



30 *DAY CHALLENGE*

Your Best Ever Progress In 30 Days



How the challenge works

Results

Enjoy life more, boost energy, reduce stress and build unstoppable confidence. Lose up to 10kg (22lb) in the next 30 days, build positive habits and learn how to get results for life.

- More Energy
- More Focus
- More confidence
- Fast and sustainable fat loss
- More Muscle gain
- Unstoppable motivation



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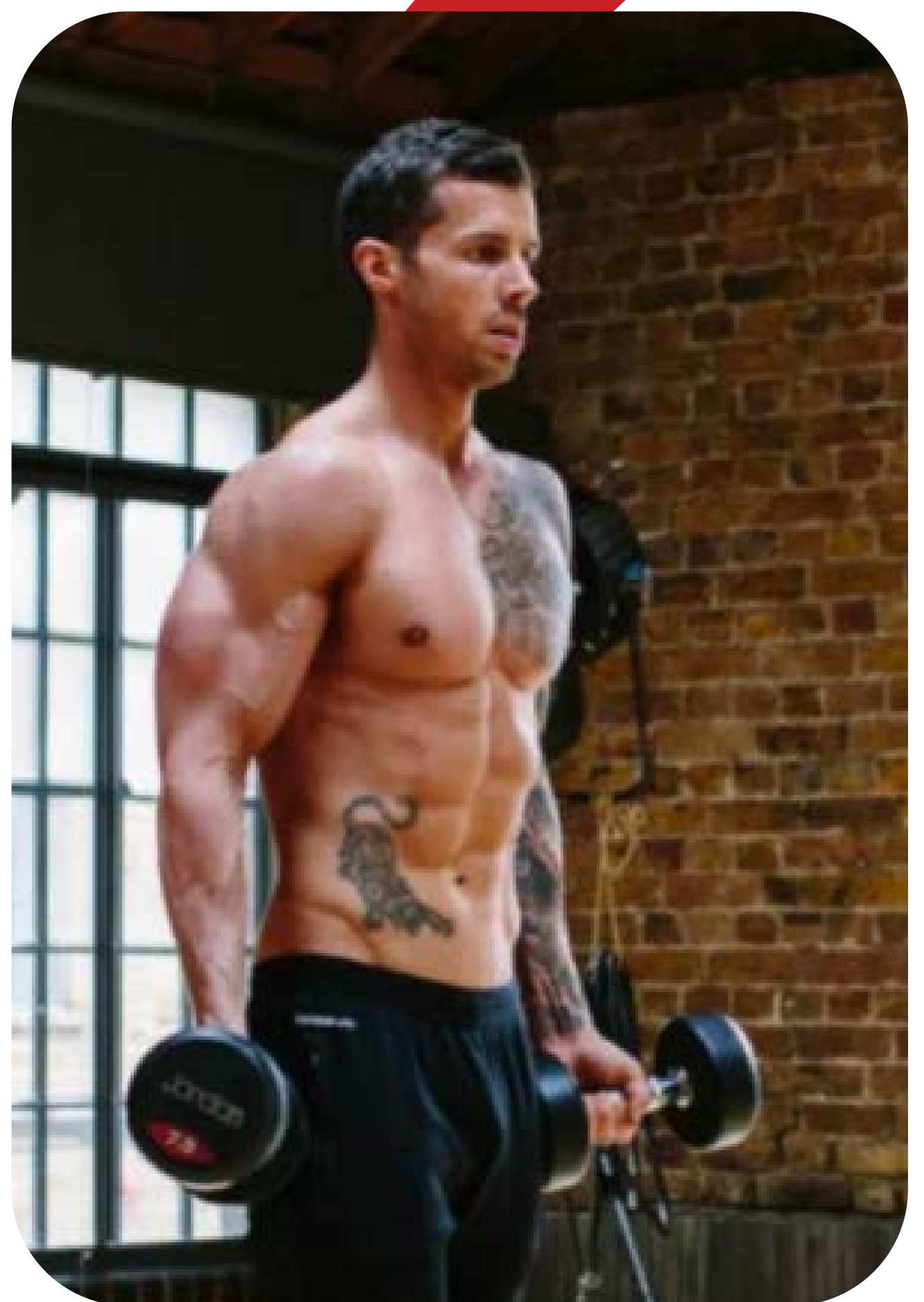
Workouts

Workouts

Easy to follow fully laid out training that is built for real results. No weird exercises and no hours a day in the gym.

Just proven systems for training with options for BODYWEIGHT, HOME GYM or FULL GYM access.

- Daily workouts
- Train along experience
- Enjoyable sessions
- Rapid results
- Easy to follow structure
- Sustainable progress



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Nutrition

Nutrition

Calorie tailored meals, healthy eating structure, flexible eating out and coaching support to keep you on track. Unlock your true potential with calculated, sustainable nutrition and learn exactly what you need to do to get in the shape of your life.

- Positive nutrition habit building
- Meal plans
- Flexible nutrition approach
- Accountability
- Sustainable approach
- Amazing results with food you love



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Coaching, support and accountability

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Daily accountability posts in the support group, weekly LIVE Q&A's and motivation sent directly to you. Work with myself and my expert coaching team for 30 days of amazing results and a life time of progress.

- Daily accountability
- Weekly live coaching
- Support group
- Daily group chats
- Program adjustment suggestion posts
- A team of coaches supporting you to reach your goals



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The results

30 days is enough time to..

- Create new and long lasting habits regarding exercise with whatever kit you have access to
- Gain access to the exact training that will see you progress, bodyweight, dumbbell, home gym and gym all included
- Learn which foods help you have more energy, how to create sustainable nutrition habits, and how to eat for your goals
- Achieve staggering and noticeable results that WILL get noticed
- Feel much more confident and positive

I have done a lot of online training and workouts but David Kingsbury is by far the one program that got me the results I was looking for.



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