

HYDRATION



Hydration

Staying hydrated is crucial to every function in your body.

Over the next 10 days we are going to focus on hydration and a reduction in caffeine and kicking all alcohol out now until the end of the program at the very least.

Use this chart to get your water intake right

*Add an extra 500ml on days you train abs sweat a lot!

HOW MUCH WATER SHOULD YOU DRINK?

BODY WEIGHT	WATER INTAKE	8 oz GLASSES
80 lbs	40 oz / 1.2 L	5
100 lbs	50 oz / 1.5 L	6
120 lbs	60 oz / 1.8 L	8
140 lbs	70 oz / 2.1 L	9
160 lbs	80 oz / 2.4 L	10
180 lbs	90 oz / 2.7 L	11
200 lbs	100 oz / 3 L	13
220 lbs	110 oz / 3.3 L	14
240 lbs	120 oz / 3.5 L	15
260 lbs	130 oz / 3.8 L	16
280 lbs	140 oz / 4.1 L	18
300 lbs	150 oz / 4.4 L	19

Drink one extra 8 oz glass of water every 20 minutes while working in the heat

A few tricks to make it easier.

Buy a big bottle and fill it every morning.

Set an alarm on your phone as a reminder every 30 mins through the first few days.