

A muscular man with tattoos, shirtless, standing against a dark background. He has a serious expression and is looking slightly to the side. His hands are on his hips. The image is dimly lit, with the text overlaid in the center.

28 DAY CHALLENGE

DAY 5

28 Day - Day 5

Welcome to planning for day 5 of the challenge!

Today we keep a focus on hydration, sleep and training. We will also have a new task which is for you to calculate your calorie needs.

Make sure you keep an eye out for the weekend tasks as there is a lot more training info to come!

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

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

Nutrition

Today I want you to calculate your calorie needs. The number we get from this information we will then use for some calculated recipes.

www.davidkingsbury.co.uk/calorie-calculator

A few notes on this -

- 1) If you want to drop fat you need to be in a calorie deficit
- 2) Don't go in a large deficit as this will impact optimum hormone production
- 3) If you are above a healthy level of body fat then you should first focus on fat loss as excess fat will reduce your testosterone
- 4) If you want to primarily focus on muscle gain then you need to be in a slight surplus
- 5) If you want to achieve both fat loss and muscle gain then start in a slight deficit

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.

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.