

the
60daySM

GET STARTED GUIDE



LIFETIME[®]
HEALTHY WAY OF LIFE

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WHAT'S INCLUDED

WHAT IS IT?	WHEN IS IT AVAILABLE?	WHERE CAN I FIND IT?
60-minute goal setting session with a Personal Trainer	Kickoff Week August 5-10	In-Club
Exclusive discounts on select Life Time Training products and services	Kickoff Week August 5-10	In-Club or shop.lifetime.life
60day Swag Pack: Participant packet and bracelet	Kickoff Week August 5-10	In-Club
Saturday Sweat Sessions	Every Saturday Club specific schedule	In-Club
Weekly progress check-ins	Before or after Saturday Sweat Sessions	In-Club
Online progress tracker for motivation and accountability	Updates Sundays at 9:00am CST	lifetime60day.com/go
Unlimited access to online coaching with the 60day Virtual Coaching Team	Throughout the 60day	60day@lt.life
8-Week Transformation Program <ul style="list-style-type: none"> Daily workout 100+ 60day Coach approved recipes Weekly coaching tips and videos Meal Plan & grocery lists 	Throughout the 60day	lifetime60day.com/go
Get Started Guide <ul style="list-style-type: none"> Exercise guide with tips on cardio, strength training and more Nutrition guide and sample meal plan Grocery list and super shake guide Appendix with templates for a habit tracker, meal plan, grocery list and workout plan 	Now!	lifetime60day.com/go

YOUR TO-DO LIST

PRE-KICKOFF

- [Schedule](#) your initial consultation
- Read through this guide to prepare for the 60day

KICKOFF WEEK

- 60-minute consultation with a Personal Trainer
- Starting measurements
- Stock up on services and supplements
- Take three “before” photos
- Download your Get Started Guide at lifetime60day.com/go
- Confirm we have your email so you receive weekly emails
- Read the rules at lifetime60day.com/rules

DURING THE 60DAY

- Redeem your complimentary session of choice
- Complete weekly progress check-ins
- Attend weekly Saturday Sweat Sessions
- Complete the daily workout at lifetime60day.com/go
- Try out the 60day-approved recipes at lifetime60day.com/recipes
- Download your 8-week meal plan at lifetime60day.com/go
- Attend the mid-point check-in

ACHIEVEMENT WEEK

- Complete your final check-in September 30-October 5
- Take three “after” photos
- Submit your photos and story September 30-October 7
- Vote for the grand-prize winners October 28-30
- Watch the website on November 6 as we announce all winners at 12:00pm CT

EVENT CALENDAR

For club-specific schedules, visit lifetime60day.com/events.

	SUN	MON	TUES	WED	THURS	FRI	SAT
AUG	4	5 KICKOFF WEEK	6 KICKOFF WEEK	7 KICKOFF WEEK	8 KICKOFF WEEK	9 KICKOFF WEEK	10 KICKOFF SWEAT & SOCIAL EVENT
	11	12	13	14	15	16	17 Assessment Workout
	18	19	20	21	22	23	24 Nutrition Essentials
	25	26	27	28	29	30	31 How to do Cardio the Right Way
SEPT	1	2	3	4	5	6	7 MID POINT CHECK IN Pilates on the Pool Deck
	8	9	10	11	12	13	14 Dumbbells & Kettlebells
	15	16	17	18	19	20	21 GTX Cut
	22	23	24	25	26	27	28 Recovery Essentials
OCT	29	30 First day to submit	1	2	3	4	5 Reassessment Workout Last day to weigh out
	6 ACHIEVEMENT WEEK	7 ACHIEVEMENT WEEK Last day to submit	8 ACHIEVEMENT WEEK	9 ACHIEVEMENT WEEK	10 ACHIEVEMENT WEEK	11 ACHIEVEMENT WEEK	12 Results Celebration

FREQUENTLY ASKED QUESTIONS

1. WHEN DOES THE 60DAY START?

The 60day officially starts Saturday, August 10 with a group workout and social hour. You'll complete your initial consultation with a Personal Trainer the week prior (August 5-10) so you can kickoff the 60day with a plan in place and hit the ground running.

2. WHAT DOES THE PROGRESS TRACKER DISPLAY?

The online progress trackers shows your progress throughout the 60day. It is sorted alphabetically by nickname, or you can search for yourself quickly by entering your nickname in the search bar.

The progress tracker shows your percent change using the following formula:
(Starting - Current) / Starting = Percent Change

Weight loss: $(200 - 180) / 200 = 10\%$ change
In other words, you lost 10% of your starting weight

Body fat loss: $(40 - 25) / 40 = 37.5\%$ change
In other words, you lost 37.5% of your starting body fat

3. HOW DO I ACCESS THE DAILY WORKOUTS?

Once the 60day starts, you'll find your daily workout by visiting the [participant home page](#) on our website. From there, select the day of the week and it will display your workout along with an additional piece of content - curated specifically for this program. Access your weekly program here:
www.lifetime60day.com/go.

4. HOW DO I ACCESS THE MEAL PLAN, RECIPES, DAILY TIPS, & VIRTUAL COACHES?

All of the additional resources are available on the participant-only page, found at www.lifetime60day.com/go. There you can use the secondary navigation bar to see what's featured as the weekly content, or select from the "Quick Links" area if you'd like to go directly to a page.

5. WHAT ARE SATURDAY SWEAT SESSIONS

The Saturday Sweat Sessions are 60day-exclusive workouts that take place each Saturday during the 60day. These are a great way to learn tips from our fitness professionals and meet fellow 60day participants, and get a great trainer-led workout in every week. See your club's in-club [class schedule here](#).

6. WHERE DO I SUBMIT MY PHOTOS AND STORY?

You can keep your before photos saved on your computer until the end of the 60day. You can submit all six photos (before and after) and your story to www.lifetime60day.com/submit anytime September 30-October 7 by 9:00pm CST.

BEFORE AND AFTER PHOTOS

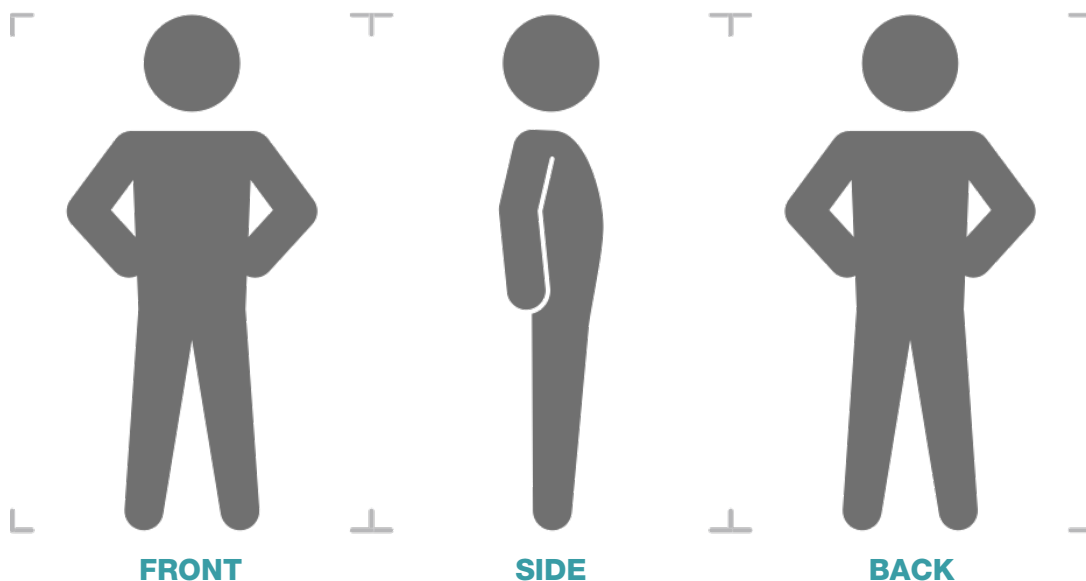
Taking progress photos is an important part of any body transformation journey – even if you don't intend on sharing these photos with anyone. Progress photos are a great way to track your success beyond the scale, as your body's appearance may change even when the number on the scale won't budge.

For the purpose of the 60day, you will take three “before” photos: Front, side and back. We highly recommend these are taken *at home* and saved in a safe place on your home computer.

Do not submit these prior to September 30.

To receive top marks during judging, follow these guidelines:

- Dress in swimsuit or similar clothing – clothes in your “after” photos should closely resemble clothes in your “before” photos
- Clearly show 60day wristband – recommended, **not required**
- Show at least 3/4 body to show full transformation
- Stand comfortably, without pushing out or sucking in your stomach



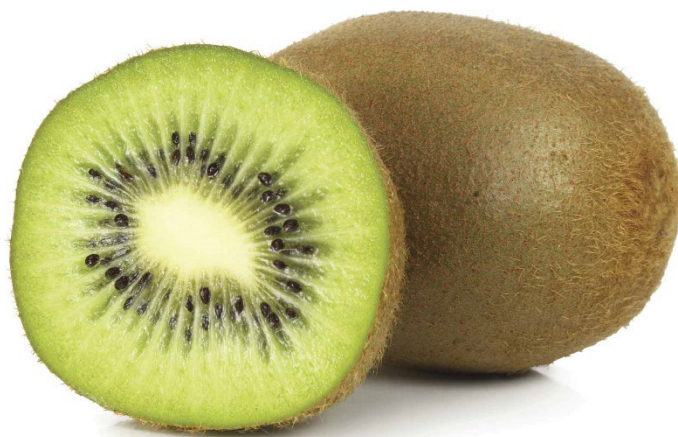


NUTRITION TIPS

NUTRITION

NON-NEGOTIABLES

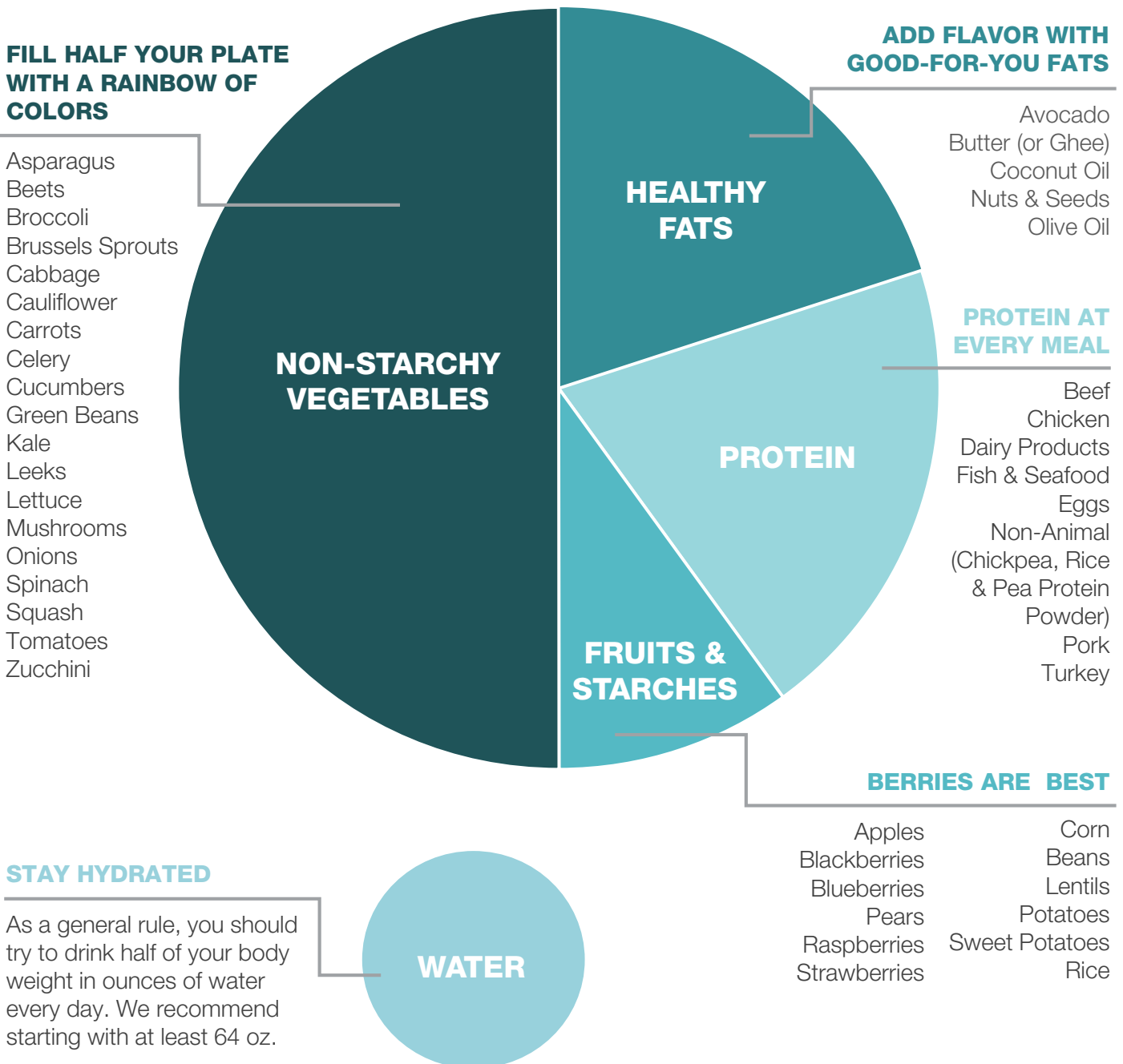
- Focus on getting ample protein at every meal.
- Fill half of your plate with non-starchy vegetables at every meal.
- If you're not used to preparing food, use more prepackaged foods for convenience.
- Eat only when you are truly hungry, not based solely on the clock.
- Supplement the food you eat with a high-quality multivitamin and fish oil daily.
- Plan to eat at least 5 cups of colorful vegetables each day.
- Drink at least 64 oz. of water each day.
- Choose high-quality protein whenever possible.
- Add natural, unprocessed fats to flavor your meals.
- Document your success with these strategies.



YOUR HEALTHY PLATE

At Life Time we believe you (and everyone) can dramatically change your health, energy levels and physical conditioning simply by adopting a better nutrition plan. By learning and practicing the healthy way of eating, you can maintain good health and manage your weight throughout your lifetime.

Here's what a healthy plate could look like for you, with minor adjustments made based on your individual goals.



YOUR GROCERY LIST

PRODUCE (FRUITS & VEGETABLES)

Choose organic (when possible) and a variety of colors

FRUIT

- Apples
- Cherries
- Cranberries
- Grapes
- Grapefruit
- Pomegranate
- Raspberries
- Strawberries
- Tangerines
- Watermelon
- Apricots
- Cantaloupe
- Lemons
- Mangoes
- Nectarines
- Pineapple
- Bananas
- Coconuts
- Melon
- Kiwi
- Limes
- Blackberries
- Blueberries
- Papayas
- Peaches
- Pears
- Oranges

VEGETABLES

- Artichokes
- Asparagus
- Avocado
- Broccoli
- Brussels
- Sprouts
- Cabbage
- Celery
- Collard Greens
- Cucumbers
- Green Beans
- Green Onions
- Sweet Potatoes
- Pumpkin
- Kale
- Lettuce
- Peas
- Spinach
- Zucchini
- Eggplant
- Beets
- Cabbage
- Peppers
- Radishes
- Rhubarb
- Tomatoes
- Carrots
- Corn
- Squash
- Cauliflower
- Fennel
- Garlic
- Jicama
- Leeks
- Mushrooms
- Onions
- Parsnips
- Shallots
- Turnips
- Rutabagas

PANTRY (NUTS, SEEDS & OILS)

NUTS & SEEDS

- Almonds
- Brazil Nuts
- Cashews
- Hazelnuts
- Macadamia Nuts
- Peanuts
- Pecans
- Pistachios
- Pumpkin Seeds
- Sesame Seeds
- Sunflower Seeds
- Walnuts

FATS & OILS

- Almond Oil
- Avocado Oil
- Coconut Oil
- Extra Virgin Olive Oil
- Flax Seed Oil
- Hemp Seed Oil
- Macadamia Nut Oil
- Red Palm Oil
- Sesame Oil

NUT BUTTERS

- Almond Butter
- Cashew Butter
- Sunflower Seed Butter
- Peanut Butter
- Hazelnut Butter



YOUR GROCERY LIST

PROTEIN (MEATS & DAIRY)

Organic is necessary: grass-fed, free-range, pasture-raised, non-GMO, wild caught, unsweetened dairy

FISH

- Albacore Tuna
- Cod
- Halibut
- Lobster
- Pacific Herring
- Scallops
- Shrimp
- Spanish Mackerel
- Tilapia
- Wild Alaskan Salmon

PORK

- Nitrate-Free Sausage
- Pork Loin
- Pork Steak

VEGETARIAN

- Edamame
- Filet Tempeh
- Miso
- Tofu

POULTRY

- Cage-Free Eggs
- Chicken Sausage
- Turkey Bacon
- Turkey Breast

DAIRY

- Butter
- Cottage Cheese
- Greek yogurt
- Milk
- Cheese

BEEF

- Filet Mignon
- 90% Lean Ground Beef
- Nitrate-Free Lunch Meats
- Sirloin Steak

DAIRY ALTERNATIVES

- Almond Milk
- Coconut Milk
- Cashew Milk
- Goat Milk
- Rice Milk

GAME MEAT

- Bison
- Elk
- Ostrich
- Venison

PANTRY (STARCHY VEGETABLES & OTHER CARBS)

Shop in bulk: limit packaging and processing, BPA-free cans

DRIED FRUIT

- Apricots
- Cherries
- Cranberries
- Dark Raisins
- Dates
- Figs
- Plums
- Prunes
- Raisins

CANNED OR JARRED

- Beans
- Cranberries
- Chickpeas
- Kidney Beans
- Lentils
- Marinara Sauce
- Olives
- Pumpkin
- Tomatoes

GLUTEN CONTAINING

- Barley
- Couscous
- Oatmeal
- Spelt
- Rye
- Wheat
- Whole Wheat Bread

GLUTEN-FREE

- Amaranth
- Basmati Rice
- Black Beans
- Brown Rice
- Buckwheat
- Chickpeas
- Coconut Flour
- Corn
- Lentils
- Oats (Gluten-Free)
- Pinto Beans
- Popcorn
- Potato
- Quinoa
- Sweet Potato
- Tapioca
- Wild Rice
- White Rice



EXERCISE TIPS

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EXERCISE

NON-NEGOTIABLES

- Complete a warm-up before every exercise session.
- Do strength training at least twice per week.
- Strength training sessions should focus equally on muscle groups.
- Do cardio at least twice per week.
- Spend 80% of your time in heart rate zones 1-3.
- Stretch and cool-down after every session.
- Ensure 7-8 hours of sleep daily for adequate recovery.
- Prioritize fat-burning during exercise (rather than calories or carbs).
- Keep a gym bag packed to keep you accountable.
- Record your workouts in detail to track progress or plateaus.



FOUNDATIONAL MOVEMENTS

Foundational movements mimic activities we do throughout our daily life (i.e. squat down to pick something up, push a heavy object, etc.) and train the body as it is designed and intended to move. The foundational movements enlist multiple muscle groups, therefore developing these six movement patterns will give you the most bang for your buck when training.

Every single workout provided in the 60day and by Life Time includes these six foundational movements to improve strength, prevent injury, and aid overall health.

The six foundational movements include:



SQUAT



LUNGE



ROTATE



PUSH



PULL

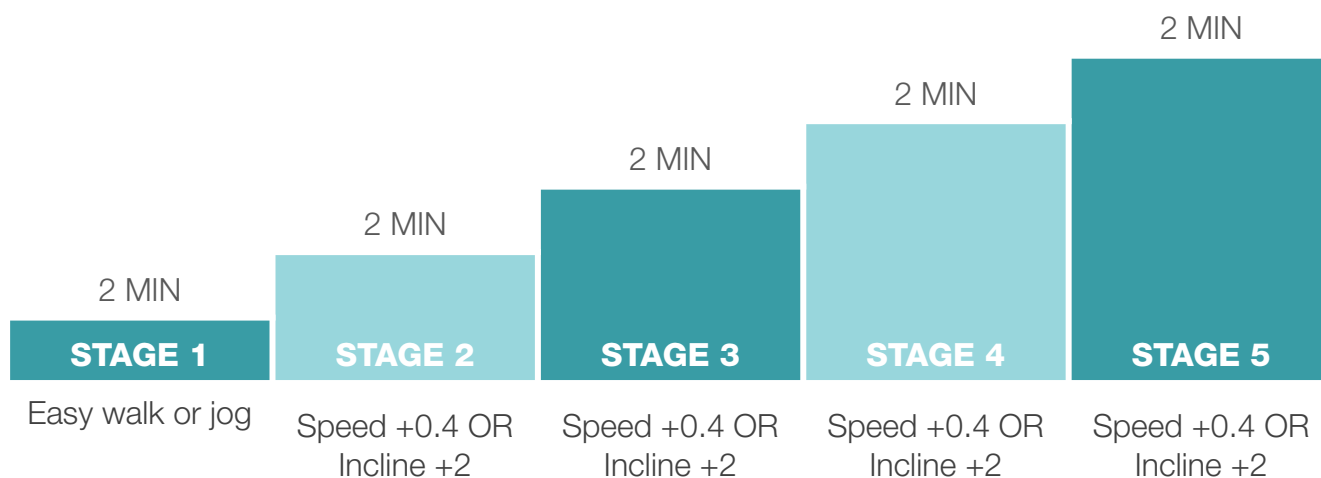


HINGE

HOW TO: WARM-UP

A proper warm-up prior to starting any activity is crucial to prevent injury and prime your muscles to burn maximal fat calories during the workout. The warm-up also plays a major role in how effective your workout session is—possibly doubling the amount of fat you burn during the workout.

One of the most effective ways to gradually get blood flowing, increase your heart rate and prep your body for exercise is by completing a metabolic warm-up. This 8-10 minute warm-up session aims to gradually increase your heart rate by training in each of the five heart rate zones (learn more about heart rate zones on pages 26 and 27). It starts with an easy walking pace and every two minutes, the speed or intensity (incline) gradually increases to progress into the next heart rate training zone. The chart below shows what this warm-up should look like.



Another great option to warm-up and prime your muscles for and prevent injury is a *dynamic warm-up*. This type of warm-up consists of a series of continuous movements done in a controlled manner and helps prepare muscles for activity. By increasing blood flow to muscles, raising core body temperature, and improving range of motion, a dynamic warm-up can be a great method to incorporate into your workout plan.

Some examples of dynamic warm-up movements include:

- Glute bridge
- Cat-Cow
- Inchworm
- Hip Opener with Rotation

HOW TO:

STRENGTH TRAINING

Did you know that you actually burn calories even after you get done strength training (yes—even at rest, you'll still be burning calories post-workout). Not to mention, you'll probably start seeing changes in appearance faster by incorporating strength training exercises.

- Spend at least 3 days at the club working on resistance training.
- Try to do 8–12 repetitions per move, at least 3 or 4 times (sets).
- Do what you are most comfortable with or what you have time for. Nearly all strength training (done correctly) will be beneficial and assist you in reaching your goals.

If you're looking for a more detailed program to follow week by week, check out the 8-week program [here](#) throughout the 60day for progressive workouts you can follow each week!

DEFINITIONS

SETS

The number of times you will repeat a series of exercise before moving on to the next exercise.

REPS

The number of times you will repeat a single exercises consecutively within a set.

CIRCUIT

A circuit is a series of sets you complete one after the other, without a prescribed rest in between. For example, you may complete three exercises, one set each, and then complete your rest. If you are prescribed three sets of the circuit, you would do this three times, with only three rests total.

ADJUSTING THE PROGRAM

WHEN TO PROGRESS

If you can exceed the number of reps for all prescribed sets, increase the weight the following week. When progressing upper body exercises, increase load by 2.5-5lbs. For lower body exercises, increase the load by 5-10lbs.

WHEN TO REGRESS

If you are experiencing extended soreness, cannot finish the number of reps for all prescribed sets, or poor sleep, consider regressing the program. Decrease the amount of sets you complete on each lifting day or consult with a Fitness Professional to further customize your program.

HOW TO:

CARDIO

Cardio is how we train our bodies to become more efficient fat burners, and we do this by utilizing heart rate zone training. You've all experienced working out in the 5 different heart rate zones whether you know it or not. Resting, walking, jogging, running, sprinting, or other various activities that increase how hard you're working are all examples of these heart rate zones.

Our bodies typically burn fat as the primary fuel source in Zones 1, 2, and 3. At that point, you hit your anaerobic threshold (A.T.), and start using carbohydrates as the fuel source in Zones 4 and 5. This is why we do heart rate training - Not only do we want to make sure we're burning primarily fat as we do cardio, but we also want to make our bodies BETTER at burning fat. Working out in Zones 4 and 5 burns carbs, but it also makes our bodies better fat burners as well, which is why we want to balance our cardio between all 5 heart rate zones.

WHAT DOES EACH ZONE FEEL LIKE?

Zone 1: Feels easy, like you could go for hours.

Zone 2: Breathing is heavier, but you're fairly comfortable.

Zone 3: Breathing feels heavy and you are working hard.

Zone 4: You feel winded and you're pushing yourself very hard.

Zone 5: You can barely catch your breath. You're at your body's absolute max.

If you're looking for a more detailed program to follow week-by-week, check out the 8-week program [here](#) throughout the 60day for progressive workouts you can follow each week!

HOW TO: FIND YOUR ZONES

Use this chart to estimate what your personal heart rate zones should be, based on your anaerobic threshold (A.T.). For more accurate, personalized data, consider an [Active Metabolic Assessment](#).

- Determine your A.T. as follows:
 - $(220 - \text{age}) \times 0.9 = \text{A.T.}$
- Locate your A.T. in the black bar below.
- Find your zone ranges by tracking vertically from your A.T.*

ZONE 5	132	138	143	149	154	160	165	171	176	182	187	193	198	204	209
ZONE 4	121	126	131	136	141	146	151	156	161	166	171	176	181	186	191
A.T.	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190
ZONE 3	108	113	117	122	126	131	135	140	144	149	153	158	162	167	171
ZONE 2	84	88	91	95	98	102	105	109	112	116	119	123	126	130	133
ZONE 1	83 72	87 75	90 78	94 81	97 84	101 87	104 90	108 93	111 96	115 99	118 102	122 105	125 108	129 111	132 114

If you have any questions about heart rate training or metabolic assessments, email us at 60day@lt.life.

HOW TO: COOL DOWN

Helping your body return back to baseline after a workout and properly recovering can be just as important in achieving your results as the workout itself.

A few options to integrate into your workout plan include:

Active Recovery

To complete an active recovery after your workout, simply select a cardio activity like a stationary bike or elliptical, to continue light activity in zone 1. This promotes circulation throughout the body, and gradually brings your heart rate and core body temperature down to normal.

Static Stretching

This type of activity is best to do during cool-down (rather than a warm-up), and includes holding a stretch for 30-45 seconds at a time.

Foam Rolling

This technique – also referred to as self-myofascial release (SMR), is a form of massage that helps with circulation, reducing tissue tension and muscle soreness, and improving flexibility and range of motion. A foam roller is a dense, firm cylinder-shaped exercise tool and is used to place a body-part directly on top of the roller and move rhythmically to apply pressure to tissues.



HOW TO:

WORKOUT UPGRADES









Incorporating a variety of cardio and resistance training workouts throughout your week is essential for helping you meet your goals. However, attention to a few areas that are often overlooked can start to have a big impact on your overall health and fitness results. Check out the six areas below to learn how to optimize each and every workout:

- ✓ **Complete a quality, effective warm-up**
Spend 8-10 minutes prior to jumping in to your workout to gradually increase heart rate, blood flow, and core body temperature. This allows the body to warm-up all of its metabolic systems that you're going to use throughout that day's workout.
- ✓ **Incorporate mobilization work & dynamic movements**
Prepping your muscles by moving through range of motions you planned to use in the workout will help practice correct form and get your body used to moving through the patterns it's going to do during the workout.
- ✓ **Include foundational movements**
The six foundational movements should be the road-map to your workout plan every week. They recruit a large amount of muscle mass and provide great stimuli to change your body's fitness and physique.
- ✓ **Allow sufficient recovery time between exercises and sets**
Oftentimes this is an area during the workout session that is either given too much or too little attention. Rushing through the workout and not properly resting between sets or exercises doesn't allow your body to fully reap the benefits of the movements. While too much rest may not stress the muscles for optimal gains. Generally about 45-90 seconds for those bigger lifts such as squats, deadlifts, bench-press, etc. is recommended.
- ✓ **Proper breathing techniques**
This mindful tactic allows your body to get into the correct supported postural positions to produce as much strength as you possibly can for that specific movement, which ultimately translates to a better workout stimulus for you. Breathing properly is especially important when progressing throughout your exercise program and lifting heavier weights week-over-week.
- ✓ **Cool down every time you workout**
Be sure to finish your workout session with time dedicated to appropriate recovery. Light, low-intensity activity, static stretching, or foam rolling can be great activities to integrate into your routine to maximize results.

SAMPLE WORKOUT

For this workout, you'll complete three circuits (meaning you'll do three exercises in a row) *then* take your rest.

During the program, you can find your workouts at www.lifetime60day.com/go.

	Exercise		Sets	Reps	Weight
A	A1. Overhead Lunge with Plate		3	12 (each side)	
	A2. Dumbbell Single Leg Deadlift			12 (each side)	
	A3. EZ Bar Curl			12	
B	B1. Lateral Lunge		3	12 (each side)	
	B2. Overhead Triceps Extension			12	
	B3. V Sit Up			30 sec	
C	C1. Sumo Squat		3	12	
	C2. Triceps Dip			12	
	C3. Upright Row			12	



APPENDIX

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MY WEEKLY HABIT TRACKER

Shade in the box each day you achieve the habit. Fill in the blanks with habits you'd like to maintain throughout the program.

WEEK:	SUN	MON	TUE	WED	THU	FRI	SAT

Remember:

- The secret to getting ahead is getting started.
- Whatever your goal, without a plan it's just a wish.
- The best plan is the one you'll follow.
- It is not an actionable plan until it has a specific time and place in your day.

MY WEEKLY EXERCISE PLAN

Use this template to plan out your weekly workouts. Designate what days you'll workout in the morning or evening, check out the club's Studio schedule and commit to at least 3-4 days of exercise. Don't forget to schedule active recovery days, too!

	STRENGTH	CARDIO	STUDIO CLASS	ACTIVE RECOVERY
SUNDAY				
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				

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HELLO, FLEXIBILITY

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Coconut Goodness

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Individual results may vary. Factors such as diet, genetic makeup, overall health and physiological differences may influence results.

Please consult with your physician before embarking on any new nutritional and exercise program. Results not typical. See Official Rules at www.lifetime60day.com/rules for details and prize information. All amounts are in USD.