumb guideline.</small>

**The scientific basics of fat loss:** Burn more calories (through diet and exercise) than you consume in a day. You want to make smart choices with foods that will keep you feeling full, provide you with plenty of vitamins and minerals whilst consuming adequate fibre.

<b>Eating for muscle gain – General rule of thumb guidelines</b>
<b>Calories:</b> Aim to eat around 17-20 Calories per 1 lb of bodyweight.
<b>Protein:</b> Aim to consume roughly 1g of protein per 1 lb of bodyweight.
<b>Carbohydrates:</b> Aim to eat around 1.5g-2g of carbohydrates per 1 lb of bodyweight.
<b>Fats:</b> Aim for 0.5g of fats per lb of bodyweight.
<small>*Please note these are no more than a general rule of thumb guideline.</small>

**The scientific basics of muscle gain:** You need to consume more calories than your body will burn in a day. Don't believe that the best way to gain muscle is the 'see food diet'. You still need to ensure you are not eating an overly excessive calorie intake per day. Too many calories easily equal fat gain as well as muscle gain!

## Nutritional Advice

### Protein

Of the three macronutrients (protein, fat and carbohydrates), protein has the least impact on fat storage (thermogenic effects of food). You're better off overeating protein than carbohydrates and fats. Protein is best utilised when ingested evenly across all meals of the day in preference to concentrating it into a single meal.

<b>Avoid / Limit</b>	<b>Advise</b>
Low quality meats	Fresh, quality meat, ideally organic
Processed, reformed meats	Organ meats – liver, kidney
Battery farmed eggs	Organic free range eggs
Roasted nuts	Raw nuts
Meat pies, pre-packaged meals	Organic tinned beans or pulses in water
Overcooking meats	Slow cook at lower temperature

<b>Protein: Complete and Incomplete Proteins</b>	
<b>Complete* Animal Sources</b>	Eggs, meat, poultry, fish.
<b>Incomplete** Sources</b>	Cereals and grains (wheat, rye, barley, oats, rice), cereal products (bread, pasta, pastry), pulses (beans, lentils, peas), nuts and Vegetables.
<b>Complete Non- Animal Sources</b>	Soy foods, buckwheat and quinoa.

\*Complete proteins are foods that contain all nine essential amino acids in sufficient amounts necessary for the liver to synthesise the remaining non-essential amino acids.

\*\*Incomplete proteins are foods that are deficient in one or more of the essential amino acids. By combining incomplete proteins within the same meal you can form complete proteins.

## Nutritional Advice

### Carbohydrates

Foods rich in fibre take longer to eat. The completion of hunger signals takes around twenty minutes; therefore taking longer to eat meals may help to prevent over eating, and assist with weight management... Take home rule? **DON'T** rush your meals!

Avoid / Limit	Advise
White sugar, syrups	Wholegrain/whole-wheat products
White flour and white rice	Brown rice
White bread, pastries, cakes and biscuits	Fresh and frozen vegetables
Pre-packed meals	Home baking – know ingredients
Sweets and confectionary	Drink water
Soft drinks, cordial, fruit juices	Fibrous options include: sweet potato, baked potato, quinoa, lentils and pulses
Processed fruit and vegetables	

Properties	Properties
Source of energy	Source of energy
Deficient in fibre	Good sources of dietary fibre
Largely stripped of vitamins and minerals	Good source of vitamins and minerals
Shorter burst of energy followed by a dip	Longer and sustained energy without dip

**Decrease sugar consumption!** Sugar and white flour comprise two of the three most common forms of carbohydrates: sugars and starches. Both of these examples have the net effect of rapid metabolism that can cause spikes in blood sugar levels. These substances metabolise rapidly and with their lack of nutritional value, removing sugar and processed carbohydrates from your diet can have a positive effect on your health.



# Nutritional Advice

## Fats

Omega 3 fatty acids in oily fish are particularly beneficial. They have shown to reduce the tendency of blood to clot, lower blood triglyceride levels, lower total cholesterol levels and in some individuals to raise HDL cholesterol, all of which are thought to lower the risk of coronary heart disease.

**Good sources of fat to include in your diet** include but are not limited to nuts, olive oil, coconut oil, oily fish, avocado, pasture reared eggs, fish oil, flaxseed and other seed mixes.

**Common foods which contain trans fats** (the bad guys!) and should be avoided or limited are many margarines, biscuits, cakes, crackers, take away foods, pies, pastries, pre-prepared foods and low fat processed foods.

<b>Avoid / Limit</b>	<b>Advise</b>
Artificially low fat products	Oily fish
Hydrogenated or partially hydrogenated fats	Organic butter, lard, dripping, olive oil and coconut oil
Fats in cheap meats	Organic quality meats
Margarines and cheap plant oils, corn, sunflower and vegetable oils	Organic seeds – linseed, pumpkin etc

**Good sources of omega 3 fatty acids to include in your diet** include but are not limited to oily fish, flaxseeds and oil, walnuts and pasture reared eggs.

**Sources of omega 6 fatty acids** include but are not limited to sunflower oil and seeds, corn and soybean oil, safflower oil and pumpkin seeds.

The balance between omega 3 and 6 fatty acids found in the diet is of special importance. Our revolutionary diet provided a ratio of close to 1:1, whilst the modern Western diet averages between 1:15 in favour of omega 6. Excessive amounts of omega 6 polyunsaturated fatty acids and very high omega 6 to omega 3 ratios have been shown to promote the development of cardiovascular disease and cancer as well as inflammatory and autoimmune diseases. **An ideal ratio of omega 6 to omega 3 fatty acids is 2:1 – 1:1.**

# Nutritional Advice

## Food Additives

### Refined Sugars

Excessive amounts of sugar within diets has been associated with problems like tooth decay, diabetes, obesity, gout, elevated cholesterol, heart disease, depression, chronic fatigue, moodiness and irritability.

Sugar and the wide variety of sugar alternatives are in many cases mildly addictive, contain empty vitamin and mineral deficient calories and are upsetting to blood plasma chemistry.

Common Sugars and Sugar Alternatives	
Sugar (white, brown, unrefined or demerera)	High fructose corn starch
Dextrose (variation of glucose)	Mannitol
Glucose syrup	Xylitol
Glucose-Fructose syrup	Sorbitol
Inverted sugar syrup (golden syrup)	Maltodextrin

**Artificial sweeteners** are usually found in foods that are targeted towards the diet industry and consumers want to reduce the number of calories that they are taking in. **Word of warning;** be careful when consuming foods that contain artificial sweeteners as they can stimulate the sensory areas of the brain and create a desire for more.

**You can reduce your sugar intake** by avoiding/ limiting the consumption of sugar-sweetened beverages, sweets, cookies, cakes, ice cream, pies, doughnuts and muffins. This might seem fairly obvious but it's always worth reading the food labels to check both the ingredients and quantities of sugar within these foods. Further foods loaded with sugar are jams, jellies, preserves, condiments and salad dressings.

# Your Eating Plan

## Eat Your Way To Fitness In 40 Days!

The following examples may help you to plan each meal you cook. Aim to have three balanced meals each day and consume healthy snacks both consciously and accordingly. Healthy snacks, often nuts and a piece of fruit can still send those calories spiralling out of control if you are not disciplined, remember **portion control**.

Choose an eating frequency that works for you, but remember, whether you opt for three square meals a day or five, your daily calorie consumption will be the determining factor as to whether you are in a calorie surplus or deficit.

**Protein power!** Whatever your goal; your meals should predominantly centre on a protein source from the below list and a varied selection of vegetables.

**Word of warning...** choose your carbohydrate sources wisely, as refined carbohydrates can be consumed in large quantities prior to feeling full. Fats are excellent for satiety purposes, but with 9 calories per gram of fat, they are calorie dense and should be eaten in accordance with your goals and requirements.

<b>Protein Foods</b> (1g = 4kcal)	<b>Carbohydrate Foods</b> (1g = 4kcal)	<b>Fat Foods</b> (1g = 9kcal)	<b>Fruit and Vegetables</b>
Animal produce	Whole-wheat bread	Nuts and seeds	All leafy greens
Eggs	Potatoes (varieties)	Avocado	Kale
Oily fish	Brown rice	Natural nut butters	Asparagus
White fish	Porridge oats	Olive oil (varieties)	Broccoli
Tinned fish	Quinoa	Coconut oil	Spinach
Greek yoghurt	Buckwheat	Eggs	Onions
Cottage cheese	Rye bread	Oily fish	Mushrooms
Soya beans	Whole-wheat pasta		Mixed peppers
Chickpeas, lentils	Lentils		Tomatoes
Soya or tofu	Pulses		Opt for fruit that's high in fibre and relatively low in sugar. 1-2 pieces of fruit a day is a good guideline.
Quorn			
Whey protein			

**Please note** no food is off limits (this table has been created to give guidance to make healthier food choices. Balance is important and remaining within a calorie deficit is essential. Very rarely does one food contain only one macronutrient.

## Clean Eating Falacy

One of the biggest problems with labelling foods as 'clean' means that if you're not eating supposedly 'clean' then we can assume you're eating 'dirty'! Cue a slippery slope towards an eating disorder!

If you try and find a definition of 'clean eating' you'll be left scratching your head. It is an unsupported term that alters dependent upon the individual in question and their dietary preferences and beliefs.

If your goal is to lose body fat, ensure you are in a calorific deficit, and make sure you eat adequate amounts of protein, carbohydrates and fats to preserve your muscle tissue.

Many people coin the term 'clean eating' to refer to natural, wholesome, real foods and fewer processed options, which is excellent. We should all be aiming to consume more of these foods combined with the consumption of adequate fruit and vegetables to meet our health and fitness goals. The problem however lies with the mental aspect of categorising foods 'clean' or 'dirty'.

Categorising your foods in this way firstly limits the choices of foods at your disposal which can potentially lead to malnourishment, and secondly can severely impact the palatable nature of what you eat. Be creative in the kitchen, use herbs, spices and sauces. Just remember to account for the calories

Don't categorise foods as either 'clean' or 'dirty'. Become educated with foods and the calorie density of different types. Eat a varied and balanced diet aiming to have the fewest processed foods possible which must be sustainable.

The sooner we stop labelling foods as 'clean', 'dirty', 'good' or 'bad', the sooner we can stop the emotional damage that can be experienced from the so-called guilt of eating something that's in the 'dirty' or 'bad' food category! Every food and many drinks you consume have calories. Your body recognises the breakdown of the food (calories, macronutrients etc) rather than the actual item of food itself. Your focus for shifting body fat should be ensuring a slight calorie deficit whilst consuming a balanced diet consisting of adequate fibre alongside protein, carbohydrates and fat.

# Lifestyle

## Guidelines

The following guidelines are aimed at helping your **Fit In 40** journey deliver outstanding results. These serve as recommended guidelines and the closer you obey these suggestions, the faster your results will be.

**Alcohol** - Besides being “empty calories” that have very little positive nutritional value to you, each gram of alcohol is calorie dense. Alcohol per gram (7 calories) is second only to fat per gram (9 calories). Cutting out or severely reducing your alcohol intake is going to be an important driver for success during the **Fit In 40** challenge. Limiting alcohol for these forty days is a very straightforward way of increasing your chances of making your body function well whilst supporting the body’s ability to reduce the amount of stored fat you are carrying.

**Chewing Food** - Digestion starts in the mouth as you break down the food with your teeth. Chew your food at least 20 times for each mouthful to ensure that the initial breakdown is as thorough as possible. As previously mentioned, the slower you eat, the less likely you are to overeat.

**Water** - You should be aiming to drink at the very least three litres of water per day. Your body will absorb fluids from a large range of foods that you consume but you require a significant amount of extra water to ensure your muscles and internal organs function well. Adequate water consumption also helps avoid tiredness, irritability, false senses of hunger, decreased concentration and headaches.

**Sleep** - It’s not always possible but many studies have found those that sleep for seven to eight hours per night perform better in daily activities. Aim for those magic eight hours per night to speed up recovery and enhance general health and wellbeing.

**Increase NEAT** - Non-exercise activity thermogenesis (NEAT) is the energy expended for everything we do that is not sleeping, eating or sports-like exercise. It ranges from the energy expended walking to work to fidgeting. NEAT explains a vast majority of an individual's non-resting energy needs.

# Sleep – Are You Getting Enough?

## Sleeping Patterns

Sleep is one of the most important factors affecting a person's health. In our modern technological age, time is at a premium. Night time used to be reserved for relaxation and sleep, however people all over the world now work, travel, exercise and socialise during the night time hours.

Sleep is a basic human need and is equally as important for wellness as diet and physical activity. A good night's sleep allows the body to wake up fresh and revitalised, ready to face the coming day's challenges. However, too little sleep results in daytime lethargy, poor concentration which can increase the risk of accidents whilst reducing overall productivity and performance. Over an extended period of time, sleep deprivation has been linked to premature aging, digestive disturbances, psychological problems, behavioural disorders and countless chronic diseases including lowered immunity, insulin resistance, obesity, diabetes, heart disease and even cancer.

Over the years, we have reduced the amount of time we spend asleep because of increasing pressures on time (work, school, family, television, computer games and the internet). The research suggests that this lack of sleep may be contributing to the obesity pandemic. It was found that people who slept for shorter durations have out of sync hormones. This causes an increase in appetite, and in a society where food is readily available, these changes in appetite-related hormones may contribute to obesity.

## Strategies to Improve Sleeping Patterns

- Set a schedule or time for sleep
- Exercise (not too close to bedtime!)
- Avoid activating the brain before bedtime
- Take a warm bath
- Reduce stressful activities
- Sleep until sunlight
- Avoid bedside digital clocks
- Keep room temperature cool
- Avoid nicotine and alcohol
- Relax before bed (read a book!)
- Don't go to bed too hungry/ full
- Invest in black out blinds
- Avoid caffeine less than six hours before bed

# Cigarettes and Alcohol

## Smoking

Tobacco is the only product that kills when used entirely as intended. Smoking's one of the most significant causes of preventable disease and early death. Every year roughly 120,000 people die from smoking. Many diseases can result from smoking

**Cancers:** Lung, mouth, lip and throat, esophageal, bladder, kidney, stomach, pancreatic, liver, colorectal and cervical cancers and leukaemia.

**Heart / Circulation and Others:** Ischemic heart disease, aortic aneurysm, myocardial degeneration, atherosclerosis and stroke. Bronchitis, emphysema, pneumonia, stomach and duodenal ulcers.

**Increased Risk for Smokers:** Gum disease, Buerger's disease, duodenal ulcer, osteoporosis, osteoarthritis, erectile dysfunction, impotence (2 x risk), peripheral vascular disease (90% of cases), Crohn's Disease, depression, psoriasis (2 x risk), skin wrinkling, stomach ulcer, influenza and tuberculosis.

**Function Impaired In Smokers:** Ejaculation (volume reduced), sperm motility impaired, sperm shape abnormalities increased, fertility (30% lower in women), immune system (impaired), menopause (onset 1.74 years early on average).

<b>Beneficial Health Changes When Stopping Smoking</b>	
<b>Time Since Quitting</b>	<b>Health Changes That Take Place</b>
20 Minutes – 8 Hours	Blood pressure and pulse rate return to normal. Nicotine and carbon monoxide levels reduce by half
24 Hours	Carbon monoxide eliminated from body and lungs start clearing mucus and other smoking debris
48-72 Hours	No nicotine left in body and taste and smell improves. Breathing becomes easier
2-12 Weeks	Circulation improves
3-9 Months	Coughs, wheezing and breathing problems improve
1 Year	Risk of heart attack falls to half that of a smoker
10 Years	Risk of lung cancer falls to half that of a smoker
15 Years	Risk of heart attack falls to same as non-smoker

Table information obtained from: [ICanQuit.au.com](http://ICanQuit.au.com)

## **Alcohol**

In small quantities, alcohol may be good for your health; 1-2 units per day are believed to help protect against ischemic strokes and heart attacks in men over forty years and post-menopausal women. However, when consumed in larger quantities, the effects of alcohol can be detrimental to your health and fat loss efforts.

### **Recommended intake of units**

Sensible drinking limits are defined as no more than twenty one units a week for adult males and fourteen units a week for adult females. In addition to this, men should avoid drinking more than three or four units of alcohol per day, with women not being advised to drink more than two or three units per day.

There are a number of factors that affect the capacities for handling alcohol including body size and the liver's ability to break down alcohol. Women also have a lower tolerance of alcohol than men. This is because they are often smaller and lighter, their bodies contain less water and their metabolism is different.

A hazardous alcohol intake means drinking heavily enough to cause harm in the future. Harmful alcohol intake means that drinking is already causing harm. Binge drinking is defined as drinking at least half of the recommended weekly units in one session and has more health risks associated with it.

### **Strategies for reducing alcohol intake**

- Never drink alone
- Decide how much you are going to drink in advance
- Practice saying 'no thanks' to another drink
- Space alcoholic drinks with water
- Drink more slowly – take smaller sips
- Don't quench your thirst with alcohol
- Have at least two or three alcohol free days per week
- Monitor your alcohol drinking patterns
- Become aware of the consequences of too much alcohol
- Take notice of times when you drink too much



## 10 Ways to Live a Healthier Lifestyle

- 1. Exercise your heart:** Performing cardiovascular exercise strengthens the cardiovascular system and over time lowers your resting heart rate.
- 2. Build strength:** Resistance training is another healthy lifestyle method that will potentially increase metabolism. Since muscle tissue requires calories to survive, the adaptation of new muscle creates a demand for greater calorie burn
- 3. Play sports:** A way to get moving again can come from enjoying your favourite sport. Games or leagues in your area provide a way to receive adequate exercise.
- 4. Involve the family:** Involving the whole family is a method to create group support and quality time with loved ones. Create games for the whole family to enjoy.
- 5. Control your weight:** Understand daily caloric needs by using **Basal Metabolic Rate** (BMR) formula. BMR is the amount of calories burned at rest. An average BMR for women equals 1,600 to 2,000 calories with men needing 2,400 to 2,800 calories.
- 6. Avoid processed foods:** Avoiding processed foods can increase overall health and prevent unwanted weight gain and illness. Processed foods have been blamed for behavioural problems such as hyperactivity, weight gain and certain cancers.
- 7. Control cravings:** Eliminating mindless night time eating will also assist in weight reduction. Keep yourself occupied and be aware of times when cravings are highest. Ask yourself why you are experiencing cravings?
- 8. Sleep:** Getting adequate sleep's essential for weight reduction and health. Sleeping for eight hours promotes regular glucose metabolism limiting weight gain.
- 9. Reduce stress:** High levels of stress activate cortisol home release, which modifies glucose metabolism. Unwanted food cravings occur during high levels of stress. Control daily stress by identifying causes and create steps to reduce stress levels. Meditation, exercise, socialising and reading are all great stress relievers.
- 10. Gradual steps:** An overall lifestyle change takes time to create. Set small, time-orientated goals and track successes to achieve the big picture that is total wellness.

## Motivational Quotes

You will find a selection of motivational quotes across the following **INSERT NUMBER** pages. If like me, you enjoy reading quotes, then you will love this section. What better way to start this section off than with a quote. Enjoy!

***“People often say that motivation doesn’t last. Well, neither does bathing - that’s why we recommend it daily.” - Zig Ziglar***

***“In 1995 I had \$7 bucks in my pocket and knew two things: I’m broke as hell and one day I won’t be. You can achieve anything!” - Dwayne Johnson***

***“People who say it cannot be done should not interrupt those who are doing it.” - George Bernard Shaw***

***“No matter how many mistakes you make or how slow you progress, you are still way ahead of everyone who isn’t trying.” - Tony Robbins***

***“Stop saying ‘I Wish’ and start saying ‘I Will’.” - Unknown***

***“The only thing that stands between you and your dream is the will to try and the belief that it is actually possible.” - Joel Brown***

***“If you even dream of beating me, you’d better wake up and apologize” - Muhammad Ali***

***“The reason why people give up so fast is because they tend to look at how far they still have to go, instead of how far they have gotten.” – Unknown***

***“If you aren’t getting rejected on a daily basis, then your goals aren’t ambitious enough.” - Chris Dixon***

***“My teacher once told me –” No one is perfect.....that is why pencils have erasers.” - Mahesh Bhatt***

***“If you really want to do something, you’ll find a way. If you don’t, you’ll find an excuse.” - Jim Rohn***

***“I believe you make your day. You make your life. So much of it is all perception, and this is the form that I built for myself. I have to accept it and work within those compounds, and it’s up to me.” – Brad Pitt***

***“Don’t be concerned that things appear to be falling apart: this has to happen in order for something new and wonderful to emerge.” - Marianne Williamson***

***“You will never change your life until you change something you do daily. The secret of your success is found in your daily routine.” - John C Maxwell***

***“Winners lose much more often than losers. So if you keep losing but you’re still trying, keep it up! You’re right on track.” - Matthew Keith Groves***

***“In order to succeed, your desire for success should be greater than your fear of failure.” - Bill Cosby***

***“Fear is a habit; so is self-pity, defeat, anxiety, despair, hopelessness and resignation. You can eliminate all of these negative habits with two simple resolves: I can and I will!” – Unknown***

***“I believe there’s an inner power that makes winners or losers. And the winners are the ones who really listen to the truth of their hearts.” - Sylvester Stallone***

***“Sometimes you face difficulties not because you’re doing something wrong, but because you’re doing something right.” - Joel Osteen***

***“Remembering that you are going to die is the best way I know to avoid the trap of thinking you have something to lose.” - Steve Jobs***

***“The pain you feel today is the strength you feel tomorrow. For every challenge encountered there is opportunity for growth.”*** - Unknown

***“If you always put limit on everything you do, physical or anything else. It will spread into your work and into your life. There are no limits. There are only plateaus, and you must not stay there, you must go beyond them.”*** - Bruce Lee

***“Nothing is impossible; the word itself says ‘I’m possible!’”*** - Audrey Hepburn

***“So many people can be responsible for your Success. but only you are responsible for your failure.”*** - Unknown

***“Sometimes the wrong choices bring us to the right places.”*** - Unknown

***“You are afraid to die, and you’re afraid to live. What a way to exist.”*** - Neale  
Walsch

***“Sometimes the poorest man leaves his children the richest inheritance.”***  
- Ruth E. Renkel

***“He who knows nothing is closer to the truth than he whose mind is filled with falsehoods and errors.”*** - Thomas Jefferson

***“It’s not up to you how you fall. It’s up to you how far you let yourself fall and how long it takes you to get back up and stand on your own two feet”*** - Sr. Tac  
Jeffrey Mitchell

***“Keep on going, and the chances are that you will stumble on something, perhaps when you are least expecting it. I never heard of anyone ever stumbling on something sitting down.”*** - Charles F. Kettering

***“If you can’t be criticized for it, it’s probably not remarkable. Are you devoting yourself to something devoid of criticism?”*** – Unknown

***“It is human nature to start taking things for granted again when danger isn’t banging loudly on the door.” - David Hackworth***

***“You may not realize it when it happens, but a kick in the teeth may be the best thing in the world for you.” - Walt Disney***

***“Push through the pain, and conquer the obstacles. Regardless of what you think today, it won’t matter 5 years from now. SO DON’T BE AFRAID!”  
- Unknown***

***“Even the greatest was once a beginner. Don’t be afraid to take that first step.”  
- Unknown***

***“Do you give as much energy to your dreams as you do to your fears?”  
- Unknown***

***“Think outside of the box, create your own path in life. “You laugh at me because I am different; I laugh because you are all the same.” - Daniel Knode***

***“The two most powerful warriors are patience and time.” ...so remember: great achievements take time, there is no overnight success.” - Leo Tolstoy***

***“NO EXCUSES: 99% of the failures come from people who have the habit of making excuses.” - Unknown***

***“You cannot dream yourself into a character: you must hammer and forge yourself into one. Every successful person did what no one else was willing to do!” - Unknown***

***“Many fear competition from others. But the biggest critic should be the person in the mirror.” - Unknown***

***“Remember that everyone you meet is afraid of something, loves something, and has lost something.” - H. Jackson Brown Jr***

***“Waiting to develop courage is just another form of procrastination. The most successful people take action while they’re afraid!” - Unknown***

***“Life is short, fragile and does not wait for anyone. There will NEVER be a perfect time to pursue your dreams & goals.” - Unknown***

***”When you want to succeed as bad as you want to breathe, then you’ll be successful.” - Eric Thomas***

***“You will get what you want, when you stop making excuses on why you don’t have it.” - Unknown***

***“Don’t always scrape & search for compliments. Criticism is what builds character & strength!” - Unknown***

***“There’s a thin line between losing & winning. Losing breeds winners. The main recipe to success is through failures & hardships!” - Unknown***

***“Don’t say you don’t have enough time. You have exactly the same number of hours per day that were given to Helen Keller, Bill Gates, Michelangelo, Mother Teresa, Leonardo da Vinci, Thomas Jefferson, and Albert Einstein.” - Unknown***

***“Gold medals aren’t really made of gold. They’re made of sweat, determination, and a hard-to-find alloy called guts.” - Unknown***

***“A heart is a muscle and what do muscles do when they are torn? They grow back STRONGER!” - Unknown***

***“Remember that guy that gave up? Neither does anyone else.” - Unknown***

## **Concluding Words / Thank You**

**Thank you for taking the time to read the **Fit In 40** Lifestyle and Nutrition chapter of the eBook.**

**The time has come to turn knowledge into power and action what you have learnt.**

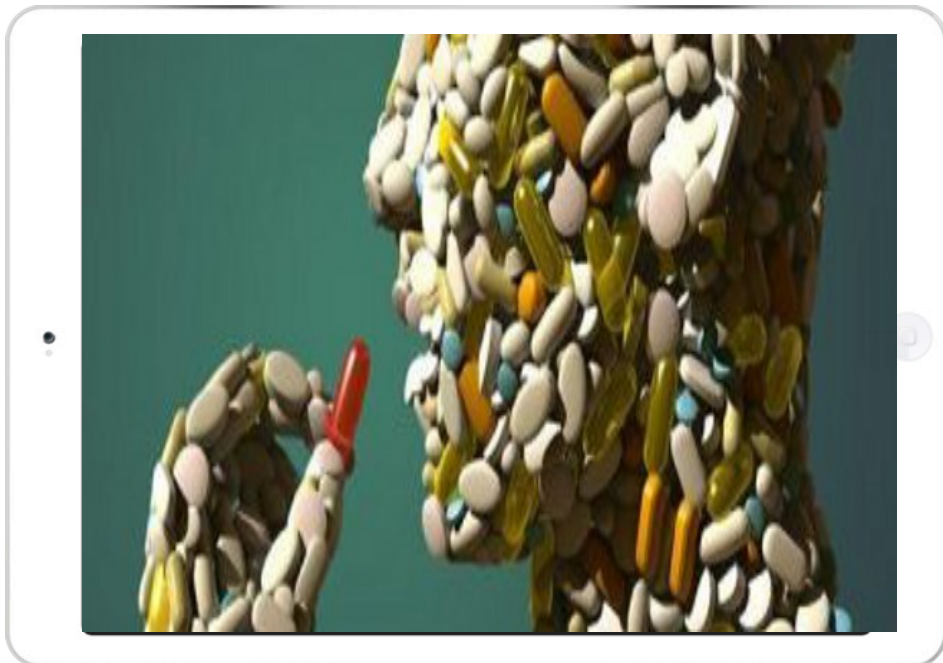
**Buckle up and here is to the most invigorating and energy enhancing 40 days of your life!**

**It's time to get...**

# **FIT IN 40**



# Fit In 40 Challenge



## What'Supp? Supplement Guide



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## Do You Need Dietary Supplements?

Please note that I am not advising you to take any dietary supplements. I am rather providing information for you to make your own informed decisions whether supplementation is the right choice for you. If you follow the nutritional plan template provided within the **Fit In 40 Lifestyle and Nutrition** chapter, I see no major requirement for supplementation.

Eating a healthy, well-balanced diet should provide you with all of the individual nutrients you need, but if your diet isn't so good, some of those nutrients might be deficient. For example, a person who dislikes fruits and vegetables might not get enough vitamins and fibre whilst someone who refuses to eat dairy products will frequently need extra calcium.

If you think you may be lacking in vitamins and minerals, look to adjust your diet to include more vitamin and mineral rich foods. The following advice comes from *The Complete Guide to Sports Nutrition* by Anita Bean.

You may benefit from taking supplements if:

- You have erratic eating habits
- You eat less than 1500 calories a day
- You are pregnant (folic acid)
- You eat out a lot/rely on fast foods
- You are a vegan (vitamin B12 and possibly other nutrients)
- You are anaemic (iron)
- You have a major food allergy or intolerance (e.g. milk)
- You are a heavy smoker or drinker
- You are ill or convalescing

### Multivitamins

**Regular intense exercise** increases individuals' need for a number of vitamins and minerals mainly those necessary for tissue growth and repair, free radical defence, red blood cell manufacture and energy metabolism.

If in doubt about supplements, it is safest to choose a multivitamin rather than individual supplements. Taking a daily multivitamin is an inexpensive and easy way to be sure you are getting the vitamins and minerals you need.

### **Choosing a multi-vitamin / mineral supplement**

With thanks to *The Complete Guide to Sports Nutrition* by Anita Bean. Here are some basic guidelines to help you choose a suitable multi-vitamin.

- Choose a multivitamin/ mineral supplement which highlights its antioxidant content.
- Check it contains at least 23 vitamins and minerals.
- The amounts of each vitamin should be between 100 and 1000% of the RDA stated on the label.
- Avoid supplements containing more than the RDA of any mineral as these nutrients compete for absorption and can be harmful in doses that are higher than the RDA.
- Choose beta-carotene rather than vitamin A – it is a more powerful antioxidant and has no harmful side effects in high doses.
- Avoid supplements with unnecessary ingredients such as sweeteners, colours, artificial flavours and talc (a bulking agent).
- Choose 'food form' if possible – the supplement is better absorbed.
- Choose low-dose supplements, designed to be taken in 2 or more doses daily, rather than mega-doses.
- Take with food and water.

## **Sports Supplementation**

**Supplements:** a thing added to something else in order to complete or enhance it.

Sports supplements (also called ergogenic aids) are products used to enhance athletic performance that may include vitamins, minerals, amino acids, herbs, or botanicals (plants) — or any concentration, extract, or combination of these. These products are generally available over the counter without a prescription.

Sports supplementation is not a requirement for **Fit In 40** and eating a healthy, well balanced diet should provide you with all of the individual nutrients you need, but if

your diet isn't so good, and you find it difficult to consume adequate amounts of protein, then supplementing with a protein powder can have its benefits.

Sports supplements most certainly have their place within the health and fitness world, but one thing that you should consider before parting with your hard earned cash is to evaluate the claims of sports supplements (The following information has been taken from *The Complete Guide to Sports Nutrition* by Anita Bean

### **1 How valid is the claim?**

- Does the claim made by the manufacturer of the product match the science of nutrition and exercised, as you know it? If it sounds too good to be true, then it probably isn't valid.
- Does the amount and form of the active ingredient claimed to be present in the supplement match that used in the scientific studies on the ergogenic aid?
- Does the claim make sense for the sport for which the claim is made?

### **2 How good is the supportive evidence?**

- Is the evidence presented based on testimonials or scientific studies?
- What is the quality of the science? Check the credentials of the researchers (look for University-based or independent) and the journal in which the research was published (look for a peer-reviewed journal reference). Did the manufacturer sponsor the research?
- Read the study to find out whether it was properly designed and carried out. Check that it contains phrases such as 'double-blind placebo controlled', i.e. that a 'control group' was included in the study and that a realistic amount of the ergogenic substance/placebo was used.
- The results should be clearly presented in an unbiased manner with appropriate statistical procedures. Check that the results seem feasible and the conclusions follow from the data.

### **3 Is the supplement safe and legal?**

- Are there any adverse effects?
- Does the supplement contain toxic or unknown substances?
- Is the substance contraindicated in people with a particular health problem?
- Is the product illegal or banned by any athletic organisations?

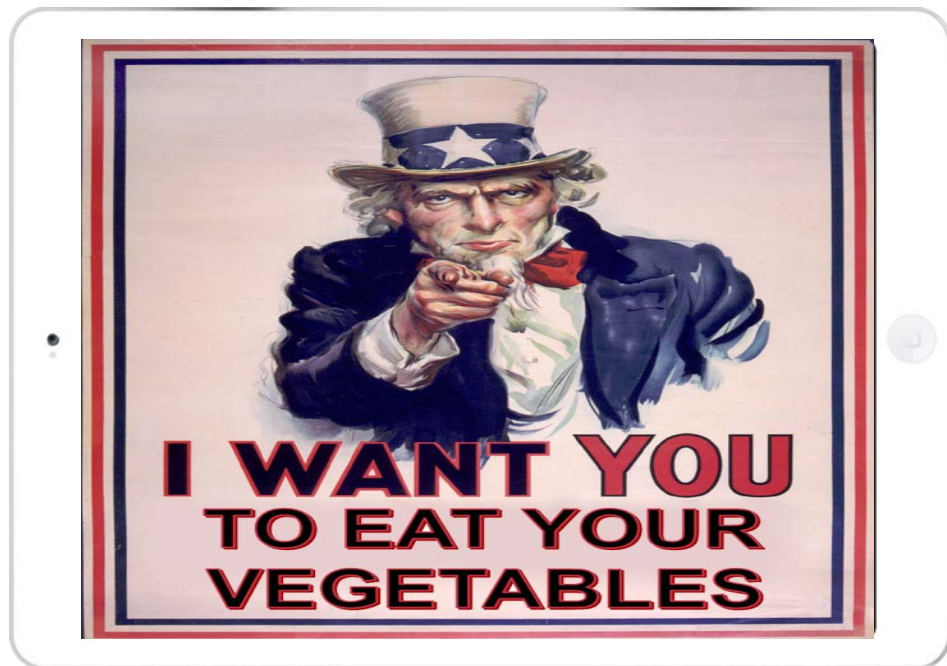
Specific goals of the individual will have a greater impact on the type of exercise and quantity of food required to meet these goals. Do you need protein powder to be fit and healthy? NO. Would it be a good thing to consider if it means you remain compliant, increasing exercise adherence and increasing your daily protein intake? YES.

Everybody needs protein in their diet on a daily basis as it is essential to body tissues, is necessary for growth and contributes to muscle mass and bone health. However, protein comes in many different sources. My advice initially would be to fully understand what foods are protein, carbohydrate and fat dominant and to start by focusing on ensuring each meal is nutritionally balanced containing a complete source of protein as a starting point. Depending on your own personal goals, body and energy requirements, this will impact the quantity of food (calories) you consume.

The purpose of this chapter isn't to promote or demote sports supplements, as for the right user there are some on the market that support and enhance an individual's progress and performance. Spending money on sports supplements prior to improving your daily eating habits however is not the answer.



# Fit In 40 Challenge



## The Ten Commandments!



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Before we unveil the **Fit In 40 Ten Commandments**, I would just like to make it clear that there are many ways to benefit from following the **Fit In 40** eBook. If you choose to take part in the ultimate 40 day fitness challenge as intended whilst applying the following Ten Commandments, your results will be optimal. I can guarantee you will achieve truly astonishing results in the next forty days.

You may however decide to use this eBook as a fun and varied way of complementing your existing training structure, again this is an excellent way of using the eBook.

Ultimately the more of these Ten Commandments that you manage to follow, the greater your results, but as always I do not want you to sacrifice your happiness and enjoyment of things away from this fitness challenge. Always focus on retaining balance and moderation.

These Ten Commandments have been written with the 40 day fitness challenge in mind. So, with that said... let's get on with the Ten Commandments!

### **#1 Thou shalt perform ALL challenges**

When you miss a workout it becomes all too easy to start slipping down that slippery slope. **DO NOT** attempt playing catch-up. Instead be sure to schedule in time to complete each **Fit In 40** challenge every single day, whether you perform it first thing in the morning or last thing at night. Twenty one days to form a habit but just one day to break it.

### **#2 Thou shalt refrain from alcohol**

Alcohol has little place in the **Fit In 40** challenge. Yes, one controlled drink can be of benefit, but moderation on this one is absolutely essential! A drink can 'relax you' but after exercising and eating healthily, you will find your **Fit In 40** challenge will be your go-to relaxation means.

### **#3 Thou shalt NOT eat Junk Food**

Junk food can be deemed anything that is not natural, heavily processed and calorific. This doesn't just mean your fast food restaurants. I am talking supermarket ready meals, sweets, chocolate, fizzy drinks, ice lollies, excess sugar etc... the list

could go on and on! Instead become fully accustomed to the many natural foods found within the **Fit In 40** Nutrition and Lifestyle chapter. Again, moderation is king here. The last thing I want you to do is heavily restrict and resort to being uncontrolled when you do have a square of chocolate. Understand that no food should be completely cut out from your diet, but please ensure you account for the calories and perfect the art of moderation.

#### **#4 Thou shalt drink at least 3 litres of water daily**

I truly believe 3 litres per day should be your bare minimum. If you maintain a healthy and active lifestyle, then 3 litres isn't all that much. You will be amazed at the increase in your mental and physical energy. You will feel more alert, better concentration and a clearer complexion... plus water is the lifeblood of good health. Swap those sugary drinks and drink plenty of H<sub>2</sub>O. You'll start noticing the difference immediately!

#### **#5 Thou shalt not skip breakfast!**

I'm not preaching that breakfast is the most important meal of the day, as every meal you eat is equally important. I am however stating that skipping breakfast and allowing yourself to get extremely hungry a little later in the morning is a recipe for disaster. Shift the emphasis from a carbohydrate dominant breakfast (think traditional cereal) to a protein dominant breakfast (think eggs). You will feel fuller for longer and most definitely charged and ready to take on the day... and your **Fit In 40** challenge!

#### **#6 Thou shalt eat 5 vegetable portions daily**

Packed with vitamins and minerals, the fibre will ensure you remain satisfied in between meals and will help you avoid cravings. Combining plenty of water and vegetables within your daily eating plan will increase your energy and outlook on life...Vegetables are very powerful foods!

#### **#7 Thou shalt set SMART goals**

Set at least one goal that you would like to achieve by the end of the **Fit In 40** challenge. This will give you greater focus and commitment to the cause! ***"Without***

***goals, and plans to reach them, you are like a ship that has set sail with no destination.*** - Fitzhugh Dodson

### **#8 Thou shalt give 100% effort**

Unlike a traditional personal training session; I cannot see how much effort you are putting into each **Fit In 40** challenge. If you skimp on the effort and your sessions lack the intensity that is intended, you are only cheating yourself! Find that fire in your belly and get mentally focused to give as much as you can each challenge. The challenges are intended to be short, sharp and intense! Make sure your effort reflects this! ***“The race is long and, in the end, it’s only with yourself.”*** – Baz Luhrmann

### **#9 Thou shalt give 100% effort**

Creating a support network not only helps ensure a higher level of accountability, it also increases goal adherence and general motivation. Why don't you build your own friendships by using the Twitter hashtag #FitIn40 and post on the JC Fitness Experience Facebook page? Strive towards your total fitness goals whilst building friendships along the way. Receiving words of encouragement are far more motivational than you can imagine.

### **#10 Thou shalt have fun!**

The last thing I want you to feel is that **Fit In 40** is a chore that cannot be enjoyed. Exercise and healthy living should be enjoyable, sustainable and fun. I am looking to instil healthy habits that will last you a lifetime. The challenges will be challenging but at the same time enjoyable to complete. The **Fit In 40** challenges have been created and designed to ensure you are performing exercise that is the most effective and scientifically proven way to fast track your results. This should definitely give you a motivational boost! I have taken away all of the guess work so you can reap the rewards giving you a sense of achievement and fulfilment second to none!



## Fit In 40 Weekly Progress Card

	Starting Point	Week One	Week Two	Week Three	Week Four	Week Five	Finishing Point
<b>Weight:</b>							
<b>Waist-To-Hip Ratio</b>							
<b>Workouts Completed</b>							
<b>Average R.P.E</b>							

**Waist-to-hip ratio** is an important tool that helps you to determine your overall health risk. People with more weight around their waist are at greater risk of lifestyle-related illnesses such as heart disease and diabetes than those with weight around their hips. It is a simple and useful measure of fat distribution. Use a measuring tape to check the waist and hip measurements. Measure your hip circumference at its widest part. Measure your waist circumference at the belly button or just above it. Divide your score for your waist by your score for your hips to find your result. **Score: 0.95+ for men / 0.85+ for women = High Risk**

**AVERAGE R.P.E** refers to the rate of perceived exertion and is a common method for determining the intensity of training sessions. The scale of perceived exertion is how hard you feel your body is working, and therefore is a subjective measurement. **0 = Nothing at All / 10 = Very Hard (Maximal)**

## **Fit In 40 Informed Consent / Disclaimer**

**Explanation of Fit In 40 Challenge** - You will perform an exercise challenge each day, for forty consecutive days. The difficulty will vary from circuit training drills, to specific exercise challenges, high intensity interval training and recovery sessions such as walking and jogging. These exercises will vary in exercise intensity but please note that all of the challenges will be suitable for all levels of fitness through carefully considered variations of popular exercises. You will be required to gauge your personal level of fitness and complete the daily challenges at the intensity and exercise choice that is most appropriate to your fitness level. You may stop any fitness challenge at any time because of personal feelings of fatigue or discomfort (mild discomfort will be required to maximise your success within the forty days but please listen to your body and understand the difference between working hard and risking injury).

**Risks and discomforts** - there exists the possibility of certain changes occurring during exercise. They include abnormal blood pressure, fainting, disorder of heartbeat and in rare instances, heart attack, stroke or death. Fit In 40 is designed to be suited to all fitness abilities with the many options of each exercise available to the participant. It is your responsibility to minimise these risks by working at the intensity that you believe is suited to your current levels of health and fitness.

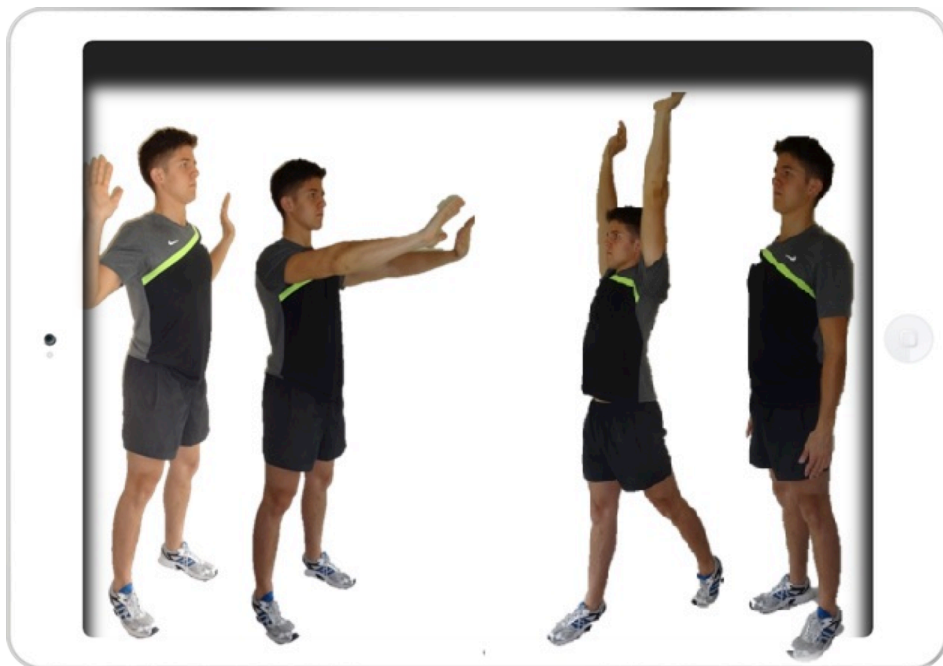
**Responsibilities of the client** – Your own judgement about your health status or previous experiences of unusual feelings with physical effort should be considered when you choose which exercises to perform. Your own understanding of feelings of effort during the challenges itself is also of great importance. It is your responsibility to listen to your body.

**Benefits to be expected** - the results obtained from the forty days of challenges will benefit your overall health and fitness. Participating and performing each challenge to the best of your ability whilst suitably pushing yourself will result in a fitter, healthier, leaner and stronger you.

**Freedom of consent** - your permission to perform the fitness challenges is voluntary. You are free to stop at any point, if you so desire. I've read this informed consent / disclaimer and I understand all of the above. I consent to participate.



# Fit In 40 Challenge



## Warm Up and Cool Down Guides



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# Why You Should Warm Up and Cool Down

## Overview

Whether you are an elite athlete or a recreational gym goer, there is absolutely no doubt that spending time on warming up before exercise and cooling down after exercise will improve your performance and speed up the recovery process.

## Warm Up

Muscle stiffness and tight muscles are said to be directly related to muscle injury. The warm up should therefore aim to reduce stiffness, inflexibility and increase mobility prior to the workout commencing.

The focus of your warm up should be to increase body temperature and replicate the types of movements you will be performing during your workout. Dynamic stretches are therefore more appropriate to the warm up than static stretches as they satisfy the warm up objectives.

### What are the benefits of a warm up?

- Increased speed of contraction and relaxation of warmed muscles
- Dynamic exercises reduce muscle stiffness
- Greater mobility / range of movement
- Greater efficiency of the body at utilising oxygen and facilitating nerve transmission
- Increased blood flow
- Allows the heart rate get to a workable rate for beginning exercise
- Mentally focused on the training or competition

## Cool Down

The purpose of the cool down is as the name suggests; lowering the body temperature and to help the trained muscles relax, realign the muscle fibres and re-establish their normal range of movement.

The type of stretching that should be performed at the end of your workout is static stretching. These stretches are more appropriate to the cool down as they enable the muscles to relax. Static stretches should be held until the feeling of tightness within the muscle has subsided sufficiently.

### **What are the benefits of a cool down?**

- Aid in the removal of waste products – including lactic acid
- Possibly reduce the potential for delayed onset muscle soreness (DOMS)
- Reduce the chances of dizziness or fainting caused by blood pooling in the arms and particularly legs
- Reduce the level of adrenaline in the blood
- Allows the heart rate to return to its resting rate

Please note that each **Fit In 40** session plan includes both a suitable warm up and cool down, having selected the most relevant and appropriate dynamic flexibility and static stretching for the challenge.

The following chapter 'Dynamic Flexibility' will help you fully understand how to perform each dynamic movement during the warm up phase of the workout whilst the 'Static Stretching' chapter will help you fully understand how to perform each static stretch during the cool down phase of the workout. Each exercise/stretch has a name and if you would like further help on the correct technique, please simply copy and paste the exercise name into YouTube to be shown a video demonstration.

# Dynamic Flexibility

## Guidelines for Dynamic Stretching

- Dynamic stretches should only be employed during the warm up phase of a workout
- Stretches should be selected that target either the whole body, or in the case of a particular targeted muscle routine, the stretches should target the specific areas that will be stressed during the workout
- Stretches should be selected that replicate the movement patterns that will be employed during the workout (rehearsal effect)
- No more than 8-10 repetitions of each stretch are required. A greater number may prematurely fatigue the client
- 2-3 different dynamic stretches are generally sufficient to prepare the body for gym-based exercise
- The movement speed should be controlled and the movements should appear fluid

# Dynamic Flexibility

## Squat to overhead arm swing

### Primary Muscles Worked

- Quadriceps
- Gluteus maximus
- Latissimus dorsi
- Soleus



Start





Finish

### Teaching Points



1. Squat down by bending your ankles, knees and hips
2. Swing your arms down and back as you descend into the squat position
3. Keep chest lifted throughout
4. Return to standing position with your arms stretched overhead
5. Repeat

## Dynamic Flexibility



<b>Squat to overhead arm swing with rotation</b>	
<b>Primary Muscles Worked</b>	<ul style="list-style-type: none"><li>• Quadriceps</li><li>• Gluteus maximus</li><li>• Obliques</li><li>• Soleus</li><li>• Illipsoas</li></ul>
 <p><b>Start</b></p>	 <p><b>Finish</b></p>
<b>Teaching Points</b> <ol style="list-style-type: none"><li>1. Squat down by bending your ankles, knees and hips</li><li>2. Swing your arms down and back as you descend into the squat position</li><li>3. Keep chest lifted throughout</li><li>4. Return to standing position with your arms stretched overhead while rotating the upper body to one side</li><li>5. Alternate the side you rotate to with each rep</li></ol>	





# Dynamic Flexibility

<b>Lunge with rotation</b>	
<b>Primary Muscles Worked</b>	<ul style="list-style-type: none"><li>• Quadriceps</li><li>• Gluteus maximus</li><li>• Obliques</li><li>• Iliopsoas</li></ul>
 <p><b>Start</b></p>	 <p><b>Finish</b></p>
<b>Teaching Points</b> <ol style="list-style-type: none"><li>1. Stand in an upright position with your feet hip width apart</li><li>2. Lunge forward while simultaneously rotating the torso towards the lunging side leg</li><li>3. Push back strongly off the lead foot and return to the starting position</li><li>4. <b>Note:</b> During the lunge ensure that the lead foot remains on the floor</li></ol>	

# Dynamic Flexibility

<b>Posterior lunge with overhead reach</b>	
<b>Primary Muscles Worked</b>	<ul style="list-style-type: none"><li>• <b>Quadriceps</b></li><li>• <b>Gluteus maximus</b></li><li>• <b>Obliques</b></li><li>• <b>Iliopsoas</b></li></ul>
 <p><b>Start</b></p>	 <p><b>Finish</b></p>
<b>Teaching Points</b> <ol style="list-style-type: none"><li>1. Stand in an upright position with your feet hip width apart</li><li>2. Take a small step back while both arms reach overhead</li><li>3. Ensure the lunging side heel makes contact with the floor and you</li><li>4. Do not lean back excessively through the lower back</li><li>5. Push back strongly off the posterior and return to the starting position</li></ol>	

## Dynamic Flexibility

<b>Standing dynamic pectoral stretch</b>	
<b>Primary Muscles Worked</b>	<ul style="list-style-type: none"><li>• Pectoralis major</li><li>• Rhomboids</li><li>• Mid trapezius</li></ul>
 <p><b>Start</b></p>	 <p><b>Finish</b></p>
<b>Teaching Points</b> <ol style="list-style-type: none"><li>1. Stand in an upright position with your feet hip width apart</li><li>2. Pull your arms back into a press up position</li><li>3. Push your arms forward while allowing the thoracic spine to round slightly</li><li>4. Repeat the above varying the angle of retraction</li></ol>	

# Static Stretching

## Kneeling gastrocnemius



### Teaching Points

1. Adopt a press up position
2. Rest one knee on the floor with the opposite leg straight
3. Maintain a neutral spine position
4. Push through arms to lever ankle into increased dorsiflexion

## Standing gastrocnemius



### Teaching Points

1. Adopt a split stance in front of a wall with both feet facing forward
2. Hands contact the wall at shoulder height with head upright and looking forward
3. Drive forward through the hips to lever ankle into increased dorsiflexion
4. Heel down throughout

## Standing soleus



### Teaching Points

1. Adopt a split stance in front of a wall with both knees bent
2. Hands contact the wall at shoulder height with head upright and looking forward
3. Drop bodyweight to lever the posterior ankle into increased dorsiflexion

## Lying hamstring



### Teaching Points

1. Adopt a supine position on floor
2. Flex hip with opposite leg slightly flexed (so foot is fixed to the floor)
3. Place hands around upper leg
4. Draw leg towards the body until a stretch is felt

## Standing hamstring



### Teaching Points

1. Adopt a split stance with the back leg bent and front leg almost straight (a little knee flexion is required)
2. Flex at the hips while maintaining a neutral spine
3. Flex until the stretch is felt

### Lying glute (variation #1)



#### Teaching Points

1. Adopt a supine position on floor
2. Flex knee and hip and place hands around the upper leg
3. Draw leg into body to increase hip flexion

### Lying glute (variation #2)



#### Teaching Points

1. Adopt a supine position on floor
2. Flex both knees and hips to 90°
3. Place the ankle of the stretching side limb just above the opposite knee
4. Place both hands around the non-involved thigh
5. Draw leg towards chest to feel a stretch

### Seated glute



#### Teaching Points

1. Adopt a seated position with legs crossed
2. Lift top thigh up towards chest with opposite side arm
3. Stretching side hand is in contact with floor for added support
4. Draw leg towards chest to feel a stretch

**Figure 4**



**Teaching Points**

1. Adopt a supine position on floor
2. Flex a hip and knee to 90° and allow hip to fall over body
3. Place one hand on the involved leg, the opposite arm is flexed to 90° at shoulder height
4. Rotate head towards flexed arm
5. Ease involved knee towards the floor to feel a stretch

**Standing adductors**



**Teaching Points**

1. Adopt a wide stance, greater than shoulder width
2. Shift weight across to one side
3. Place both hands on flexed leg
4. Keep hips forward with both feet down throughout

**Kneeling adductors**



**Teaching Points**

1. Adopt kneeling position on floor
2. Position trunk horizontally to ground with both hands in contact with floor
3. Involved leg is abducted with heel in contact with floor
4. Drop body downwards to feel a stretch

## Prone quadriceps



### Teaching Points

1. Adopt a pronated position on floor
2. Involved knee is flexed, but both knees together
3. Same side holds onto the distal end of lower limb
4. Draw longer leg towards buttock to feel a stretch

## Standing quadriceps



### Teaching Points

1. Stand upright
2. Flex one knee keeping both knees together
3. Same side arm holds on to foot
4. Push the hip forwards and draw the lower leg towards the buttock and feel a stretch

## Kneeling hip flexor



### Teaching Points

1. Adopt a kneeling stride stance
2. Place both hands on front knee for support
3. Keeping the trunk upright push the hips forward to feel a stretch



## Sphinx



### Teaching Points

1. Lie pronated on the floor with elbows under shoulders
2. Keeping hips down, raise the trunk up off the floor to feel a stretch

## Box erector spinae



### Teaching Points

1. Adopt an all four position with hands under shoulders and knees under hips
2. Lift lower back up towards ceiling to feel a stretch

## Standing wall assisted latissimus dorsi



### Teaching Points

1. Stand in front of a wall in a wide stance at arm's length from a wall
2. Place one hand, at shoulder height on to the wall
3. Flex hips, drop chest, and lean across to the same side

## Standing latissimus dorsi



### Teaching Points

1. Stand upright with shoulder width stance
2. Place both arms overhead with hands clasped together
3. Reach towards the ceiling to feel the stretch

## Standing wall assisted pectorals



### Teaching Points

1. Adopt a stride stance side on to a wall, with a leader leg being the nearest to the wall
2. Arm closest to the wall is abducted with the elbow flexed and resting against wall
3. Push trunk forward and turn away from the wall to feel a stretch

## Standing biceps



### Teaching Points

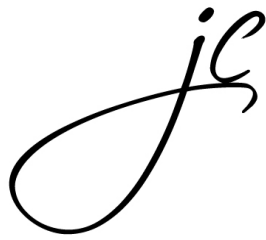
1. Stand upright with feet shoulder width apart
2. Abduct, extend and pronate both arms to feel a stretch

## Standing posterior deltoid



### Teaching Points

1. Stand upright with feet shoulder width apart and chest lifted
2. Flex and adduct one arm and place opposite hand just above the elbow
3. Use this hand placement to further adduct the stretched arm (keep shoulder blades retracted throughout)



# Fit In 40 Challenge



## Video Challenge Links and Session Plans



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## Video Challenge Links

Day	Challenge	YouTube Link
Day 1	Baseline	<a href="http://youtu.be/chCkCP1ZoPw">http://youtu.be/chCkCP1ZoPw</a>
Day 2	Gone In 60 Seconds	<a href="http://youtu.be/ao1pqlFxFh8">http://youtu.be/ao1pqlFxFh8</a>
Day 3	F - U 40	<a href="http://youtu.be/lhljSPeqtz4">http://youtu.be/lhljSPeqtz4</a>
Day 4	Fartlek Fitness	<a href="http://youtu.be/5Xs_zpClxKo">http://youtu.be/5Xs_zpClxKo</a>
Day 5	Scared of Heights	<a href="http://youtu.be/XJ1kXRcoXzM">http://youtu.be/XJ1kXRcoXzM</a>
Day 6	Active Rest	<a href="http://youtu.be/mtJvr_1hquQ">http://youtu.be/mtJvr_1hquQ</a>
Day 7	Super Suicides	<a href="http://youtu.be/hZHoBOw7TUI">http://youtu.be/hZHoBOw7TUI</a>
Day 8	We Have Lift Off	<a href="http://youtu.be/HwUhQqYMmTg">http://youtu.be/HwUhQqYMmTg</a>
Day 9	Slow and Steady Wins The Race	<a href="http://youtu.be/0_-SbaAMoso">http://youtu.be/0_-SbaAMoso</a>
Day 10	Tenacious Tenth!	<a href="http://youtu.be/DBt0MXncwRY">http://youtu.be/DBt0MXncwRY</a>
Day 11	R & R	<a href="http://youtu.be/034MdcPd4tk">http://youtu.be/034MdcPd4tk</a>
Day 12	The Centurion	<a href="http://youtu.be/4O2ROvZX9oY">http://youtu.be/4O2ROvZX9oY</a>
Day 13	Sadistic Suicides	<a href="http://youtu.be/k21htZW9J4w">http://youtu.be/k21htZW9J4w</a>
Day 14	ABS-olutely F-AB-ulous	<a href="http://youtu.be/YmeJbP2JHHI">http://youtu.be/YmeJbP2JHHI</a>
Day 15	Total Body Warrior Workout	<a href="http://youtu.be/LIG-va1CX0w">http://youtu.be/LIG-va1CX0w</a>
Day 16	Beat Your Best	<a href="http://youtu.be/cFQ1t1T9liQ">http://youtu.be/cFQ1t1T9liQ</a>
Day 17	Tick-Tock Terror	<a href="http://youtu.be/EiYp_g5fmHk">http://youtu.be/EiYp_g5fmHk</a>
Day 18	Fartlek Fitness	<a href="http://youtu.be/19OnXn3RvHg">http://youtu.be/19OnXn3RvHg</a>
Day 19	JC Says RELAX!	<a href="http://youtu.be/hpJKS0zNMrg">http://youtu.be/hpJKS0zNMrg</a>
Day 20	Sickening Supersets!	<a href="http://youtu.be/LjsADfqOZUo">http://youtu.be/LjsADfqOZUo</a>

## Video Challenge Links

Day 21	Suicide Suffering!	<a href="http://youtu.be/sKx1giei-hU">http://youtu.be/sKx1giei-hU</a>
Day 22	B***ard Burpees	<a href="http://youtu.be/SYdRsy5Jbb0">http://youtu.be/SYdRsy5Jbb0</a>
Day 23	Fever Pitch	<a href="http://youtu.be/NtB3TqQbVlw">http://youtu.be/NtB3TqQbVlw</a>
Day 24	Fit 24/7	<a href="http://youtu.be/jGE0Aq5kSnk">http://youtu.be/jGE0Aq5kSnk</a>
Day 25	F – U 40 V.2	<a href="http://youtu.be/la-HgguUyYo">http://youtu.be/la-HgguUyYo</a>
Day 26	Core Blimey!	<a href="http://youtu.be/Sv81NIQ95fU">http://youtu.be/Sv81NIQ95fU</a>
Day 27	Suicide Sacrifice!	<a href="http://youtu.be/n68ydihH9WI">http://youtu.be/n68ydihH9WI</a>
Day 28	Rest & Recover	<a href="http://youtu.be/3Eivo2PVBds">http://youtu.be/3Eivo2PVBds</a>
Day 29	Countdown is ON!	<a href="http://youtu.be/xuRCoKkqC6Y">http://youtu.be/xuRCoKkqC6Y</a>
Day 30	Fartlek Freedom!	<a href="http://youtu.be/tZTi6oOL6cg">http://youtu.be/tZTi6oOL6cg</a>
Day 31	Super Special	<a href="http://youtu.be/z1Z59YzEsGw">http://youtu.be/z1Z59YzEsGw</a>
Day 32	Shut Up and Shuttle!	<a href="http://youtu.be/vk7LREbKVtY">http://youtu.be/vk7LREbKVtY</a>
Day 33	The 300 Workout	<a href="http://youtu.be/TC7IKBpgssM">http://youtu.be/TC7IKBpgssM</a>
Day 34	No Rest for the Wicked	<a href="http://youtu.be/kW3i2una7hg">http://youtu.be/kW3i2una7hg</a>
Day 35	Final Week Focus	<a href="http://youtu.be/gf3Qq2CwwSI">http://youtu.be/gf3Qq2CwwSI</a>
Day 36	The Home Straight!	<a href="http://youtu.be/ADPtTk1QuGU">http://youtu.be/ADPtTk1QuGU</a>
Day 37	Reminisce and Reflect	<a href="http://youtu.be/roTU16fQCyw">http://youtu.be/roTU16fQCyw</a>
Day 38	Fit In 5-4-3-2-1	<a href="http://youtu.be/qKrx58vfrn8">http://youtu.be/qKrx58vfrn8</a>
Day 39	Horrendous Hills!	<a href="http://youtu.be/70hYW8C-jFs">http://youtu.be/70hYW8C-jFs</a>
Day 40	The Final Day Finale!	<a href="http://youtu.be/OIkRnUCSODY">http://youtu.be/OIkRnUCSODY</a>

## Day 1 – Baseline

### Warm Up and Dynamic Flexibility

Exercise	Duration	Notes
Walk -> Jog on the spot	5 Minutes	Increase intensity slowly; feel hot and heavier breathing
Exercise	Reps	Notes
Squat to overhead arm swing	8-10 Reps	Refer to Dynamic Flexibility PDF
Standing dynamic pectoral stretch	8-10 Reps	

### Main Session

Exercise	Sets x Reps	Rest	Notes
Chair Squats / Jump Squats	1 x To Muscular Failure	2-3 Minutes	Perform as many chair squats or jump squats to failure
Half / Full Press Ups	1 x To Muscular Failure	2-3 Minutes	Perform as many half / full press ups to failure
Half / Full Plank	1 x To Muscular Failure	2-3 Minutes	Hold the plank position until you can no longer hold it
Walk / Jog / Run	1 Mile	No Rest	Walk / Jog / Run 1 mile as quickly as possible

### Cool Down and Static Stretching

Exercise	Duration	Notes
Jog on the spot -> Walk	5 Minutes	Decrease intensity slowly; lower your breathing
Exercise	Reps	Notes
Refer to Static Stretching PDF and choose a suitable stretch for each of your major muscle groups		

## Day 2 – Gone In 60 Seconds

### Warm Up and Dynamic Flexibility

Exercise	Duration	Notes
Walk -> Jog on the spot	5 Minutes	Increase intensity slowly; feel hot and heavier breathing
Exercise	Reps	Notes
Squat to overhead arm swing	8-10 Reps	Refer to Dynamic Flexibility PDF
Standing dynamic pectoral stretch	8-10 Reps	

### Main Session

Exercise	Sets x Reps	Rest	Notes
Imaginary Skipping Rope	1 Minute	No Rest	
Half / Full T-Press Ups	1 Minute	No Rest	
Bodyweight / Jump Squats	1 Minute	No Rest	
Abs Curl / Cycle Crunches	1 Minute	No Rest	
Bodyweight / Plyometric Lunges	1 Minute	No Rest	
Half / Full Mountain Climbers	1 Minute	Up to 2 Minutes	
<b>Rest for up to 2 minutes... Now repeat 3-5 circuits</b>			

### Cool Down and Static Stretching

Exercise	Duration	Notes
Jog on the spot -> Walk	5 Minutes	Decrease intensity slowly; lower your breathing
Exercise	Reps	Notes
Refer to Static Stretching PDF and choose a suitable stretch for each of your major muscle groups		

## Day 3 – F - U - 40

### Warm Up and Dynamic Flexibility

Exercise	Duration	Notes
Walk -> Jog on the spot	5 Minutes	Increase intensity slowly; feel hot and heavier breathing
Exercise	Reps	Notes
Squat to overhead arm swing	8-10 Reps	Refer to Dynamic Flexibility PDF
Standing dynamic pectoral stretch	8-10 Reps	

### Main Session

Exercise	Sets x Reps	Rest	Notes
Hands Up High Knees	10 Reps	No Rest	
Non-Impact / Full Burpees	10 Reps	No Rest	
Star Jumps / Exploding Stars	10 Reps	No Rest	
Press Up Downs	10 Reps	No Rest	
<b>Repeat as many rounds as you can within 20 minutes</b>			

### Cool Down and Static Stretching

Exercise	Duration	Notes
Jog on the spot -> Walk	5 Minutes	Decrease intensity slowly; lower your breathing
Exercise	Reps	Notes
Refer to Static Stretching PDF and choose a suitable stretch for each of your major muscle groups		



## Day 4 – Fartlek Fitness

### Warm Up and Dynamic Flexibility

Exercise	Duration	Notes
Walk -> Jog	5 Minutes	Increase intensity slowly; feel hot and heavier breathing
Exercise	Reps	Notes
Squat to overhead arm swing	8-10 Reps	Refer to Dynamic Flexibility PDF
Standing dynamic pectoral stretch	8-10 Reps	

### Main Session

Exercise	Sets x Reps	Rest	Notes
<b>Beginner:</b> Walk, Jog, Run and Sprint	1.5 Miles	No Rest	
<b>Advanced:</b> Walk, Jog, Run and Sprint	3 Miles	No Rest	
<b>Vary speeds and complete as quickly as you can!</b>			

### Cool Down and Static Stretching

Exercise	Duration	Notes
Jog -> Walk	5 Minutes	Decrease intensity slowly; lower your breathing
Exercise	Reps	Notes
Refer to Static Stretching PDF and choose a suitable stretch for each of your major muscle groups		

## Day 5 – Scared of Heights?

### Warm Up and Dynamic Flexibility

Exercise	Duration	Notes
Walk -> Jog on the spot	5 Minutes	Increase intensity slowly; feel hot and heavier breathing
Exercise	Reps	Notes
Squat to overhead arm swing	8-10 Reps	Refer to Dynamic Flexibility PDF
Standing dynamic pectoral stretch	8-10 Reps	

### Main Session

Exercise	Reps Change Each Circuit	Notes
Sumo Squats / Jumps	3, 6, 9, 12, 15, 12, 9, 6, 3	
Half / Full Super Press Ups	15, 12, 9, 6, 3, 6, 9, 12, 15	
Side Lunges	15, 12, 9, 6, 3, 6, 9, 12, 15	
Side Plank Taps	3, 6, 9, 12, 15, 12, 9, 6, 3	
<b>1. Perform appropriate reps on each circuit</b> <b>2. Rest up to 1 minute after each circuit</b> <b>3. Time how long it takes you to complete entire workout</b>		

### Cool Down and Static Stretching

Exercise	Duration	Notes
Jog on the spot -> Walk	5 Minutes	Decrease intensity slowly; lower your breathing
Exercise	Reps	Notes
Refer to Static Stretching PDF and choose a suitable stretch for each of your major muscle groups		

## Day 6 – Active Rest

### Warm Up – Dynamic Flexibility

Exercise	Duration	Notes
Exercise	Reps	Notes

### Main Session

Exercise	Reps	Notes

### Cool Down and Static Stretching

Exercise	Duration	Notes
Exercise	Reps	Notes

**No Challenge Today!**

## Day 7 – Super Suicides

### Warm Up and Dynamic Flexibility

Exercise	Duration	Notes
Walk -> Jog	5 Minutes	Increase intensity slowly; feel hot and heavier breathing
Exercise	Reps	Notes
Squat to overhead arm swing	8-10 Reps	Refer to Dynamic Flexibility PDF
Standing dynamic pectoral stretch	8-10 Reps	

### Main Session

Exercise	Sets x Reps	Rest	Notes
Suicide Runs	7-10 Suicides	Up to 2 Minutes	Sprint the entire suicide!
<p><b>1. Complete each suicide as quickly as you can!</b></p> <p><b>2. Record your time for each suicide and try and better it every subsequent suicide!</b></p>			

### Cool Down and Static Stretching

Exercise	Duration	Notes
Jog -> Walk	5 Minutes	Decrease intensity slowly; lower your breathing
Exercise	Reps	Notes
Refer to Static Stretching PDF and choose a suitable stretch for each of your major muscle groups		

## Day 8 – We Have Lift Off!

### Warm Up and Dynamic Flexibility

Exercise	Duration	Notes
Walk -> Jog on the spot	5 Minutes	Increase intensity slowly; feel hot and heavier breathing
Exercise	Reps	Notes
Squat to overhead arm swing	8-10 Reps	Refer to Dynamic Flexibility PDF
Standing dynamic pectoral stretch	8-10 Reps	

### Main Session

Exercise	Sets x Reps	Rest	Notes
Squats / Jump Squats	50 Reps	No Rest	
Alternating / Single Leg Lunges	40 Reps	No Rest	
Travellers Half / Full Press Ups	30 Reps	No Rest	
Ab Curls / Toe Reach Wall Sit Ups	20 Reps	No Rest	
Non-Impact / Burpees	10 Reps	No Rest	
Imaginary Skipping	1 Minute	3 minutes	
<b>1. Perform exercises back to back</b> <b>2. Rest for up to 3 minutes after skipping</b> <b>3. Repeat 2-3 times</b>			

### Cool Down and Static Stretching

Exercise	Duration	Notes
Jog on the spot -> Walk	5 Minutes	Decrease intensity slowly; lower your breathing
Exercise	Reps	Notes
Refer to Static Stretching PDF and choose a suitable stretch for each of your major muscle groups		

## Day 9 – Slow and Steady Wins the Race

### Warm Up and Dynamic Flexibility

Exercise	Duration	Notes
Walk -> Jog	5 Minutes	Increase intensity slowly; feel hot and heavier breathing
Exercise	Reps	Notes
Squat to overhead arm swing	8-10 Reps	Refer to Dynamic Flexibility PDF
Standing dynamic pectoral stretch	8-10 Reps	

### Main Session

Exercise	Sets x Reps	Rest	Notes
Any cardiovascular activity	40 Minutes	No Rest	
<b>Remain consistent with the tempo and speed throughout</b>			

### Cool Down and Static Stretching

Exercise	Duration	Notes
Jog -> Walk	5 Minutes	Decrease intensity slowly; lower your breathing
Exercise	Reps	Notes
Refer to Static Stretching PDF and choose a suitable stretch for each of your major muscle groups		

## Day 10 – Tenacious Tenth!

### Warm Up and Dynamic Flexibility

Exercise	Duration	Notes
Walk -> Jog on the spot	5 Minutes	Increase intensity slowly; feel hot and heavier breathing
Exercise	Reps	Notes
Squat to overhead arm swing	8-10 Reps	Refer to Dynamic Flexibility PDF
Standing dynamic pectoral stretch	8-10 Reps	

### Main Session

Exercise	Timings Per Round (Seconds)	Notes
High Hands High Knees	30, 45, 60, 75, 90	
Bodyweight / Jump Squats	90, 75, 60, 45, 30	
Boxing Punches	30, 45, 60, 75, 90	
Prisoner Lunges	30, 45, 60, 75, 90	
Shoulder Punches	90, 75, 60, 45, 30	
Star Jumps	90, 75, 60, 45, 30	
<b>1. Rest at the end of rounds when required</b> <b>2. Complete all 5 rounds with correct timings</b>		

### Cool Down and Static Stretching

Exercise	Duration	Notes
Jog on the spot -> Walk	5 Minutes	Decrease intensity slowly; lower your breathing
Exercise	Reps	Notes
Refer to Static Stretching PDF and choose a suitable stretch for each of your major muscle groups		

## Day 11 – R & R

### Warm Up and Dynamic Flexibility

Exercise	Duration	Notes
Walk -> Jog on the spot	5 Minutes	Increase intensity slowly; feel hot and heavier breathing
Exercise	Reps	Notes
Squat to overhead arm swing	8-10 Reps	Refer to Dynamic Flexibility PDF
Standing dynamic pectoral stretch	8-10 Reps	

### Main Session

Exercise	Sets x Reps	Notes
Chest (Pectorals Stretch)	3 x 30 Seconds	
Back (Latissimus Dorsi Stretch)	3 x 30 Seconds	
Shoulders (Deltoids/Trapezius Stretch)	3 x 30 Seconds	
Arms (Biceps and Triceps Stretch)	3 x 30 Seconds	
Front Leg (Quadriceps Stretch)	3 x 30 Seconds	
Back Leg (Hamstrings Stretch)	3 x 30 Seconds	
Lower Leg (Calves Stretch)	3 x 30 Seconds	
<b>Make sure you perform warm up prior to stretching!</b>		

### Cool Down and Static Stretching

Exercise	Duration	Notes
Exercise	Reps	Notes



## Day 12 – The Centurion

### Warm Up and Dynamic Flexibility

Exercise	Duration	Notes
Walk -> Jog on the spot	5 Minutes	Increase intensity; heavy breathing
Exercise	Reps	Notes
Squat to overhead swing	8-10 Reps	Refer to Dynamic Flexibility PDF
Standing pectoral stretch	8-10 Reps	

### Main Session

Exercise	Sets x Reps	Rest	Notes
Non-Impact Burpees	10 Reps	No Rest	
Half / Full Press Ups	10 Reps	No Rest	
Walking / Plyometric Lunges	10 Reps	No Rest	
Star Jumps / Shooting Stars	10 Reps	No Rest	
Knee / Leg Raises	10 Reps	No Rest	
Half / Full Renegade Rows	10 Reps	No Rest	
Bodyweight / Jump Squats	10 Reps	No Rest	
Shoulder Press	10 Reps	No Rest	
90° / 180° Monkey Jumps	10 Reps	No Rest	
Half / Full Hand Walkouts	10 Reps	Up to 2 Minutes	
<b>Complete 3-5 Circuits</b>			

### Cool Down and Static Stretching

Exercise	Duration	Notes
Jog on the spot -> Walk	5 Minutes	Decrease intensity slowly;
Exercise	Reps	Notes
Refer to Static Stretching PDF and choose a suitable stretch for each of your major muscle groups		

## Day 13 – Sadistic Suicides

### Warm Up and Dynamic Flexibility

Exercise	Duration	Notes
Walk -> Jog	5 Minutes	Increase intensity slowly; feel hot and heavier breathing
Exercise	Reps	Notes
Squat to overhead arm swing	8-10 Reps	Refer to Dynamic Flexibility PDF
Standing dynamic pectoral stretch	8-10 Reps	

### Main Session

Exercise	Sets x Reps	Rest	Notes
Suicide Runs	7-10 Suicides	Up to 2 Minutes	Sprint the entire suicide but make sure you run backwards as shown in demonstration video
<p><b>1. Complete each suicide as quickly as you can!</b></p> <p><b>2. Record your time for each suicide and try and better it every subsequent suicide!</b></p>			

### Cool Down and Static Stretching

Exercise	Duration	Notes
Jog -> Walk	5 Minutes	Decrease intensity slowly; lower your breathing
Exercise	Reps	Notes
Refer to Static Stretching PDF and choose a suitable stretch for each of your major muscle groups		

## Day 14 – ABS-olutely F-AB-ulous

### Warm Up and Dynamic Flexibility

Exercise	Duration	Notes
Walk -> Jog on the spot	5 Minutes	Increase intensity slowly; feel hot and heavier breathing
Exercise	Reps	Notes
Squat to overhead arm swing	8-10 Reps	Refer to Dynamic Flexibility PDF
Standing dynamic pectoral stretch	8-10 Reps	

### Main Session

Exercise	Beginner Sets x Reps	Beginner Sets x Reps	Rest
Ab Crunch	15, 10, 5	30, 20, 10	No Rest
Rocky Balboas	15, 10, 5	30, 20, 10	No Rest
Toe Reaches	15, 10, 5	30, 20, 10	No Rest
Russian Twists	15, 10, 5	30, 20, 10	No Rest
Prone Extension	15, 10, 5	30, 20, 10	No Rest
<b>Final Set:</b> Plank	To Failure	To Failure	Up to 1 Minute
<b>1. Beginner = 15 reps, 10 reps, 5 reps</b> <b>2. Advanced = 30 reps, 20 reps, 10 reps</b>			

### Cool Down and Static Stretching

Exercise	Duration	Notes
Jog on the spot -> Walk	5 Minutes	Decrease intensity slowly; lower your breathing
Exercise	Reps	Notes
Refer to Static Stretching PDF and choose a suitable stretch for each of your major muscle groups		

## Day 15 – Total Body Warrior Workout

### Warm Up and Dynamic Flexibility

Exercise	Duration	Notes
Walk -> Jog on the spot	5 Minutes	Increase intensity; heavy breathing
Exercise	Reps	Notes
Squat to overhead swing	8-10 Reps	Refer to Dynamic Flexibility PDF
Standing pectoral stretch	8-10 Reps	

### Main Session

Exercise	Sets x Reps	Rest	Notes
Imaginary Skipping	60 Seconds	No Rest	
Bodyweight / Jump Squats	60 Seconds	No Rest	
Opposite Hand / Opposite Legs	60 Seconds	No Rest	
Plank Walk Ups	60 Seconds	No Rest	
Lying Leg Cycles	60 Seconds	No Rest	
T-Press Ups	60 Seconds	No Rest	
Reverse Burpee Crawl	60 Seconds	2 Minutes	
<b>1. Rest 2 minutes at the end of the circuit</b> <b>2. Repeat 2-3 sets</b>			

### Cool Down and Static Stretching

Exercise	Duration	Notes
Jog on the spot -> Walk	5 Minutes	Decrease intensity slowly;
Exercise	Reps	Notes
Refer to Static Stretching PDF and choose a suitable stretch for each of your major muscle groups		

## Day 16 – Beat Your Best

### Warm Up and Dynamic Flexibility

Exercise	Duration	Notes
Walk -> Jog	5 Minutes	Increase intensity slowly; feel hot and heavier breathing
Exercise	Reps	Notes
Squat to overhead arm swing	8-10 Reps	Refer to Dynamic Flexibility PDF
Standing dynamic pectoral stretch	8-10 Reps	

### Main Session

Exercise	Sets x Reps	Rest	Notes
The same cardiovascular activity you performed on day 9	40 Minutes	No Rest	
<b>Remain consistent with the tempo and speed throughout</b>			

### Cool Down and Static Stretching

Exercise	Duration	Notes
Jog -> Walk	5 Minutes	Decrease intensity slowly; lower your breathing
Exercise	Reps	Notes
Refer to Static Stretching PDF and choose a suitable stretch for each of your major muscle groups		

## Day 17 – Tick Tock Terror

### Warm Up and Dynamic Flexibility

Exercise	Duration	Notes
Walk -> Jog on the spot	5 Minutes	Increase intensity slowly; feel hot and heavier breathing
Exercise	Reps	Notes
Squat to overhead arm swing	8-10 Reps	Refer to Dynamic Flexibility PDF
Standing dynamic pectoral stretch	8-10 Reps	

### Main Session

Exercise	Sets x Reps	Rest	Notes
Half / Full Press Ups	10	No Rest	
Non-Impact / Burpees	5	No Rest	
Bodyweight / Jump Squats	15	No Rest	
Jumping Jacks	20	No Rest	
<b>1. Beginners: 20 Minutes</b> <b>2. Advanced: 30 Minutes</b> <b>3. Complete as many rounds as you can in allotted time</b> <b>4. Only rest when you absolutely must!</b>			

### Cool Down and Static Stretching

Exercise	Duration	Notes
Jog -> Walk on the spot	5 Minutes	Decrease intensity slowly; lower your breathing
Exercise	Reps	Notes
Refer to Static Stretching PDF and choose a suitable stretch for each of your major muscle groups		

## Day 18 – Slow and Steady Wins the Race

### Warm Up and Dynamic Flexibility

Exercise	Duration	Notes
Walk -> Jog	5 Minutes	Increase intensity slowly; feel hot and heavier breathing
Exercise	Reps	Notes
Squat to overhead arm swing	8-10 Reps	Refer to Dynamic Flexibility PDF
Standing dynamic pectoral stretch	8-10 Reps	

### Main Session

Exercise	Sets x Reps	Rest	Notes
Any cardiovascular activity	40 Minutes	No Rest	
<b>Remain consistent with the tempo and speed throughout</b>			

### Cool Down and Static Stretching

Exercise	Duration	Notes
Jog -> Walk	5 Minutes	Decrease intensity slowly; lower your breathing
Exercise	Reps	Notes
Refer to Static Stretching PDF and choose a suitable stretch for each of your major muscle groups		

## Day 18 – Fartlek Fitness

### Warm Up and Dynamic Flexibility

Exercise	Duration	Notes
Walk -> Jog on the spot	5 Minutes	Increase intensity slowly; feel hot and heavier breathing
Exercise	Reps	Notes
Squat to overhead arm swing	8-10 Reps	Refer to Dynamic Flexibility PDF
Standing dynamic pectoral stretch	8-10 Reps	

### Main Session

Exercise	Sets x Reps	Rest	Notes
<b>Beginner:</b> Walk, Jog, Run and Sprint	2.5 Miles	No Rest	
<b>Advanced:</b> Walk, Jog, Run and Sprint	4 Miles	No Rest	
<b>Vary speeds and complete as quickly as you can!</b>			

### Cool Down and Static Stretching

Exercise	Duration	Notes
Jog -> Walk on the spot	5 Minutes	Decrease intensity slowly; lower your breathing
Exercise	Reps	Notes
Refer to Static Stretching PDF and choose a suitable stretch for each of your major muscle groups		



# Day 19 – JC Says RELAX!

## Warm Up and Dynamic Flexibility

	Duration	Notes
Exercise	Reps	Notes

## Main Session

Exercise	Reps	Time Each	Notes

## Cool Down and Static Stretching

Exercise	Duration	Notes
Exercise	Reps	Notes

No Challenge Today!

## Day 20 – Sickening Supersets

### Warm Up and Dynamic Flexibility

Exercise	Duration	Notes
Walk -> Jog on the spot	5 Minutes	Increase intensity slowly; feel hot and heavier breathing
Exercise	Reps	Notes
Squat to overhead arm swing	8-10 Reps	Refer to Dynamic Flexibility PDF
Standing pectoral stretch	8-10 Reps	

### Main Session

Exercise	Sets x Reps	Rest	Notes
<b>Superset #1:</b> Bodyweight / Jump Squats Half / Full Press Ups	3 x 20 Reps 3 x 15 Reps	No Rest 45 Seconds	
<b>Superset #2:</b> Sky Divers Mountain Climbers	3 x 15 Reps 3 x 20 Reps	No Rest 45 Seconds	
<b>Superset #3:</b> Stationary / Plyometric Lunges Shoulder Presses	3 x 20 Reps 3 x 20 Reps	No Rest 45 Seconds	
<b>Superset #4:</b> Non-Impact / Burpees Half / Full Press Ups	3 x 10 Reps 3 x 20 Reps	No Rest 45 Seconds	
<b>1. Rest after BOTH exercises completed</b> <b>2. Perform 3 sets of each superset</b>			

### Cool Down and Static Stretching

Exercise	Duration	Notes
Jog -> Walk on the spot	5 Minutes	Decrease intensity slowly
Exercise	Reps	Notes
Refer to Static Stretching PDF and choose a suitable stretch for each of your major muscle groups		

## Day 21 – Suicide Suffering

### Warm Up and Dynamic Flexibility

Exercise	Duration	Notes
Walk -> Jog	5 Minutes	Increase intensity slowly; feel hot and heavier breathing
Exercise	Reps	Notes
Squat to overhead arm swing	8-10 Reps	Refer to Dynamic Flexibility PDF
Standing pectoral stretch	8-10 Reps	

### Main Session

Exercise	Sets x Reps	Rest	Notes
<b>Cone #1:</b> Squats	10 Reps	No Rest	Sprint the entire suicide but don't forget the body weight exercises at each cone! Also remember the all-important 10 squats each time you return to cone 1
<b>Cone #2:</b> Press Ups	10 Reps	No Rest	
<b>Cone #3:</b> Star Jumps	10 Reps	No Rest	
<b>Cone #4:</b> Burpees	5 Reps	No Rest	
<p><b>1. Complete each suicide as quickly as you can!</b></p> <p><b>2. Record your time for each suicide and try and better it every subsequent suicide!</b></p> <p><b>3. Rest 2 minutes and complete 5 suicides</b></p>			

### Cool Down and Static Stretching

Exercise	Duration	Notes
Jog -> Walk	5 Minutes	Decrease intensity slowly; lower your breathing
Exercise	Reps	Notes
Refer to Static Stretching PDF and choose a suitable stretch for each of your major muscle groups		

## Day 22 – B\*\*\*ard Burpees

### Warm Up and Dynamic Flexibility

Exercise	Duration	Notes
Walk -> Jog on the spot	5 Minutes	Increase intensity; heavy breathing
Exercise	Reps	Notes
Squat to overhead swing	8-10 Reps	Refer to Dynamic Flexibility PDF
Standing pectoral stretch	8-10 Reps	

### Main Session

Exercise	Sets x Reps	Rest	Notes
Non-Impact / Traditional Burpees	10 Reps	No Rest	
Half / Full Press Ups	10 Reps	As required	
<b>1. Repeat for 10 sets</b> <b>2. This will equate to: 100 burpees and 100 press ups</b> <b>3. Only rest when required</b> <b>4. Time how long it takes you to complete</b>			

### Cool Down and Static Stretching

Exercise	Duration	Notes
Jog on the spot -> Walk	5 Minutes	Decrease intensity slowly;
Exercise	Reps	Notes
Refer to Static Stretching PDF and choose a suitable stretch for each of your major muscle groups		

## Day 23 – Fever Pitch

### Warm Up and Dynamic Flexibility

Exercise	Duration	Notes
Walk -> Jog	5 Minutes	Increase intensity slowly; feel hot and heavier breathing
Exercise	Reps	Notes
Squat to overhead arm swing	8-10 Reps	Refer to Dynamic Flexibility PDF
Standing dynamic pectoral stretch	8-10 Reps	

### Main Session

Exercise	Sets x Reps	Rest	Notes
<b>Beginner:</b> 7-10 Sprints	N/A	No Rest	
<b>Advanced:</b> 10-15 Sprints	N/A	No Rest	
<p><b>1. 1 lap of pitch = 2 sprints</b></p> <p><b>2. Only rest allowed are the walk and jog components of the challenge</b></p>			

### Cool Down and Static Stretching

Exercise	Duration	Notes
Jog -> Walk	5 Minutes	Decrease intensity slowly; lower your breathing
Exercise	Reps	Notes
Refer to Static Stretching PDF and choose a suitable stretch for each of your major muscle groups		

## Day 24 – Fit 24/7

### Warm Up and Dynamic Flexibility

Exercise	Duration	Notes
Walk -> Jog on the spot	5 Minutes	Increase intensity slowly; feel hot and heavier breathing
Exercise	Reps	Notes
Squat to overhead arm swing	8-10 Reps	Refer to Dynamic Flexibility PDF
Standing dynamic pectoral stretch	8-10 Reps	

### Main Session

Exercise	Sets x Reps	Rest	Notes
Sumo / Jump Squats	7	No Rest	
Non-Impact / Burp-Ups	7	No Rest	
Frog Leaps	7	No Rest	
Oblique Lifts	7	When required	
<b>1. Perform as many rounds as you can in 24 minutes</b> <b>2. Rest only when required</b> <b>3. Keep note of how many rounds you perform</b>			

### Cool Down and Static Stretching

Exercise	Duration	Notes
Jog -> Walk on the spot	5 Minutes	Decrease intensity slowly; lower your breathing
Exercise	Reps	Notes
Refer to Static Stretching PDF and choose a suitable stretch for each of your major muscle groups		

## Day 25 – Tick Tock Terror

### Warm Up and Dynamic Flexibility

Exercise	Duration	Notes
Walk -> Jog on the spot	5 Minutes	Increase intensity slowly; feel hot and heavier breathing
Exercise	Reps	Notes
Squat to overhead arm swing	8-10 Reps	Refer to Dynamic Flexibility PDF
Standing dynamic pectoral stretch	8-10 Reps	

### Main Session

Exercise	Sets x Reps	Rest	Notes
Half / Full Press Ups	10	No Rest	
Non-Impact / Burpees	5	No Rest	
Bodyweight / Jump Squats	15	No Rest	
Jumping Jacks	20	No Rest	
<b>1. Beginners: 20 Minutes</b> <b>2. Advanced: 30 Minutes</b> <b>3. Complete as many rounds as you can in allotted time</b> <b>4. Only rest when you absolutely must!</b>			

### Cool Down and Static Stretching

Exercise	Duration	Notes
Jog -> Walk on the spot	5 Minutes	Decrease intensity slowly; lower your breathing
Exercise	Reps	Notes
Refer to Static Stretching PDF and choose a suitable stretch for each of your major muscle groups		

## Day 25 – F - U – 40 V.2

### Warm Up and Dynamic Flexibility

Exercise	Duration	Notes
Walk -> Jog on the spot	5 Minutes	Increase intensity slowly; feel hot and heavier breathing
Exercise	Reps	Notes
Squat to overhead arm swing	8-10 Reps	Refer to Dynamic Flexibility PDF
Standing dynamic pectoral stretch	8-10 Reps	

### Main Session

Exercise	Sets x Reps	Rest	Notes
Hands Up High Knees	10 Reps	No Rest	
Non-Impact / Full Burpees	10 Reps	No Rest	
Star Jumps / Exploding Stars	10 Reps	No Rest	
Press Up Downs	10 Reps	No Rest	
<b>1. Repeat as many rounds as you can within 20 minutes</b> <b>2. Keep note of how many rounds you perform</b> <b>3. Only rest when required</b> <b>4. Add 10 minutes at the end if you so wish!</b>			

### Cool Down and Static Stretching

Exercise	Duration	Notes
Jog on the spot -> Walk	5 Minutes	Decrease intensity slowly; lower your breathing
Exercise	Reps	Notes
Refer to Static Stretching PDF and choose a suitable stretch for each of your major muscle groups		



## Day 26 – Core Blimey!

### Warm Up and Dynamic Flexibility

Exercise	Duration	Notes
Walk -> Jog on the spot	5 Minutes	Increase intensity slowly; feel hot and heavier breathing
Exercise	Reps	Notes
Squat to overhead arm swing	8-10 Reps	Refer to Dynamic Flexibility PDF
Standing dynamic pectoral stretch	8-10 Reps	
Posterior lunge with overhead reach	8-10 Reps	

### Main Session

Exercise	Sets x Reps	Rest	Notes
Plank Toe Taps	3 x 12 Reps	Up to 30 Seconds	
Hip Bridge	3 x 12 Reps	Up to 30 Seconds	
Oblique Lifts	3 x 12 Reps	Up to 30 Seconds	
Back Extensions	3 x 12 Reps	Up to 30 Seconds	
<b>1. Perform all 3 sets per exercise before moving onto the next</b> <b>2. Rest up to 30 seconds between sets</b> <b>3. Focus on the core throughout the exercises</b>			

### Cool Down and Static Stretching

Exercise	Duration	Notes
Jog on the spot -> Walk	5 Minutes	Decrease intensity slowly; lower your breathing
Exercise	Reps	Notes
Refer to Static Stretching PDF and choose a suitable stretch for each of your major muscle groups		

## Day 27 – Suicide Sacrifice!

### Warm Up and Dynamic Flexibility

Exercise	Duration	Notes
Walk -> Jog	5 Minutes	Increase intensity slowly; feel hot and heavier breathing
Exercise	Reps	Notes
Squat to overhead arm swing	8-10 Reps	Refer to Dynamic Flexibility PDF
Standing dynamic pectoral stretch	8-10 Reps	

### Main Session

Exercise	Sets x Reps	Rest	Notes
Suicide Runs	10 Suicides	Up to 2 Minutes	Sprint the entire suicide!
<p><b>1. Complete each suicide as quickly as you can!</b></p> <p><b>2. Record your time for each suicide and try and better it every subsequent suicide!</b></p>			

### Cool Down and Static Stretching

Exercise	Duration	Notes
Jog -> Walk	5 Minutes	Decrease intensity slowly; lower your breathing
Exercise	Reps	Notes
Refer to Static Stretching PDF and choose a suitable stretch for each of your major muscle groups		

## Day 28 – Rest & Recover

### Warm Up and Dynamic Flexibility

Exercise	Duration	Notes
Exercise	Reps	Notes

### Main Session

Exercise	Change Each Circuit	Notes

### Cool Down and Static Stretching

Exercise	Duration	Notes
Exercise	Reps	Notes

**No Challenge Today!**

## Day 29 – Countdown is ON!

### Warm Up and Dynamic Flexibility

Exercise	Duration	Notes
Walk -> Jog on the spot	5 Minutes	Increase intensity slowly; feel hot and heavier breathing
Exercise	Reps	Notes
Squat to overhead arm swing	8-10 Reps	Refer to Dynamic Flexibility PDF
Standing dynamic pectoral stretch	8-10 Reps	

### Main Session

Exercise	Sets x Reps	Rest	Notes
Half / Full Press Ups	10	No Rest	
Non-Impact / Burpees	5	No Rest	
Bodyweight / Jump Squats	15	No Rest	
Jumping Jacks	20	No Rest	
<p><b>1. Beginners: 20 Minutes</b></p> <p><b>2. Advanced: 30 Minutes</b></p> <p><b>3. Complete as many rounds as you can in allotted time</b></p> <p><b>4. Only rest when you absolutely must!</b></p>			

### Cool Down and Static Stretching

Exercise	Duration	Notes
Jog -> Walk on the spot	5 Minutes	Decrease intensity slowly; lower your breathing
Exercise	Reps	Notes
Refer to Static Stretching PDF and choose a suitable stretch for each of your major muscle groups		

## Day 30 – Fartlek Freedom!

### Warm Up and Dynamic Flexibility

Exercise	Duration	Notes
Walk -> Jog on the spot	5 Minutes	Increase intensity slowly; feel hot and heavier breathing
Exercise	Reps	Notes
Squat to overhead arm swing	8-10 Reps	Refer to Dynamic Flexibility PDF
Standing dynamic pectoral stretch	8-10 Reps	

### Main Session

Exercise	Sets x Reps	Rest	Notes
<b>Beginner:</b> Walk, Jog, Run and Sprint	2.5 Miles	No Rest	
<b>Advanced:</b> Walk, Jog, Run and Sprint	4 Miles	No Rest	
<b>Vary speeds and complete as quickly as you can!</b>			

### Cool Down and Static Stretching

Exercise	Duration	Notes
Jog -> Walk on the spot	5 Minutes	Decrease intensity slowly; lower your breathing
Exercise	Reps	Notes
Refer to Static Stretching PDF and choose a suitable stretch for each of your major muscle groups		

## Day 31 – Super Special

### Warm Up and Dynamic Flexibility

Exercise	Duration	Notes
Walk -> Jog on the spot	5 Minutes	Increase intensity slowly; feel hot and heavier breathing
Exercise	Reps	Notes
Squat to overhead arm swing	8-10 Reps	Refer to Dynamic Flexibility PDF
Standing pectoral stretch	8-10 Reps	

### Main Session

Exercise	Sets x Reps	Rest	Notes
<b>Superset #1:</b> Stationary / Plyometric Lunges Half / Full Press Ups	3 x 20 Reps 3 x 15 Reps	No Rest 30 Seconds	
<b>Superset #2:</b> Burpees Plank	3 x 10 Reps 3 x 1 Minute	No Rest 30 Seconds	
<b>Superset #3:</b> Mountain Climbers Bodyweight / Jump Squats	3 x 20 Reps 3 x 20 Reps	No Rest 30 Seconds	
<b>Superset #4:</b> Hands Up High Knees Jumping Jacks	3 x 1 Minute 3 x 1 Minute	No Rest 30 Seconds	
<b>1. Rest 30 seconds after BOTH exercises completed</b> <b>2. Perform 3 sets of each superset</b>			

### Cool Down and Static Stretching

Exercise	Duration	Notes
Jog -> Walk on the spot	5 Minutes	Decrease intensity slowly
Exercise	Reps	Notes
Refer to Static Stretching PDF and choose a suitable stretch for each of your major muscle groups		

## Day 32 – Shut Up and Shuttle!

### Warm Up and Dynamic Flexibility

Exercise	Duration	Notes
Walk -> Jog	5 Minutes	Increase intensity slowly; feel hot and heavier breathing
Exercise	Reps	Notes
Squat to overhead arm swing	8-10 Reps	Refer to Dynamic Flexibility PDF
Standing dynamic pectoral stretch	8-10 Reps	

### Main Session

Exercise	Sets x Reps	Rest	Notes
Shuttle Runs	10 Shuttles	Up to 2 Minutes	Sprint the entire shuttle!
<p><b>1. Place cones at 5, 10, 15, 20, 30 yards</b></p> <p><b>2. Sprint to the 5 yard cone and sprint back to the start</b></p> <p><b>3. Repeat but sprint to the 10, 15, 20 and 30 yard cone</b></p>			

### Cool Down and Static Stretching

Exercise	Duration	Notes
Jog -> Walk	5 Minutes	Decrease intensity slowly; lower your breathing
Exercise	Reps	Notes
Refer to Static Stretching PDF and choose a suitable stretch for each of your major muscle groups		

## Day 33 – The 300 Workout

### Warm Up and Dynamic Flexibility

Exercise	Duration	Notes
Walk -> Jog on the spot	5 Minutes	Increase intensity; heavy breathing
Exercise	Reps	Notes
Squat to overhead swing	8-10 Reps	Refer to Dynamic Flexibility PDF
Standing pectoral stretch	8-10 Reps	

### Main Session

Exercise	Sets x Reps	Rest	Notes
Prisoner / Jump Squats	20 Reps	No Rest	
Half / Full Press Ups	20 Reps	No Rest	
Traditional / Plyometric Lunges	20 Reps	No Rest	
Non-Impact / Burpees	10 Reps	No Rest	
Frog Leaps	10 Reps	No Rest	
Jumping Jacks	20 Reps	Up to 2 Minutes	
<b>1. Complete as circuit</b> <b>2. Rest up to 2 minutes</b> <b>3. Complete 3 circuits = 300 Reps</b>			

### Cool Down and Static Stretching

Exercise	Duration	Notes
Jog on the spot -> Walk	5 Minutes	Decrease intensity slowly;
Exercise	Reps	Notes
Refer to Static Stretching PDF and choose a suitable stretch for each of your major muscle groups		



## Day 34 – No Rest for the Wicked!

### Warm Up and Dynamic Flexibility

Exercise	Duration	Notes
<b>Between 10:00am</b>		
Exercise	Reps	Notes

**and 6:00pm Perform:**

### Main Session

Exercise	Reps	Change Each Circuit	Notes
<b><u>Beginner: 10 Squats</u></b>			
<b>On The Hour</b>			

**Intermediate: 15**

**Squats On The Hour**

**Advanced: 25 Squats**

**On The Hour**

## Day 35 – Final Week Focus

### Warm Up and Dynamic Flexibility

Exercise	Duration	Notes
Walk -> Jog	5 Minutes	Increase intensity slowly; feel hot and heavier breathing
Exercise	Reps	Notes
Squat to overhead arm swing	8-10 Reps	Refer to Dynamic Flexibility PDF
Standing dynamic pectoral stretch	8-10 Reps	

### Main Session

Exercise	Sets x Reps	Rest	Notes
Any cardiovascular activity	40 Minutes	No Rest	
<b>Remain consistent with the tempo and speed throughout</b>			

### Cool Down and Static Stretching

Exercise	Duration	Notes
Jog -> Walk	5 Minutes	Decrease intensity slowly; lower your breathing
Exercise	Reps	Notes
Refer to Static Stretching PDF and choose a suitable stretch for each of your major muscle groups		

## Day 36 – The Home Straight!

### Warm Up and Dynamic Flexibility

Exercise	Duration	Notes
Walk -> Jog on the spot	5 Minutes	Increase intensity; heavy breathing
Exercise	Reps	Notes
Squat to overhead swing	8-10 Reps	Refer to Dynamic Flexibility PDF
Standing pectoral stretch	8-10 Reps	

### Main Session

Exercise	Sets x Reps	Rest	Notes
Suicide Runs	7-10 Suicides	2 Minutes	Sprint the entire suicide and don't forget the resistance exercises!
Half / Full Press Ups	10 Reps	No Rest	
Non-Impact / Burpees	5 Reps	No Rest	
Bodyweight / Jump Squats	15 Reps	No Rest	
Jumping Jacks	20 Reps	No Rest	
<b>1. Complete each suicide as quickly as you can</b> <b>2. Focus on perfect and controlled technique throughout the bodyweight exercises!</b>			

### Cool Down and Static Stretching

Exercise	Duration	Notes
Jog on the spot -> Walk	5 Minutes	Decrease intensity slowly;
Exercise	Reps	Notes
Refer to Static Stretching PDF and choose a suitable stretch for each of your major muscle groups		

## Day 37 – Reminisce and Reflect

### Cardio and Dynamic Flexibility

	Duration	Notes
	Reps	Notes

### Mat

	Range Each Reps	Notes

### Cool Down and Static Str

Exercise	Duration	
Exercise	Reps	

**Fit In 40 Perform any Challenge**

## Day 38 – Fit In 5-4-3-2-1

### Warm Up and Dynamic Flexibility

Exercise	Duration	Notes
Walk -> Jog on the spot	5 Minutes	Increase intensity slowly; feel hot and heavier breathing
Exercise	Reps	Notes
Squat to overhead arm swing	8-10 Reps	Refer to Dynamic Flexibility PDF
Standing dynamic pectoral stretch	8-10 Reps	

### Main Session

Exercise	Sets x Reps	Rest	Notes
Squats / Jump Squats	50 Reps	No Rest	
Alternating / Single Leg Lunges	40 Reps	No Rest	
Travellers Half / Full Press Ups	30 Reps	No Rest	
Ab Curls / Toe Reach Wall Sit Ups	20 Reps	No Rest	
Non-Impact / Burpees	10 Reps	No Rest	
Imaginary Skipping	1 Minute	Up to 3 minutes	
<b>1. Perform exercises back to back</b> <b>2. Rest for up to 3 minutes after skipping</b> <b>3. Repeat until 5 rounds have been completed</b>			

### Cool Down and Static Stretching

Exercise	Duration	Notes
Jog on the spot -> Walk	5 Minutes	Decrease intensity slowly; lower your breathing
Exercise	Reps	Notes
Refer to Static Stretching PDF and choose a suitable stretch for each of your major muscle groups		

## Day 39 – Horrendous Hills!

### Warm Up and Dynamic Flexibility

Exercise	Duration	Notes
Walk -> Jog	5 Minutes	Increase intensity slowly; feel hot and heavier breathing
Exercise	Reps	Notes
Squat to overhead arm swing	8-10 Reps	Refer to Dynamic Flexibility PDF
Standing dynamic pectoral stretch	8-10 Reps	

### Main Session

Exercise	Sets x Reps	Rest	Notes
Horrendous Hill Sprints	12-15 Sprints	No Rest	Your rest is walking down the hill,
Half / Full Press Ups	10 Reps	No Rest	Remember to perform the press ups at the top of the hill
<b>1. Complete each hill sprint as quickly as you can</b> <b>2. Focus on good technique when performing your press ups</b>			

### Cool Down and Static Stretching

Exercise	Duration	Notes
Jog -> Walk	5 Minutes	Decrease intensity slowly; lower your breathing
Exercise	Reps	Notes
Refer to Static Stretching PDF and choose a suitable stretch for each of your major muscle groups		

## Day 40 (Part One) – The Final Day Finale

### Warm Up and Dynamic Flexibility

Exercise	Duration	Notes
Walk -> Jog on the spot	5 Minutes	Increase intensity slowly; feel hot and heavier breathing
Exercise	Reps	Notes
Squat to overhead arm swing	8-10 Reps	Refer to Dynamic Flexibility PDF
Standing dynamic pectoral stretch	8-10 Reps	

### Main Session

Exercise	Sets x Reps	Rest	Notes
Chair Squats / Jump Squats	1 x To Muscular Failure	2-3 Minutes	Perform as many chair squats or jump squats to failure
Half / Full Press Ups	1 x To Muscular Failure	2-3 Minutes	Perform as many half / full press ups to failure
Half / Full Plank	1 x To Muscular Failure	2-3 Minutes	Hold the plank position until you can no longer hold it
Walk / Jog / Run	1 Mile	No Rest	Walk / Jog / Run 1 mile as quickly as possible

### Cool Down and Static Stretching

Exercise	Duration	Notes
Jog on the spot -> Walk	5 Minutes	Decrease intensity slowly; lower your breathing
Exercise	Reps	Notes
Refer to Static Stretching PDF and choose a suitable stretch for each of your major muscle groups		

## Day 40 (Part Two) – The Final Day Finale

### Warm Up and Dynamic Flexibility

Exercise	Duration	Notes
Walk -> Jog on the spot	5 Minutes	Increase intensity; heavy breathing
Exercise	Reps	Notes
Squat to overhead swing	8-10 Reps	Refer to Dynamic Flexibility PDF
Standing pectoral stretch	8-10 Reps	

### Main Session

Exercise	Sets x Reps	Rest	Notes
Non-Impact / Traditional Burpees	10 Reps	No Rest	
Half / Full Press Ups	10 Reps	As required	
<p><b>1. Repeat for 10 sets</b></p> <p><b>2. This will equate to: 100 burpees and 100 press ups</b></p> <p><b>3. Only rest when required</b></p> <p><b>4. Time how long it takes you to complete</b></p>			

### Cool Down and Static Stretching

Exercise	Duration	Notes
Jog on the spot -> Walk	5 Minutes	Decrease intensity slowly;
Exercise	Reps	Notes
Refer to Static Stretching PDF and choose a suitable stretch for each of your major muscle groups		



# Congratulations

You deserve huge congratulations for completing the ultimate 40-day fitness challenge **Fit In 40**. It has taken guts, determination, discipline and most importantly, hard work!

## Share your success with me

I'm always grateful to connect with like-minded folks, and find it especially cool to hear from people who have completed the **Fit In 40** Online Fitness Challenge. Please let me know how you got on. Email me your **Fit In 40** success story to [JCFitnessExperience@gmail.com](mailto:JCFitnessExperience@gmail.com) I look forward to hearing from you, and exploring how I can add as much value to your life as I possibly can.

I hope the challenge surpassed your expectations and you are now invigorated and motivated to build on from your **Fit In 40** achievements. There really is no stopping you!

Keep your eyes peeled for new online fitness challenges taking place from the start of 2015 and onwards. The place to keep up to date with all new blog posts, challenges, free tools and more is over at the online home of JC Fitness Experience - [JCFitnessExperience.com](http://JCFitnessExperience.com)

## Let's build a healthier world!

If this **Fit In 40** Online Challenge has added value to your life, if you feel fitter, healthier and happier as a result of completing the challenge, I'm hoping you will help spread the word and help others get **Fit In 40!**

Simply attach this eBook to an email and send to all of your friends and family members that you think will benefit from the challenges, lifestyle and nutritional advice and all the other helpful sections within this eBook.

## One last thing...

**CONGRATULATIONS! YOU HAVE OFFICIALLY BECOME...**

**FIT IN 40**



# **Fit In 40** **Challenge**

**The Ultimate 40 Day**  
**Fitness Challenge!**



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