

LIFETIME®

Fall Flex

60day™ Challenge

Get Started Guide

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PARADISUS
BY MELIÀ

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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 August 7–9	lifetime60day.com/go
Option to upgrade on exclusive program products	Kickoff Weekend August 7–9	In-Club or shop.lifetime.life
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
Eight-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 and grocery lists 	Throughout the 60day	lifetime60day.com/go + Life Time Training App
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

Fall Flex YOUR TO-DO LIST

PRE-KICKOFF

- o Read through this guide to prepare for the 60day Challenge.

KICKOFF WEEK

- o Complete your initial consultation with a trainer.
- o Take your starting measurements.
- o Stock up on services and supplements.
- o Take three “before” photos.
- o Download your Get Started Guide at lifetime60day.com/go.
- o Confirm we have your email address so you receive weekly emails.
- o Read the rules at lifetime60day.com/rules.
- o Download the [Life Time Training App](#) and enroll to receive your workouts.

DURING THE YOU FOR YOU CHALLENGE

- o Complete weekly progress check-ins using the Life Time Training App.
- o Complete weekly challenges using the Life Time Training App to win prizes.
- o Attend weekly Saturday Sweat Sessions in-club. Reserve your spot in class through the Life Time Digital App lifetime60day.com/go.
- o Complete the daily workout using the Life Time Training App.
- o Try out the 60day approved recipes at lifetime60day.com/recipes.
- o Download your plan at lifetime60day.com/go.

ACHIEVEMENT WEEK

- o Take three “after” photos.
- o Submit your photos and story Sept. 27–Oct. 4.
- o Vote for your favorite finalists Oct. 25–27.
- o Watch the website on Nov. 3 as we announce all winners at 12:00pm CT.

Fall Flex

YOUR WEEKLY PLAN

SUNDAY

- o Check your email to see the week ahead.
- o Complete your daily habit in the [Life Time Training App](#) (beginning Monday, August 9).

MONDAY

- o Complete your daily habit in the [Life Time Training App](#).
- o Complete your daily workout.

TUESDAY

- o Check your email to hear from Coach Anika.
- o Complete your daily habit in the [Life Time Training App](#).
- o Complete your daily workout.

WEDNESDAY

- o Complete your daily habit in the [Life Time Training App](#).
- o Complete your daily workout.
- o Track your stats in the [Life Time Training App](#).

THURSDAY

- o Check your email to hear from Coach Anika.
- o Complete your daily habit in the [Life Time Training App](#).
- o Complete your daily workout.

FRIDAY

- o Complete your daily habit in the [Life Time Training App](#).
- o Complete your daily workout.

SATURDAY

- o Complete your daily habit in the [Life Time Training App](#).
- o Complete your Saturday Sweat Session.

TIMELINE

- July 9 Registration opens
- Aug. 7 Kickoff
- Aug. 7–Oct. 2 The 60day Challenge
- Oct. 4 Deadline for story/photo submissions
- Oct. 25–27 Voting for national winners
- Nov. 3 Grand Prize winners announced

	SUN	MON	TUES	WED	THURS	FRI	SAT
AUG	1	2	3	4	5	6	7 KICKOFF WEEKEND
	8	9 Weekly Habit	10	11	12	13	14 Sweat Session
	15	16 Weekly Habit	17	18	19	20	21 Sweat Session
	22	23 Weekly Habit	24	25	26	27	28 Sweat Session
	29	30 Weekly Habit	31	1	2	3	4 Sweat Session
SEPT	5	6 Weekly Habit	7	8	9	10	11 Sweat Session
	12	13 Weekly Habit	14	15	16	17	18 Sweat Session
	19	20 Weekly Habit	21	22	23	24	25 Sweat Session
	26	27 Weekly Habit First day to submit	28	29	30	1	2 Sweat Session
OCT	3	4 Last day to submit	5	6	7	8	9

1. WHEN DOES THE 60DAY CHALLENGE START?

The 60day Challenge officially starts Saturday, August 7. You'll complete your kickoff appointment with a Personal Trainer over the weekend (August 7–9) so you can kick off the 60day 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 the Life Time Training App. You can download the Life Time Training App in the Apple Store or Google Play Store.

4. HOW DO I ACCESS THE PLAN OPTIONS, RECIPES, DAILY TIPS AND 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 SATURDAY SWEAT SESSIONS?

The Saturday Sweat Sessions are exclusive Challenge participant workouts that take place each Saturday during the 60day Challenge. These are a great way to learn tips from our professional trainers and get a great coached workout every week. Can't make it to the club? Virtual options will be available so that you don't miss a beat during the Challenge.

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 April 26–May 3 by 9:00pm CST.

7. HOW DO I MODIFY FOR XYZ INJURY?

If you have a limitation or are in need of exercise modifications, send the 60day Coaching Team a message in the Life Time Training App or email the team at 60day@lt.life. We're happy to connect you to a fitness professional to discuss customized programming options for your needs.

8. DO I HAVE ACCESS TO THE WORKOUTS WHEN THE PROGRAM IS OVER?

You will have access to the 60day workouts until you choose to enroll in another program within the Life Time Training App.

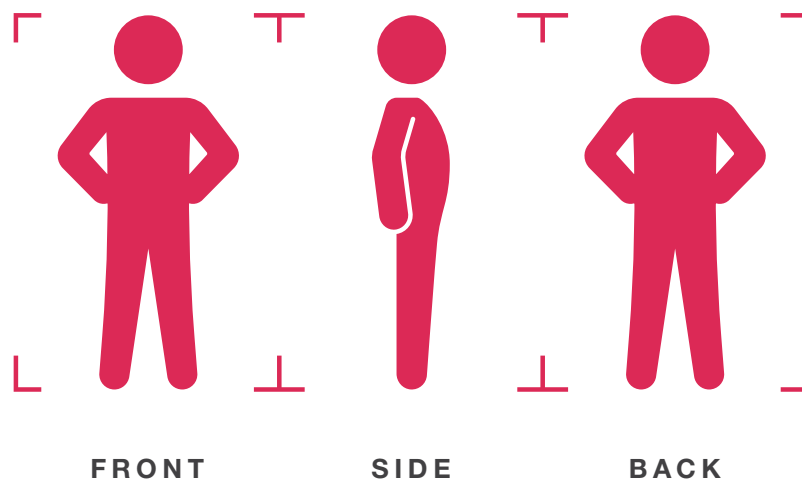
Taking progress photos is an important part of any body transformation journey — even if you don't intend on sharing these photos with anyone. Progress photos are a great way to track your success beyond the scale, since your body's appearance may change even when the number on the scale won't budge.

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

Do not submit these prior to September 27.

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 participant wristband — recommended, not required
- Show at least 3/4 body to show full transformation
- Stand comfortably, without pushing out or sucking in your stomach



60day[™] Challenge

Nutrition Tips



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

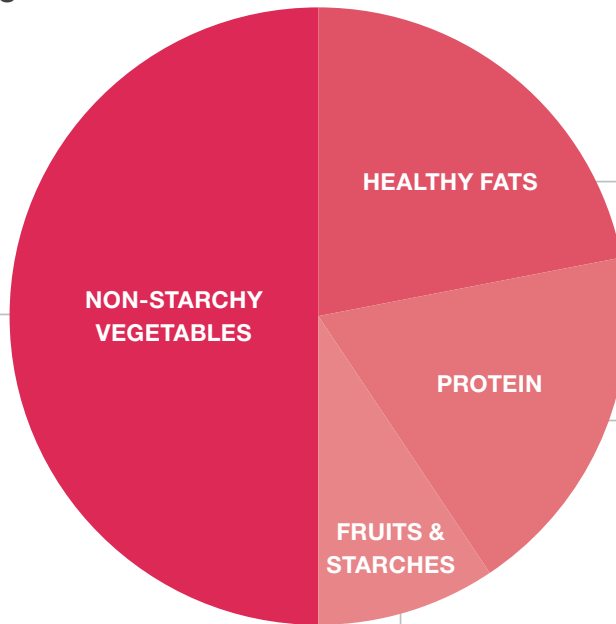
Fall Flex YOUR HEALTHY PLATE

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.

FILL HALF YOUR PLATE WITH A RAINBOW OF COLORS

- Asparagus
- Beets
- Broccoli
- Brussels Sprouts
- Cabbage
- Cauliflower
- Carrots
- Celery
- Cucumbers
- Green Beans
- Kale
- Leeks
- Mushrooms
- Onions
- Spinach
- Squash
- Tomatoes
- Zucchini



ADD FLAVOR WITH GOOD-FOR-YOU FATS

- Avocados
- Butter or Ghee
- Coconut Oil
- Nuts & Seeds
- Olive Oil

PROTEIN AT EVERY MEAL

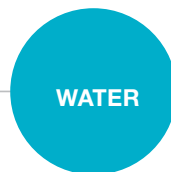
- Beef
- Chicken
- Dairy Products
- Fish & Seafood
- Eggs
- Pork
- Turkey
- Vegetarian Sources

BERRIES ARE BEST

- | | |
|--------------|----------------|
| Apples | Corn |
| Blackberries | Beans |
| Blueberries | Lentils |
| Pears | Potatoes |
| Raspberries | Sweet Potatoes |
| Strawberries | Rice |

STAY HYDRATED

As a general rule, you should try to drink half of your body weight in ounces of water every day. We recommend starting with at least 64 oz.



Produce (Fruits & Vegetables)

Choose organic (when possible) and a variety of colors

FRUIT

- Apple
- Cherries
- Cranberries
- Grapes
- Grapefruit
- Pomegranate
- Raspberries
- Strawberries
- Tangerines
- Watermelon
- Apricots
- Cantaloupe
- Lemons
- Pineapple
- Banana
- Coconut
- Melon
- Kiwi
- Limes
- Blackberries
- Blueberries
- Peaches
- Pears
- Mangoes
- Nectarines

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 Meat

FISH

- Albacore Tuna
- Cod
- Halibut
- Lobster
- Pacific Herring
- Scallops
- 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
- Oat Milk
- Goat Milk
- Rice Milk

PROTEIN POWDER

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

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
- Flaxseed Oil
- Manitoba Harvest Hemp-Seed Oil
- Macadamia Nut Oil
- Red Palm Oil
- Sesame Oil

NUT BUTTERS

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

60day™ Challenge

Exercise Tips



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

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



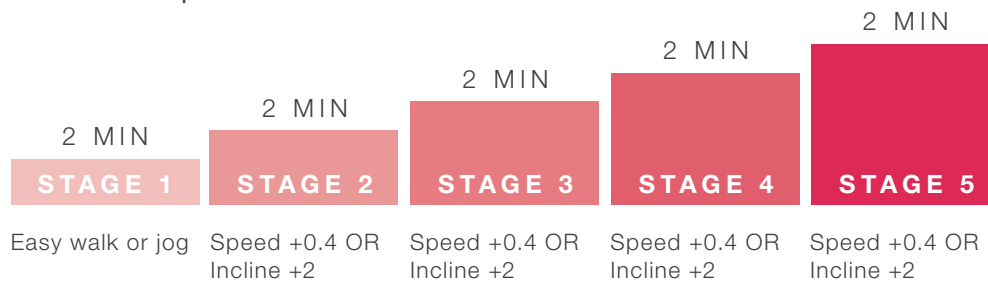
PULL



HINGE

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- to 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 exercise 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

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 three days at the club working on resistance training.
- Try to do 8–12 repetitions per move, at least three or four 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 eight-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 exercises 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 2.5–5 lb. For lower body exercises, increase the load by 5–10 lb.

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.

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 five 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 (AT) 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 five heart-rate zones.

WHAT DOES EACH ZONE FEEL LIKE?

Zone 1: Feels easy, as though 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 eight-week program [here](#) throughout the 60day for progressive workouts you can follow each week!

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

1. Determine your AT as follows:
 - $(220 \text{ minus your age}) \times 0.9 = \text{AT}$.
2. Locate your AT in the black bar below.
3. 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
AT	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 90	104 93	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.

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.



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 into 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 AND DYNAMIC MOVEMENTS

Prepping your muscles by moving through ranges of motions you planned to use in the workout will help you 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 after week.










COOL DOWN EVERY TIME YOU WORK OUT

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.

Fall Flex 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 in the [Life Time Training App](#).

	Exercise		Sets	Reps	Weight
A	A1. Overhead Lunge		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	



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 more effective 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 jamb at the apex of every burpee

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

60day™ Challenge

Appendix



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

Use this template to plan out your weekly workouts. Designate what days you'll work out in the morning or evening, check out the club's Studio schedule and commit to at least three to four 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				

Produce	Meat	Dairy
		Canned & Jarred
	Spices	
		Condiments + Oils
	Frozen	
		Dry

As the Healthy Way of Life Company, we try to partner exclusively with brands that align with our philosophy and make it easier for you to live a happy, healthy life.

Thanks to our sponsors for helping to provide great content and opportunities to our members.



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MADE
SIMPLE

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LIFETIME50

Offer expires 12/31/20. Limit one per household. New customers only, subscription sign-up required. May not be combined with any other offers. May not be used for gift cards. Not redeemable for cash and non-transferable. Void where prohibited and where service not offered. Not eligible in all states. Discount does not apply to any delivery charge, other delivery restrictions may apply. See Home Chef website for additional details.



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10 million lives
changed.**

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HYBRID

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