



28 DAY CHALLENGE

DAY 4

Day 4

Welcome to planning for day 4 of the challenge! By now you should have logged into the app to look at training. You may have done a session or you may have one lined up today. Either way is fine.

Today we keep a focus on hydration, sleep and training. And you can review the supplement information from yesterday.

The next few days we are going to see a shift in the training style, not the workouts but how we perform the sets and reps and also in the nutrition. We will start to calculate calories and look at protein targets in more detail.

For now though these are the main targets for the day.

- ✓ Proper hydration
- ✓ Sleep schedule
- ✓ Training or activity
- ✓ Nutrition
- ✓ Supplement review or order

Proper hydration

Continue to follow the protocols outlined

Sleep schedule

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

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

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

Training or activity

Same structure as yesterday -

This week I want you to choose 2-3 workouts from the guide to complete with the exact rep and set formats shown in the app. It doesn't matter which ones as this is just a chance for you to get used to the programs. Make sure you have a rest day on Sunday.

Today I want you to either follow one of the sessions from the program as outlined or make sure to keep active (get some steps in)

Within the programs here are some key points -

Focus on full range of movement

Don't rush any reps, stick to the tempo outlined

Don't go to failure, instead work on controlled good reps.
Work towards 2 reps in reverse. This means finishing your set with a couple of reps in the tank.

If you are new to training then do one less working set than outlined for each movement
Make sure do enough warm up sets prior to working sets, i suggest 2-3 depending on movement and order.

If you are unsure about any movements then watch the coaching video in the app or ask questions here - <https://discord.com/channels/1097499696433467473/1100795046661455903>

Make sure you are breathing whilst exercising. Inhale on the eccentric (lowering phase), exhale on the concentric (lifting phase).

Once these first few sessions are done I will introduce some additional structure around the training.

Nutrition

Continue to choose from the ingredients in the nutrition PDF and eat simple meals with a balance of protein and carbs and fats.

Calorie calculations etc coming from day 7. So really focus on good food choices from the options today and managing portion size.

Supplement review or order

If you haven't reviewed or ordered your supplements then please do that today. The information was posted in yesterday's info pack.