



you^{for}you

C H A L L E N G E

GET STARTED GUIDE



LIFETIME | the
HEALTHY WAY OF LIFE | **60day**

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WHAT'S INCLUDED

WHAT IS IT?	WHEN IS IT AVAILABLE?	WHERE CAN I FIND IT?
Goal setting participant packet to help you set up for success	Kickoff Weekend November 7-9	lifetime60day.com/go
Exclusive discounts on select Life Time Training products and services	Kickoff Weekend November 7-9	In-Club or shop.lifetime.life
Virtual trainer-led Saturday Sweat Sessions	Every Saturday	lifetime60day.com/go
Habit and stat tracking in the Life Time Training App	Throughout the 60day	Life Time Training App
Weekly program emails and push notifications to keep you on track	Throughout the 60day	Email or Life Time Training App
Unlimited access to online coaching with the 60day Virtual Coaching Team	Throughout the 60day	60day@lt.life
8-Week Program options that include <ul style="list-style-type: none"> • Daily workout • 150+ 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 • Information on how to pick your plan • 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

- Read through this guide to prepare for the You for You Challenge

KICKOFF WEEK

- 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 YOU FOR YOU CHALLENGE

- Complete weekly progress check-ins using the Life Time Training App
- Complete weekly challenges using the Life Time Training App to win prizes
- Attend virtual, weekly Saturday Sweat Sessions
- Complete the daily workout at lifetime60day.com/go
- Try out the You for You approved recipes at lifetime60day.com/recipes
- Download your plan at lifetime60day.com/go

ACHIEVEMENT WEEK

- Take three “after” photos
- Submit your photos and story December 28 – January 4
- Vote for your grand prize winners January 27-29
- Watch the website on February 5 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
NOV							7 KICKOFF WEEKEND
	8 KICKOFF WEEKEND	9 KICKOFF WEEKEND	10	11	12	13	14 <i>Sweat Session</i>
	15	16	17	18	19	20	21 <i>Sweat Session</i>
	22	23	24	25	26	27	28 <i>Sweat Session</i>
	29	30	1	2	3	4	5 MID POINT <i>Sweat Session</i>
DEC	6	7	8	9	10	11	12 <i>Sweat Session</i>
	13	14	15	16	17	18	19 <i>Sweat Session</i>
	20	21	22	23	24	25	26 <i>Sweat Session</i>
	27 ACHIEVEMENT WEEK	28 ACHIEVEMENT WEEK First day to submit	29 ACHIEVEMENT WEEK	30 ACHIEVEMENT WEEK	31 ACHIEVEMENT WEEK	1 ACHIEVEMENT WEEK	2 ACHIEVEMENT WEEK <i>Sweat Session</i>
JAN	3	4 Last day to submit	5	6	7	8	9 Results Celebration

FREQUENTLY ASKED QUESTIONS

1. WHEN DOES THE YOU FOR YOU CHALLENGE START?

The You for You Challenge officially starts Saturday, November 7th. You'll receive a digital participant packet so you can kickoff the You for You Challenge with a plan in place and hit the ground running.

2. HOW CAN I TRACK MY STATS DURING THE CHALLENGE?

The Life Time Training app will be available for you to track your progress throughout the challenge.

3. HOW DO I ACCESS THE DAILY WORKOUTS?

Once the Challenge starts, you'll find your daily workout in two places. Either by visiting the [participant home page](#) on our website and selecting "workouts". Or, your workouts can be found in the Life Time Training App. Access your weekly program here: www.lifetime60day.com/go.

4. HOW DO I ACCESS THE PLAN OPTIONS, 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 THE VIRTUAL SATURDAY SWEAT SESSIONS?

The Virtual Saturday Sweat Sessions are exclusive Challenge participant workouts that take place each Saturday during the You for You Challenge. These are a great way to learn tips from our fitness professionals 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 Challenge. You can submit all six photos (before and after) and your story to www.lifetime60day.com/submit anytime between December 28 and January 4 by 9:00pm CST.

BEFORE AND AFTER PHOTOS

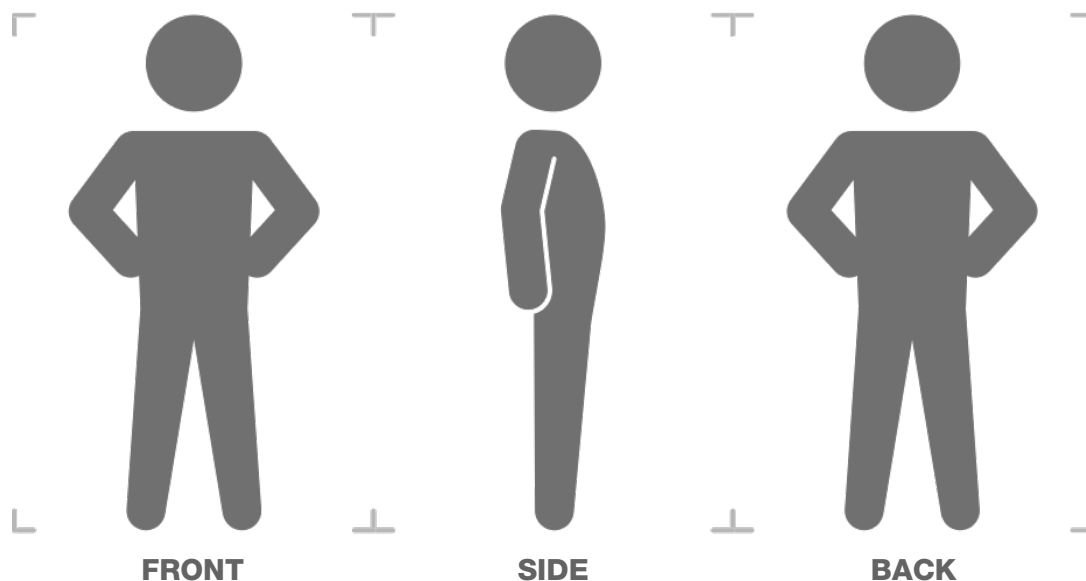
Taking progress photos is an important part of any body transformation journey – even if you don't intend on sharing these photos with anyone. Progress photos are a great way to track your success beyond the scale, as your body's appearance may change even when the number on the scale won't budge.

For the purpose of the Your for You Challenge, 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 December 28th.

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 shown paper dated between November 7-14 – recommended, **not required**
- Show at least 3/4 body to show full transformation
- Stand comfortably, without pushing out or sucking in your stomach



HOW TO:

PICK YOUR PLAN

We understand that every “why” is unique and have created three different guides for you to choose from as you begin your challenge. Each guides' foundation is the same – and you'll select your guide extension to fit your specific challenge goals.

THE FOUNDATION

- How to set and establish your goals
- The best methods to track your progress
- Kickstart health and immunity information
- 2-week meal plan
- Meal prep tips and tricks to set yourself up for success

CHOOSE YOUR EXTENSION

Fat Loss

- Focused on nutrition and lifestyle habits that promote fat loss
- Great for those who need a kickstart back on track or have a goal of losing 10+ pounds

Muscle Building

- Health goal is primarily focused on building and maintaining muscle
- Includes specific nutrition and supplement recommendations to help fuel performance and muscle growth

Health and Immunity

- Prominent focus on healthy habits that support a healthy immune system
- Great for those looking to maintain their current physique or for those primarily focused on improving or maintaining their health

NUTRITION **TIPS**

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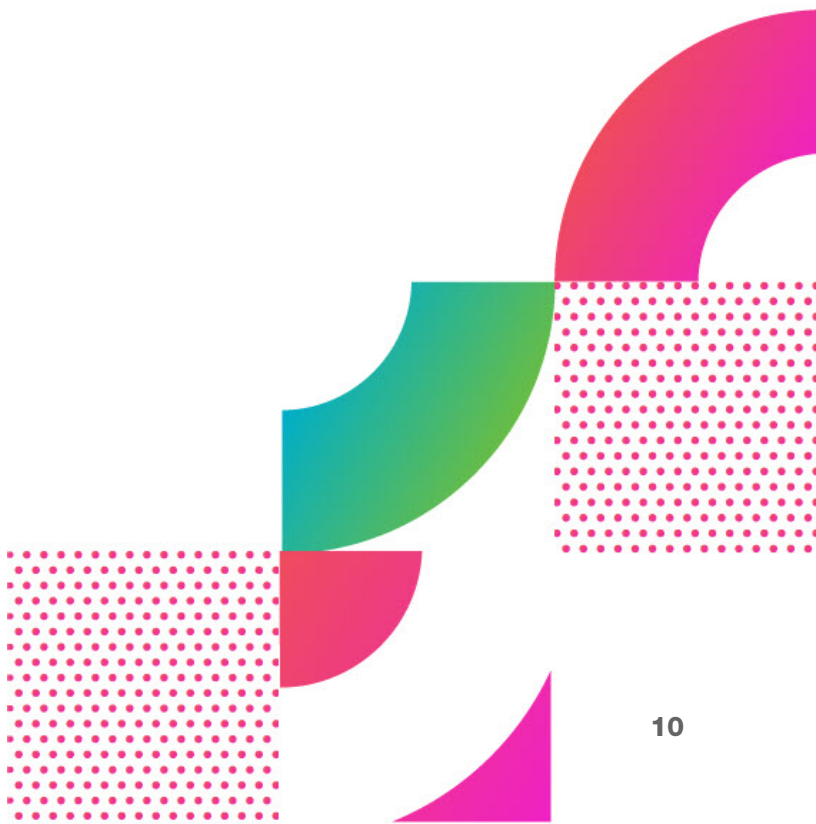
the
60day

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.

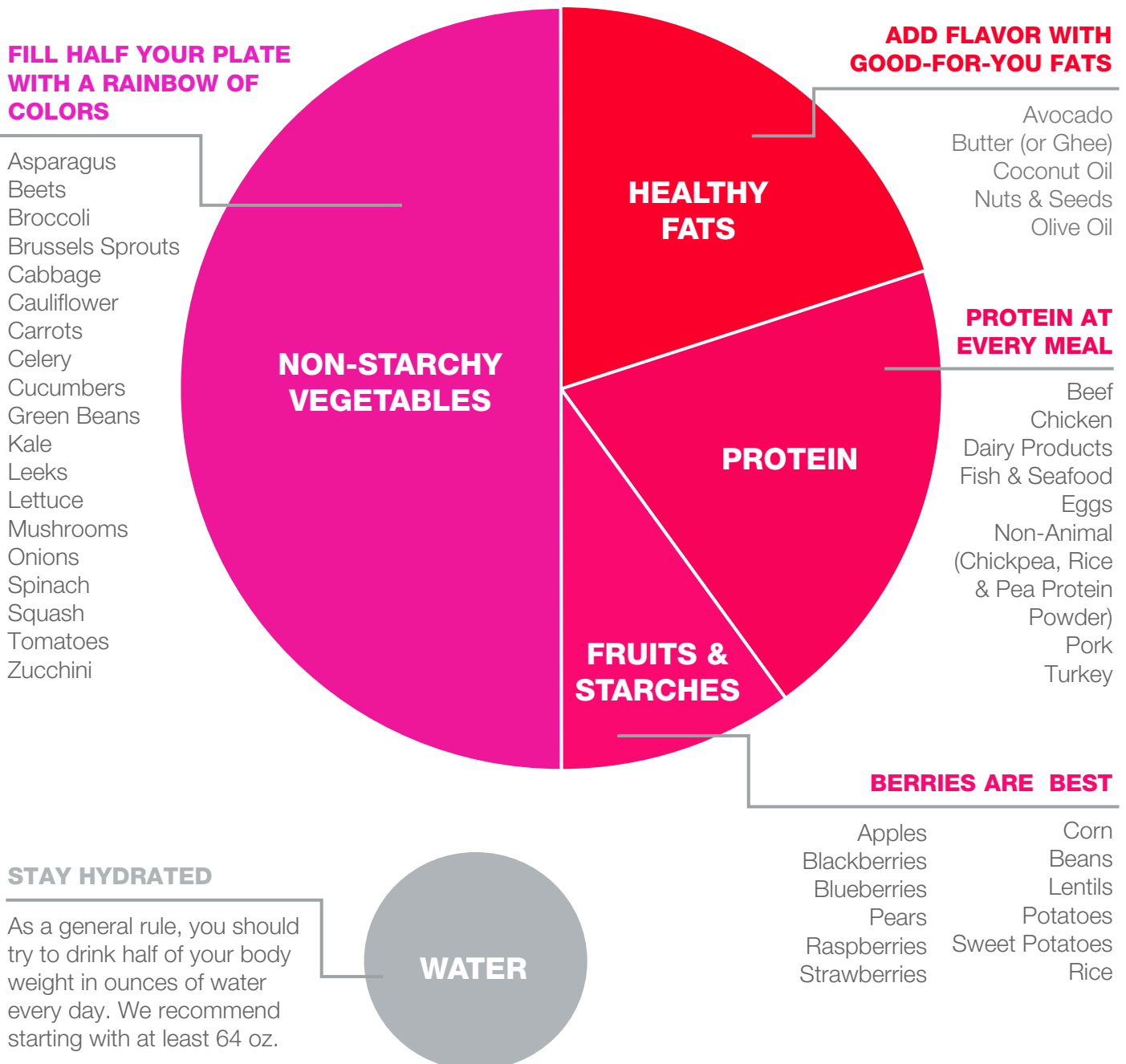


YOUR HEALTHY PLATE



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
- Banana
- Coconut
- Melon
- Kiwi
- Limes
- Blackberries
- Blueberries
- Peaches
- Pears
- Oranges

VEGETABLES

- Artichokes
- Asparagus
- Avocado
- Broccoli
- Brussels Sprouts
- Cabbage
- Celery
- Cucumbers
- Green Beans
- Sweet Potatoes
- Pumpkin
- Cauliflower
- Mushrooms
- Onions

- Kale
- Lettuce
- Peas
- Spinach
- Zucchini
- Eggplant
- Beets
- Cabbage
- Peppers
- Radishes
- Rhubarb
- Tomatoes
- Carrots
- Corn
- Squash

PROTEIN (MEATS & DAIRY)

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

POULTRY

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

PORK

- Nitrate-Free Sausage
- Pork Loin
- Pork Steak

BEEF

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

FISH

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

VEGETARIAN

- Edamame
- Tempeh
- Miso
- Tofu

DAIRY

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

DAIRY-ALTERNATIVES

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

PROTEIN POWDER

- Life Time Whey
- Life Time Whey +
- Life Time Vegan
- Life Time Vegan +
- Life Time Collagen

YOUR GROCERY LIST



PANTRY

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

CANNED OR JARRED

- Beans
- Chickpeas
- Kidney Beans
- Lentils
- Marinara Sauce
- Olives
- Pumpkin
- Tomatoes
- Full-Fat Coconut Milk

GLUTEN CONTAINING

- Couscous
- Rye
- Wheat

GLUTEN-FREE

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

Shop unroasted and unsalted, no sugar added

NUTS & SEEDS

- Almonds
- Brazil Nuts
- Cashews
- Hazelnuts
- Manitoba Harvest Hemp Seeds
- 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
- Manitoba Harvest Hemp Seed Oil
- Macadamia Nut Oil
- Red Palm Oil
- S

NUT BUTTERS

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

EXERCISE TIPS



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

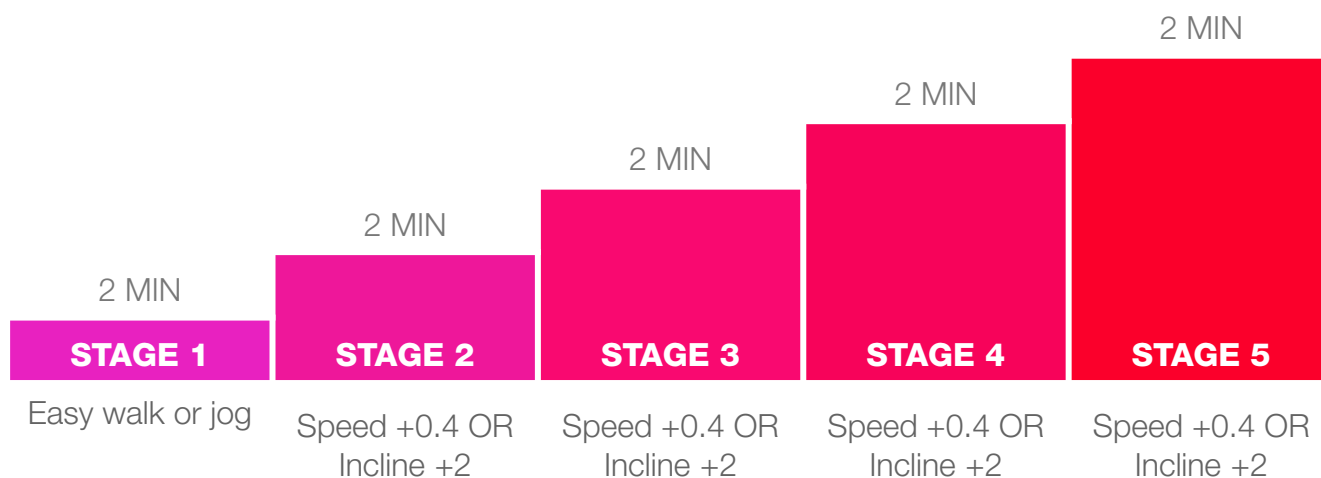


HINGE

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.

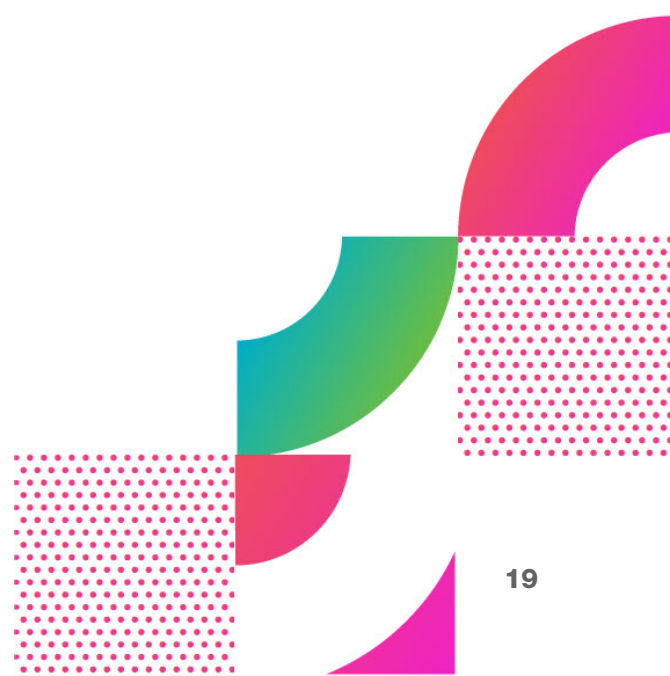
Zone 2: Breathing is heavier, but you're fairly comfortable.

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	

HOKA PRESENTS

TIPS FOR WORKING OUT AT HOME

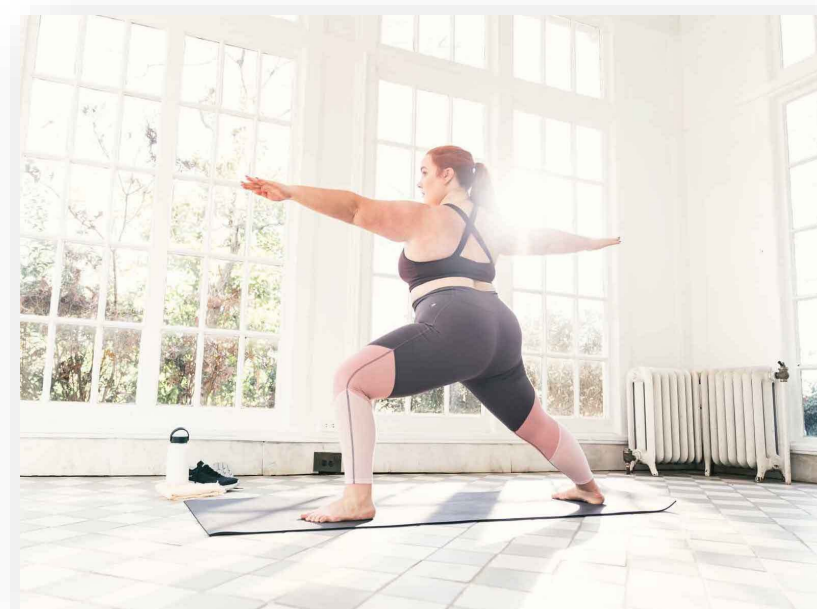
No workout equipment at home? No problem.

With long hours at home seriously disrupting the natural lifestyle rhythms we most often associate with physical fitness, regular exercise has never been more important.

We want to help you move your body more at home. In the absence of workout equipment, you can still find plenty of household objects that fill in as reasonable substitutes.

- Instead of a kettlebell, use a full jug of milk, large laundry detergent container, bucket loaded down with books, or duffel bag stuffed with clothes
- Strapping on a weighted backpack – think “first day of school” with every textbook you’ll need for the semester – for extra impactful lunges and squats
- Try a few push-ups with a kid or pet on your back, with your hands or feet balancing on a basketball, or on an incline or decline from a folding chair
- Do sit-ups with a dictionary or cast-iron skillet folded under your crossed arms
- Experiment with band workouts using a towel, rope, bungee, or length of hose
- Jump up and hit the door jam at the apex of every burpee

For more tips to move and stay fit at home, visit the original article on the [HOKA blog](#).



APPENDIX



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

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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* Invisalign aligners made from SmartTrack material deliver greater comfort and predictability compared to Invisalign aligners previously made from single layer (EX30) material. © 2020 Align Technology, Inc. MKT-0004753 Rev A

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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.

you for **you**
CHALLENGE

LIFETIME | the
HEALTHY WAY OF LIFE | **60day**