



60day™ Challenge

# Get Started Guide

**LIFETIME**

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# What's Included?

What is it?	When is it Available?	Where Can I Find it?
Initial Consultation with Coach	April 12 to 14	<a href="#">Book Here</a>
8-Week Workout Program <ul style="list-style-type: none"> <li>• Daily Workout</li> <li>• Daily Habits</li> </ul>	Enroll Now Begins April 17	<a href="#">Life Time Member App</a>
LIVE Coaching with Anika + Team	TBD	Eden Prairie Hangar
Program options that include <ul style="list-style-type: none"> <li>• 60day Recipe Book</li> <li>• Meal Plans and Grocery Lists</li> <li>• Weekly coaching tips and videos</li> </ul>	Throughout the 60day Challenge	<a href="https://lifetime60day.com/aviation">lifetime60day.com/aviation</a>
Unlimited access to online coaching with the 60day virtual coaching team	Throughout the 60day Challenge	<a href="mailto:60day@lt.life">60day@lt.life</a>
Get Started Guide <ul style="list-style-type: none"> <li>• Exercise guide with tips on cardio, strength training and more</li> <li>• Nutrition guide and sample meal plan</li> <li>• Grocery list and shake guide</li> <li>• Appendix with templates for a habit tracker, meal plan, grocery list and workout plan</li> </ul>	Now!	<a href="https://lifetime60day.com/aviation">lifetime60day.com/aviation</a>
60day Participant Tee	Post-Kickoff	Eden Prairie Hangar

# Your To-Do List

60day<sup>Challenge</sup>

## PRE-KICKOFF

- Read through this guide to prepare for the 60day Challenge
- Sign up for your initial consultation with a coach

## KICKOFF WEEK

- Complete your initial consultation with a coach
- Take your starting measurements
- Take three (3) "before" photos (front, side and back)
- Enroll in the 60day Challenge to receive your workouts

## DURING THE 60DAY CHALLENGE

- Complete weekly workouts and habits in the Life Time Digital App
- Attend weekly sessions (in-person or digitally)
- Try out the 60day approved recipes
- Download your resources at [lifetime60day.com/aviation](https://lifetime60day.com/aviation)

## ACHIEVEMENT WEEK

- Take four "after" photos (front, side, back and lifestyle)
- Submit your photos and story



# Program Calendar

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JANUARY	9	10	11	12 KICKOFF CONSULTATIONS	13 KICKOFF CONSULTATIONS	14 KICKOFF CONSULTATIONS	15
	16	17 In-App Workouts Begin Suggested Habit Make your first meal of the day high in protein	18	19	20	21	22
	23	24 Suggested Habit Eat one gram of protein per pound of ideal bodyweight	25	26	27	28	29
	30	1 Suggested Habit Fist-sized serving or less of carbs at each meal	2	3	4	5	6
FEBRUARY	7	8 Suggested Habit Check labels for <6 grams of added sugar per serving	9	10	11	12	13
	14	15 Suggested Habit Reduce or eliminate alcohol	16	17	18	19	20
	21	22 Suggested Habit Protein, fat and fiber snacks only	23	24	25	26	27
	28	29 Suggested Habit 8+ hours of sleep each night	30	31	1	2	3
MARCH	4	5 Suggested Habit Half your bodyweight in ounces of water each day	6	7	8	9	10
	11	12	13	14	15	16	17

## Key Dates

The 60day Challenge | April 17 to June 11

Complete Your Consultation | April 12 to 14

Deadline for Story | June 11

# Before and After Photos

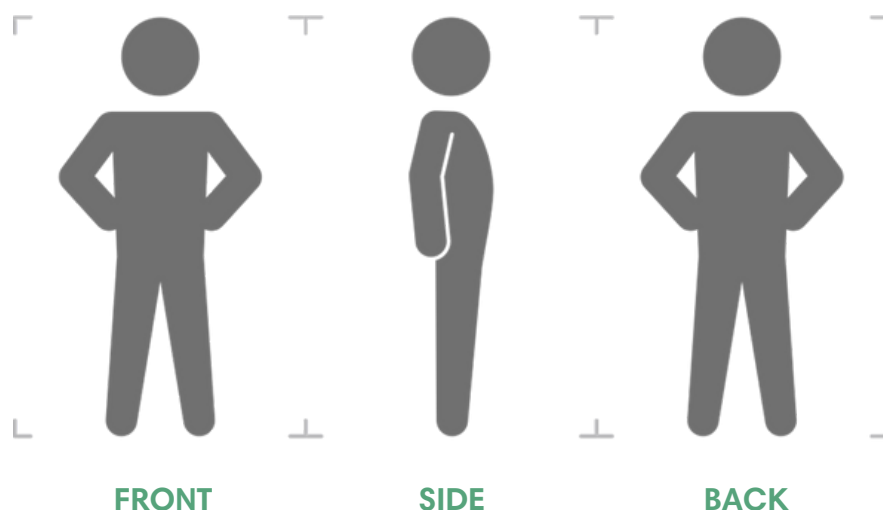
Taking progress photos is an important part of any body transformation journey — even if you don't intend on sharing these photos with anyone. Progress photos are a great way to track your success beyond the scale, as your body's appearance may change even when the number on the scale doesn't budge.

For the purpose of the 60day Challenge, you will take three “before” and four “after” photos: Front, side, and back. Additionally, an “after” Lifestyle photo. We highly recommend these are taken at home and saved in a safe place on your device.

**Do not submit these prior to June 4.**

To receive top marks during judging, follow these guidelines:

- Dress in a swimsuit or similar clothing – clothes in your “after” photos should closely resemble clothes in your “before” photos
- Clearly shown participant wristband– recommended, not required
- Show at least  $\frac{3}{4}$  body to show full transformation
- Stand comfortably, without pushing out or sucking in your stomach
- NEW “Lifestyle” after photo:
  - a photo of you in normal attire that you feel your best and confident in
  - aim to avoid other people in the background of your photo



# 60day Habits for Success

60day<sup>™</sup> Challenge

Participants focused on the eight habits below have historically achieved the most success throughout the challenge. We recommend using the Life Time Digital app or tracker on page 26 and picking one habit to focus on each week, stacking them as you feel comfortable.

## Week 1

Make your first meal of the day high in protein

## Week 2

Eat one gram of protein per ideal pound of bodyweight

## Week 3

Fist-sized serving or less of carbs at each meal

## Week 4

Check labels for <6 grams of added sugar per serving

## Week 5

Reduce or eliminate alcohol

## Week 6

Protein, fat and fiber-focused snacks only

## Week 7

8+ hours of sleep each night

## Week 8

Half your bodyweight in ounces of water each day



# NUTRITION TIPS

**60**day™ Challenge





# Nutrition Non-Negotiables

- Focus on getting ample protein at every meal
- Fill half 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

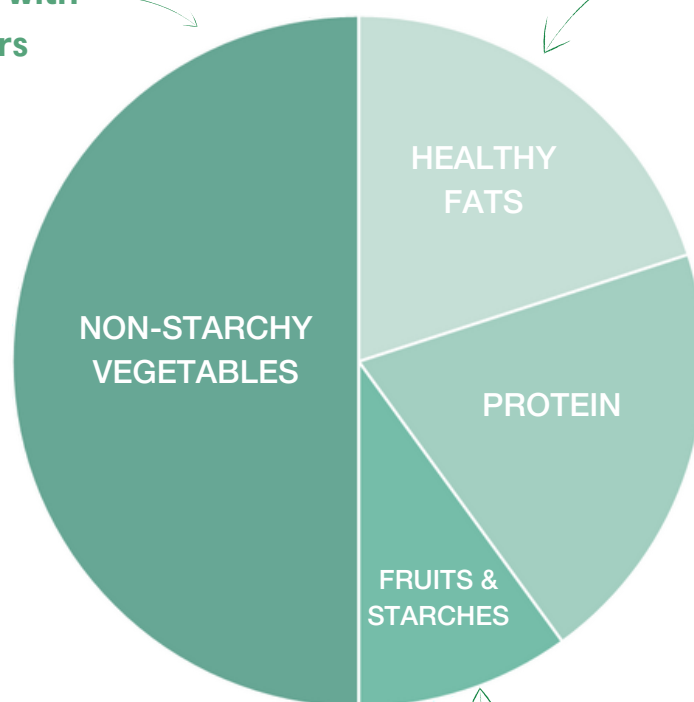
# Your Healthy Plate

60day<sup>Challenge</sup>

Healthy eating can be flexible – it just takes the right foods put together in the right balance. Use the guide below as an inspiration to put together meals with the proper emphasis on different food categories to help both boost your satisfaction and drive results.

## Fill Half Your Plate with a Rainbow of Colors

Asparagus  
Beets  
Broccoli  
Broccolini  
Brussels Sprouts  
Cabbage  
Carrots  
Cauliflower  
Celery  
Cucumbers  
Green Beans  
Kale  
Leeks  
Lettuce  
Mushrooms  
Onions  
Peppers  
Sauerkraut  
Spinach  
Squash  
Tomatoes  
Zucchini  
Zucchini Noodles



## Add Flavor with Good-For-You Fats

Avocado  
Avocado Oil  
Butter or Ghee  
Coconut Oil  
Olive Oil  
Nuts & Seeds

## Protein at Every Meal

Beef  
Chicken  
Dairy Products  
Eggs  
Fish & Seafood  
Non-Animal  
(Chickpea, Rice and  
Pea) Protein Powder  
Pork  
Turkey

## Berries are Best

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

# Your Grocery List

60day<sup>Challenge</sup>

## BEEF

\*Grass-Fed

- Filet Mignon
- Ground Beef
- Round Steak
- Sirloin Steak

## FISH

\*Wild-Caught

- Cod
- Halibut
- Lobster
- Salmon
- Scallops
- Shrimp
- Tuna
- White Fish

## POULTRY

\*Free-Range/Pastured

- Chicken
- Eggs
- Turkey

## PORK

\*Pasture-Raised

- Bacon, Nitrate-Free
- Pork Chops
- Pork Loin

## DAIRY

- Aged Cheese
- Block Cheese
- Cottage Cheese
- Milk
- Pastured Butter, Organic
- Plain Greek Yogurt
- Ricotta Cheese

## DAIRY ALTERNATIVES

- \*Avoid Carrageenan
- \*Choose Unsweetened
- Almond
- Coconut
- Macadamia





# Your Grocery List

60day<sup>Challenge</sup>

## RED

\*Purchase organic if possible

- Apples
- Beets
- Cabbage
- Cherries\*
- Cranberries
- Peppers\*
- Pink Grapefruit
- Pomegranates
- Radishes
- Raspberries
- Rhubarb
- Strawberries\*
- Tomatoes
- Watermelon

## ORANGE & YELLOW

- Apricots, Fresh
- Cantalope
- Carrots
- Lemons
- Mangoes
- Nectarines\*
- Oranges
- Peaches\*

- Pears\*
- Pineapple
- Pumpkin
- Rutabagas
- Squash
- Sweet Potatoes
- Tangerines

## GREEN

- Artichokes
- Asparagus
- Avocados
- Broccoli
- Brussels Sprouts
- Cabbage
- Celery\*
- Collard Greens
- Cucumber
- Green Grapes
- Green Beans
- Green Onions
- Honeydew
- Kale
- Kiwi
- Lettuce
- Limes

- Peas
- Spinach\*
- Zucchini

## WHITE

- Bananas
- Cauliflower
- Coconuts
- Fennel
- Garlic
- Jicama
- Leeks
- Mushrooms
- Onions
- Parsnips
- Shallots
- Turnips

## PURPLE

- Blackberries
- Blueberries
- Eggplant
- Grapes

### Coach Tips:

- Aim for three non-starchy vegetable servings for every one fruit serving
- Keep starchy vegetables to ½ cup at a time on days that you are active (potato, corn, peas, winter squash)

# Your Grocery List

60day<sup>Challenge</sup>

## STARCHES

- Black, Pinto, White Beans
- Brown Rice
- Cannellini Beans
- Chickpeas
- Lentils
- Plain Oats
- Potatoes
- Quinoa
- White Rice
- Wild Rice

## APPROVED SWEETENERS

- Allulose
- Monk Fruit (usually granulated)
- Stevia — liquid or extract

## OILS

- Avocado Oil
- Coconut Oil
- Olive Oil
- Sesame Oil

## NUTS & SEEDS

- Unsweetened nut butters, such as almond butter, sunflower seed butter, pumpkin seed butter
- Raw nuts, such as almonds, pecans, cashews, walnuts, macadamia nuts

## FLAVORS/SEASONINGS

- Individual dried herbs and spices, such as cinnamon, oregano, etc.
- Coconut Aminos (soy sauce alternative — gluten and soy free)
- Extracts, such as almond, vanilla and maple
- Vinegar, such as red wine and apple cider vinegar





# The Signature Shake

## What is it?

Life Time's signature All-in-One Shake is a convenient, tasty and easy-to-mix option that's designed to support recovery from your workouts, help control cravings and provide the protein needed to help change body composition. It's made specifically for those who want a healthy and high-protein on-the-go shake that is satisfying and provides vitamins and minerals that are essential for energy.

## Why we love it.

At Life Time, we prioritize quality manufacturing, careful ingredient selection, and rigorous testing standards to ensure that the shakes not only taste great but are also pure and effective.

- More than 50% of the daily value of vitamins and minerals to support metabolism
- Digestive support with added probiotics and digestive enzymes
- No added sugars — naturally flavored and sweetened with monk fruit and stevia
- 30 grams of protein per serving

### 60day Coach Tip:

Members who have the most success in the 60day challenge increase their protein intake.

# The Signature Shake

60day<sup>Challenge</sup>

## How to use it.

### Meal or Snack Replacement

If you're unintentionally skipping meals or consistently making on-the-run or unhealthy choices for a given meal, using protein powder to make a shake replacement can be a healthy lifesaver. You can either blend it using one of the provided recipes, or simply shake it up with water and go.

### Plan B

Keep a serving of protein powder in a shaker cup stowed away in your office or car to serve as a great backup plan. If you're in a pinch, simply hit it with water and shake it up and you're set.

### Post-Workout

In that first hour after a strenuous workout, you can opt to consume extra protein to help replenish and rebuild.

### Boost Protein in the Foods You're Eating

Adding protein powder to yogurt, oatmeal or even coffee can give you an added boost. Check out additional ways you can use it here: "[10 Genius Ways to Use Protein Powder.](#)"



## What's the best way to purchase?

You can shop our online Health Store following the links below or stop in a LifeCafe for a quick pickup. Connect with your trainer to receive exclusive member pricing.

### [Vegan+ All-in-One](#)

(Seasonal Sea Salt Caramel, Chocolate or Vanilla)

### [Whey+ All-in-One](#)

(Seasonal Sea Salt Caramel, Chocolate or Vanilla)

### New Seasonal Flavor

#### Sea Salt Caramel

Adding to our naturally-flavored chocolate and vanilla lineup, our limited-time release is a perfect, creamy treat.







# EXERCISE TIPS

**60day**<sup>™</sup> Challenge



## Exercise Non-Negotiables

- Complete a warm-up before every 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 to 3
- Stretch and cool down after every session
- Ensure 7 to 8 hours of sleep daily for adequate recovery
- Prioritize fat burning during exercise (rather than calories or carbohydrates)
- Keep a gym bag packed to keep you accountable
- Track your workouts in detail to track progress or plateaus

# Foundational Movements

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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**



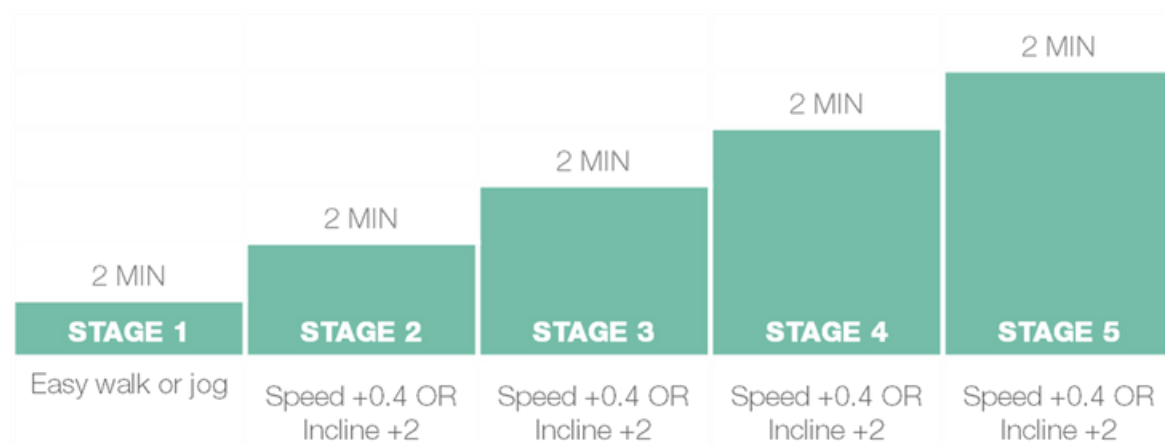
**HINGE**



# How to Warm-Up

A proper warm-up before starting any activity is crucial to prevent injury and prime your muscles to burn maximal fat calories during your workout. The warm-up also plays a significant role in your workout session's effectiveness—possibly doubling the amount of fat you burn during the exercise.

Completing a metabolic warm-up is one of the most effective ways to get your blood flowing, increase your heart rate gradually, and prep your body for exercise. This 8 to 10-minute warm-up session aims to gradually increase your heart rate by training in the five heart rate zones (learn more about heart rate zones on pages 22 and 23). It starts with a leisurely walking pace, and every two minutes, the speed or intensity (incline) gradually increases to progress into the following heart rate training zone. The chart below shows what this warm-up should look like.



Another great option to warm up, prime your muscles, 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. It 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 Train

Did you know that you 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.

Follow the below guidelines to make the most of your program:

- Spend at least 3 days at the club working on resistance training
- Try to do 8 to 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

## Definitions

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### 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 exercise 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 Your Program

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### 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 the load by 2½ to 5 pounds. For lower body exercises, increase the load by 5 to 10 pounds.

### When to Regress

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



# How to Complete 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 five different heart rate zones, whether you know it or not. Resting, walking, jogging, running, sprinting, or other activities that increase how hard you work are all within 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. Your fuel source is primarily 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 efficient at burning fat. Working out in Zones 4 and 5 burns carbs, but it also makes our bodies better fat burners, which is why we want to balance our cardio between all five heart rate zones.

## What Does Each Zone Feel Like?

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### **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

# How to Find Your Zones

Use the below chart to estimate your heart rate zones based on your anaerobic threshold (A.T.).

Determine your anaerobic threshold as follows:

## STEP 1

### Calculate

$$(220 - \text{age}) \times 0.9 = \text{A.T.}$$

## STEP 2

### Locate

Round your A.T. to the nearest 5 and locate your value in the grey bar below.

## STEP 3

### Find Your Zone Ranges

Track vertically up and down from your A.T. to understand your Zones 1 through 5.

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	122 106	125 108	129 111	132 114



# 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, select a cardio activity like a stationary bike or elliptical to continue light activity in zone 1. Active Recovery promotes circulation throughout the body and gradually brings your heart rate and core body temperature down to normal.

## Static Stretching

This activity is best to do during cool-down (rather than a warm-up) and includes holding a stretch for 30 to 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, reduces tissue tension and muscle soreness, and improves flexibility and range of motion. A foam roller is a dense, firm cylinder-shaped exercise tool used to place a body part directly on the roller and move rhythmically to apply pressure to tissues.

# How To Upgrade Your Workout

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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 significantly impact your overall health and fitness results.

Check out the six areas below to learn how to optimize every workout:

## **Complete a Quality, Effective Warm Up**

Spend 8 to 10 minutes before 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 will use throughout that day's workout.

## **Include Foundational Movements**

The six foundational movements should be the roadmap to your workout plan every week. They recruit a large amount of muscle mass and provide significant stimuli to change your body's fitness and physique.

## **Allow Sufficient Recovery Time Between Exercises and Sets**

Often 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 reap the benefits of the movements. While too much rest may not stress the muscles for optimal gains. Generally, about 45 to 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 possible for that specific movement, which ultimately translates to a better workout. 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.





# APPENDIX

**60day**<sup>™</sup> Challenge



# Weekly Habit Tracker

60day<sup>™</sup> Challenge

Each week, fill in the blanks with habits you'd like to maintain throughout the 60day Challenge. Check the circle each day you achieve your habit.

**Week:** \_\_\_\_\_

S M T W T F S

_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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# Weekly Exercise Plan

60day<sup>Challenge</sup>

Use this template to plan your weekly workouts. Designate what days you'll train in the morning or evening, check out the club's Studio schedule, and commit to at least 3 to 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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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](http://www.lifetime60day.com/rules) for details and prize information. All amounts are in USD.

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