



# WHAT'S YOUR AFTER?

**LIFETIME**  
HEALTHY WAY OF LIFE

the  
**60day**

# ARE YOU **READY?**

Hey there. I'm Coach Anika.

You've taken the plunge and signed up for the 60day—major kudos to you!

I challenge you to fully commit to these 60 days, because when you do, not only will you experience a physical change on the outside, but other areas of your life that you never even considered will benefit in a ripple effect.

This program means a lot to me and I'm excited to help you achieve success. I can't wait to support you to hit your goals.

Good luck!

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# WHAT'S INCLUDED?

WHAT IS IT?	WHEN IS IT AVAILABLE?	WHERE CAN I FIND IT?
30-minute goal setting session with a Personal Trainer	Kickoff Weekend: November 10-12	In-Club
Exclusive discounts on select Life Time Training products and services	Kickoff Weekend: November 10-12	In-Club or <a href="http://shop.lifetime.life">shop.lifetime.life</a>
60day Swag Pack: Participant packet and bracelet	Kickoff Weekend: November 10-12	In-Club
Weekly fitness & nutrition classes - Try-It Tuesdays and Sampler Saturdays	Tuesdays or Saturdays Club specific schedule	In-Club
Weekly progress check-ins	Before or after weekly in-club classes	In-Club
Online progress tracker for motivation and accountability	Updates Sundays at 9:00am CST	<a href="http://lifetime60day.com/progress-tracker">lifetime60day.com/progress-tracker</a>
Unlimited access to online coaching with the 60day Virtual Coaching Team	Throughout the 60day	<a href="mailto:60day@lt.life">60day@lt.life</a>
8-Week Transformation Program <ul style="list-style-type: none"> <li>Daily workout</li> <li>100+ 60day Coach approved recipes</li> <li>Weekly coaching tips and videos</li> </ul>	Throughout the 60day	<a href="http://lifetime60day.com/holiday-2018">lifetime60day.com/holiday-2018</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 super shake guide</li> <li>Appendix with templates for a habit tracker, meal plan, grocery list and workout plan</li> </ul>	Now!	<a href="http://lifetime60day.com/holiday-2018">lifetime60day.com/holiday-2018</a>

# YOUR TO-DO LIST

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## PRE-KICKOFF

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

## KICKOFF WEEKEND

- Starting measurements
- 30-minute consultation with a Personal Trainer
- Stock up on services and supplements
- Take three “before” photos – front, side and back
- Confirm we have your email so you get daily online content
- Read the rules at [lifetime60day.com/rules](https://lifetime60day.com/rules)

## DURING THE 60DAY

- Complete weekly progress check-ins
- Attend in-club Try-It Tuesdays or Sampler Saturdays
- Complete the daily workout
- Try out the healthy 60day-approved recipes
- Check the online program for daily tips

## ACHIEVEMENT WEEK

- Complete your final check-in December 31–January 5
- Take three “after” photos – front, side and back
- [Submit](#) your photos and story December 31–January 8
- Vote for the grand-prize winner January 28-30
- Watch the website February 6 as we announce all winners at 12:00pm CST

# YOUR PROGRAM: ONLINE

As a member of the 60day, you receive a full 8-week program written by our experts at Life Time to help you develop healthy habits and reach your goals. Every week, new workouts and educational content will be loaded on the 60day website, like recipes, motivational tips, past success stories and more.

Your daily program and workouts can be found at [www.lifetime60day.com/holiday-2018](http://www.lifetime60day.com/holiday-2018). Here's what you can expect each day of the week:

	<b>TRAINER TIP</b>	<b>WORKOUT</b>
<b>SELF-CARE SUNDAY</b>	Batch Cooking Recipe & Self-Care Tips	Low Intensity Steady State Cardio
<b>MOTIVATIONAL MONDAY</b>	Motivational Video	Total Body Resistance Training
<b>TEACH-ME TUESDAY</b>	<i>(In-Club) Try-It Tuesday Class</i>	Active Recovery or Try-It Tuesday Class
<b>LEARN &amp; BURN WEDNESDAY</b>	Trainer Tip Video	Total Body Resistance Training
<b>TRANSFORMATION THURSDAY</b>	Past Member Success Story	High Intensity Interval Training
<b>FOODIE FRIDAY</b>	Highlighted Recipe of the Week	Total Body Resistance Training
<b>SAMPLER SATURDAY</b>	<i>(In Club) Sampler Saturday Class</i>	Active Recovery or Sampler Saturday Class

# YOUR PROGRAM: IN-CLUB

For club-specific schedules, visit [lifetime60day.com/events](https://lifetime60day.com/events).

	SUN	MON	TUES	WED	THURS	FRI	SAT
NOV							10 <b>KICKOFF WEEKEND</b>
	11 <b>KICKOFF WEEKEND</b>	12 <b>KICKOFF WEEKEND</b>	13 Assessment Workout	14	15	16	17 Assessment Workout
	19	19	20 The Key to Meal Prep	21	22	23	24 The Key to Meal Prep
	25	26	27 Body Weight Basics	28	29	30	1 Body Weight Basics
DEC	2	3	4 TEAM Challenge	5	6	7	8 TEAM Challenge
	9	10	11 How to Do Cardio the Right Way	12	13	14	15 How to Do Cardio the Right Way
	16	17	18 FIRE Yoga	19	20	21	22 FIRE Yoga
	23	24	25	26 Kettlebells All the Way	27	28	29 Kettlebells All the Way
	30	31 First day to submit photos & story	1	2 Reassessment Workout	3	4	5 Reassessment Workout & Last day to weigh out
JAN	6	7	8 Last day to submit photos & story	9	10	11	12

# FREQUENTLY ASKED QUESTIONS

## 1. WHAT IS THE 60DAY?

The 60day is a program that provides the daily support, resources and motivation for anyone looking to jumpstart their goals and live a healthier life.

## 2. WHAT IS INCLUDED IN THE 60DAY?

Included in the \$60 registration fee is an online program that you can access at any time with daily workouts, coaching videos, healthy recipes (with a downloadable eBook), and tons of informational content about nutrition and fitness. Plus our virtual coaches check in weekly via email, which you can then respond to at any time with questions. In the club, you'll get weekly progress check-ins, classes led by a Personal Trainer every Tuesday and Saturday, and exclusive access to discounts on Life Time Training products and services.

## 3. WHEN DOES THE 60DAY START?

The 60day starts with Kickoff Weekend, which is November 10-12. It ends with Achievement Week which is December 31-January 5.

## 4. 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

## 5. 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/holiday-2018](http://www.lifetime60day.com/holiday-2018).



# FREQUENTLY ASKED QUESTIONS

## 6. WHAT ARE TRY-IT TUESDAYS & SAMPLER SATURDAYS?

Try-It Tuesday and Sampler Saturday events are free classes that take place each Tuesday OR Saturday during the 60day. These events are primarily fitness classes (i.e. dumbbell training, group fitness classes, Pilates), but we include one nutrition seminar too. 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](#).

## 7. WHAT IF I MISS A TRY-IT TUESDAY OR SAMPLER SATURDAY?

No problem! We can always share the participant guide or workout from the event – just email us as [60day@lt.life](mailto:60day@lt.life).

## 8. HOW DO I ACCESS THE RECIPES, DAILY TIPS, & VIRTUAL COACHES?

All of the additional resources are available on the participant-only page, [www.lifetime60day.com/holiday-2018](http://www.lifetime60day.com/holiday-2018). 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.

## 9. HOW CAN I WIN PRIZES?

To be eligible for prizes, you must do the following:

- Submit your 3 "before" photos (front, side & back), 3 "after" photos (front, side & back), and a personal essay/success story between December 31 and January 8, by 9:00pm CST.

## 10. WHAT PRIZES CAN I WIN?

- *Grand Prize:* 2 male and 2 female winners will receive a prize pack worth \$5,000, including a year-long membership and Life Time resources like Personal Training, assessments, and a credit to Trunk Club.
- *Submission Prize:* Submissions that meet the minimum requirements (story is at least 2,500 characters) will receive 60 LTBUCK\$.

## 11. HOW ARE WINNERS CHOSEN?

A corporate committee reviews each entry and selects the top 20 men and women based on photos and stories. As the Healthy Way of Life Company, Life Time reserves the right to choose individuals who've made the greatest improvement in overall health and fitness while developing sustainable habits. The top 20 will be included in the online voting process and the grand prize winners will be determined based upon their individual judging score (60%) and total online votes (40%).

# BEFORE AND AFTER

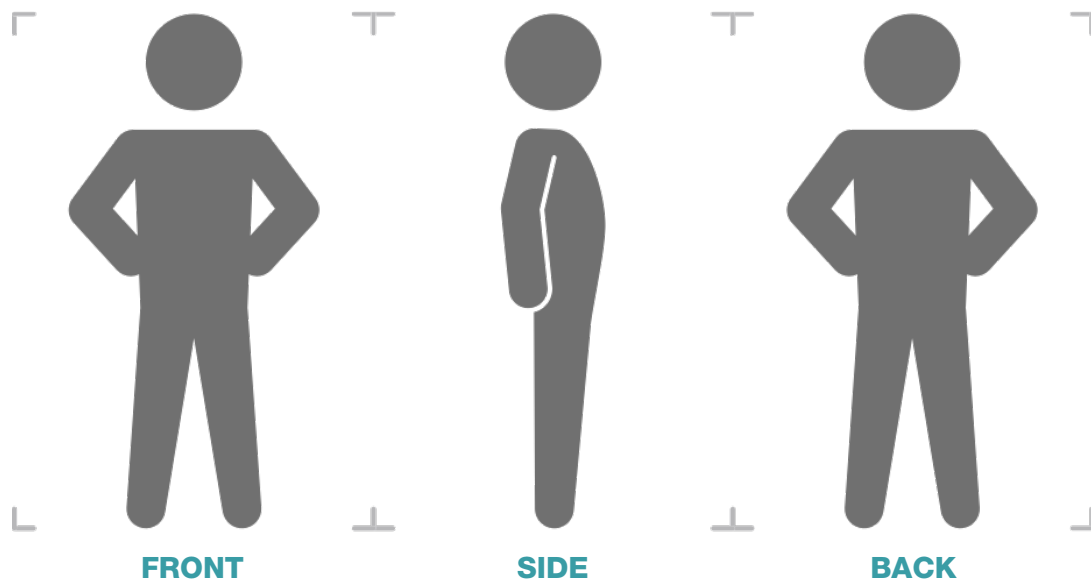
## PHOTOS

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.

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

**LIFETIME**  
HEALTHY WAY OF LIFE

the  
**60day**

# NUTRITION

## NON-NEGOTIABLES

1. Focus on getting ample protein at every meal.
2. Fill half of your plate with non-starchy vegetables at every meal.
3. If you're not used to preparing food, use more prepackaged foods for convenience.
4. Eat only when you are truly hungry, not based solely on the clock.
5. Supplement the food you eat with a high-quality multivitamin and fish oil daily.
6. Plan to eat at least 5 cups of colorful vegetables each day.
7. Drink at least 64 oz. of water each day.
8. Choose high-quality protein whenever possible.
9. Add natural, unprocessed fats to flavor your meals.
10. 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.

## FILL HALF YOUR PLATE WITH A RAINBOW OF COLORS

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

## NON-STARCHY VEGETABLES

## ADD FLAVOR WITH GOOD-FOR-YOU FATS

- Avocado
- Butter (or Ghee)
- Coconut Oil
- Nuts & Seeds
- Olive Oil

## HEALTHY FATS

## PROTEIN AT EVERY MEAL

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

## PROTEIN

## FRUITS & STARCHES

## BERRIES ARE BEST

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

## WATER

# SUPER SHAKE

## GUIDE

Include the ingredients shown below to build a power-packed shake that boosts your energy throughout the day.

<b>1</b>	<b>LIQUID</b>	8 OZ	WATER ALMOND MILK HEMP MILK	COW MILK COCONUT MILK CASHEW MILK
<b>2</b>	<b>PROTEIN</b>	1-2 SCOOPS	WHEY PROTEIN COLLAGEN PROTEIN	RICE PROTEIN PEA PROTEIN
<b>3</b>	<b>VEGGIES</b>	1 CUP	SPINACH KALE CAULIFLOWER	LIFE GREENS PUMPKIN
<b>4</b>	<b>FRUIT</b>	½ CUP	BERRIES BANANA MANGO	PINEAPPLE LIME LIFE GREENS
<b>5</b>	<b>HEALTHY FATS</b>	1-2 TBSP	WALNUTS ALMONDS NUT BUTTER	FLAX SEEDS CHIA SEEDS AVOCADO
<b>6</b>	<b>BONUS</b>		CACAO NIBS GREEK YOGURT OATS	COCONUT CINNAMON VANILLA EXTRACT

### PINA COLADA SHAKE



- 8 oz. unsweetened coconut milk
- 1 serving Life Time vanilla protein powder
- ½ cup frozen cauliflower
- ¾ cup pineapple
- 1 Tbsp. coconut flakes

### CHOCO-CHERRY SHAKE



- 8 oz. unsweetened almond milk
- 1 serving Life Time chocolate protein powder
- 1 cup spinach
- ½ cup frozen cherries
- 2 Tbsp. nut butter

# SAMPLE MEAL PLAN

All 60day recipes can be found at [www.lifetime60day.com/recipes](http://www.lifetime60day.com/recipes).

	MEAL	RESTRICTIONS	NUTRITION STATS
<b>BREAKFAST</b>	Blueberry Mint Shake	Dairy-Free Gluten-Free Vegan Vegetarian D.TOX GUT.FIX	Calories: 250 Protein: 27 Fat: 8 Carbs: 20
<b>SNACK</b>	2 Hard-Boiled Eggs + 1 Cup Carrots	Dairy-Free Gluten-Free	Calories: 210 Protein: 14 Fat: 11 Carbs: 13
<b>LUNCH</b>	Chicken Kabobs with Blueberry BBQ Sauce	Dairy-Free Gluten-Free	Calories: 240 Protein: 28 Fat: 4 Carbs: 27
<b>SNACK</b>	2 scoops Life Time Vegan Protein & Water + 1 Cup Cucumber	Dairy-Free Gluten-Free Vegan Vegetarian D.TOX GUT.FIX	Calories: 185 Protein: 25 Fat: 4 Carbs: 11
<b>DINNER</b>	Honey Glazed Salmon & Veggies	Gluten-Free	Calories: 330 Protein: 27 Fat: 11 Carbs: 33
<b>DESSERT</b>	Almond Butter Blender Muffins	Dairy-Free Gluten-Free Vegetarian	Calories: 245 Protein: 9 Fat: 17 Carbs: 16

## DAILY TOTALS:

**Cal:** 1460 | **P:** 130g | **F:** 55g | **C:** 120g

# SAMPLE MEAL PLAN

All 60day recipes can be found at [www.lifetime60day.com/recipes](http://www.lifetime60day.com/recipes).

## BREAKFAST



## SNACKS



## LUNCH



## DESSERT



## DINNER



## DAILY TOTALS:

**Calories:** 1460

**P:** 130g

**F:** 55g

**C:** 120g



# 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

# MONEY SAVING TIPS FOR **HEALTHY EATING**

## 1. SHOP FROM THE OUTSIDE IN

The food along the perimeter of nearly all grocery stores should constitute almost all of your grocery shopping needs. This is where fruits, vegetables, the deli, dairy/dairy-alternatives, and nuts and seeds are placed. Ideally, the only foods we should have to obtain from the middle aisles include dried herbs and seasonings, nut butters, and frozen produce. By filling up your cart with these items first, it will leave you less room in your cart (and your budget) for processed foods loaded with sugar, artificial flavors and colors.

## 2. THINK, PLAN, THEN SHOP

When you aimlessly wander in the grocery store without a game-plan, the likelihood of purchasing numerous unneeded food items is pretty high. Take 10 minutes out of a day to plan. Look at your calendar for events to plan around and brainstorm ideas for healthy meals and snacks. You'll now have a list to give discipline and direction to your shopping expedition and help you steer clear of any extra items. Set a number you are going to spend and don't budge from your budget. It sounds so simple, but (as with so many things in a healthy lifestyle) consistency is the key.

## 3. CUT THE CRUD

Try this: peek inside your cabinets, refrigerator and pantry. Gather all of your junk food, soda, prepackaged meals and non-necessities. Now evaluate how much money you spent on all of those foods that are hindering your health and weight loss. Calculate the quality meats and fresh vegetables you could've purchased with those dollars. Limit and/or eliminate the unnecessary items and invest in the nourishing ones – your new and improved energized self will thank you!



# MONEY SAVING TIPS FOR **HEALTHY EATING**

## 4. CHECK OUT THE FROZEN SECTION

When it comes to nutrient-dense “healthy” food, oftentimes frozen can be a great option! Typically cheaper than fresh produce, some frozen foods that still offer numerous health benefits yet save on change include berries, and meats. Frozen foods won’t go bad as fast as fresh, and are very easy to prepare.

## 5. BUY IN BULK – IF IT’S A HEALTHY BARGAIN

Many food items that are great additions to a meal are cheaper if you purchase them in larger quantities. Various nuts are usually less expensive if you get the ones from the bulk bin. Spices are another option that you can sometimes buy from the bulk area, and adding these to your meals will take your healthy cooking to a whole new level! Dried beans, grains like rice and quinoa, dried fruit, and coffee or tea are other items to also consider buying in bulk.

## 6. PURCHASE FOR CONTENT – NOT CONVENIENCE

One of the ways that food companies get the best of your pocket book is offering pre-packaged, convenient items. However, these individual convenience packs come with a high per-unit cost. For a healthier, more cost-effective option, swap out individual pre-packaged items for larger quantities of healthier fare and do your own packing in storage ware or baggies – like chopping your veggie at home. Make reusable storage ware (ideally glass) a staple in your kitchen and you’ll significantly cut down on shopping expenses.







# EXERCISE

**LIFETIME**  
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**60day**

# EXERCISE

## NON-NEGOTIABLES

1. Complete a warm-up before every exercise session.
2. Do strength training at least twice per week.
3. Strength training sessions should focus equally on muscle groups.
4. Do cardio at least twice per week.
5. Spend 80% of your time in heart rate zones 1-3.
6. Stretch and cool-down after every session.
7. Ensure 7-8 hours of sleep daily for adequate recovery.
8. Prioritize fat-burning during exercise (rather than calories or carbs).
9. Keep a gym bag packed to keep you accountable.
10. 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**



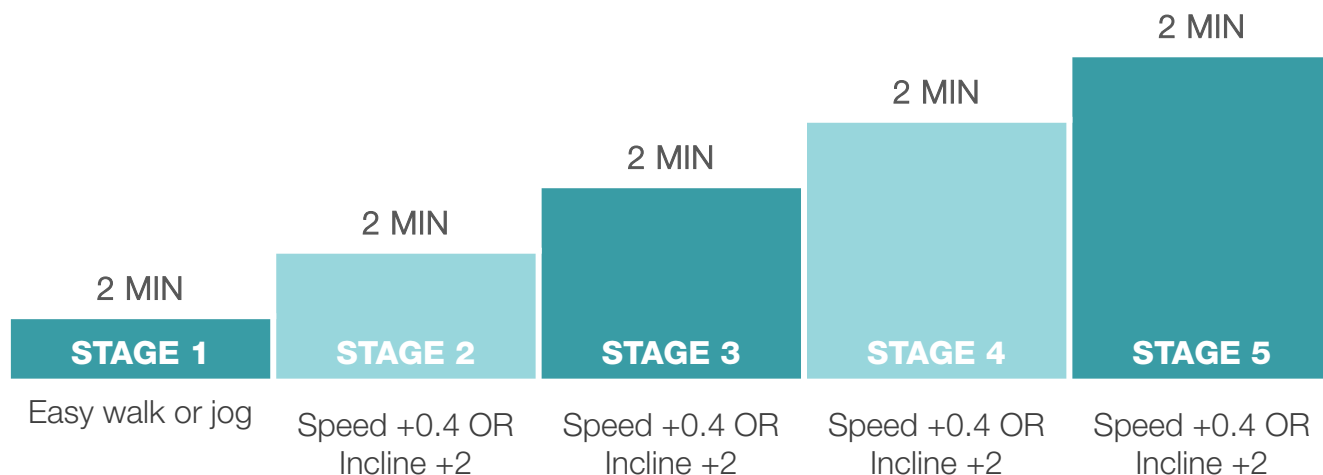
**HINGE**

# 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:

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# 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.\*

<b>ZONE 5</b>	132	138	143	149	154	160	165	171	176	182	187	193	198	204	209
<b>ZONE 4</b>	121	126	131	136	141	146	151	156	161	166	171	176	181	186	191
<b>A.T.</b>	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190
<b>ZONE 3</b>	108	113	117	122	126	131	135	140	144	149	153	158	162	167	171
<b>ZONE 2</b>	84	88	91	95	98	102	105	109	112	116	119	123	126	130	133
<b>ZONE 1</b>	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](mailto: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



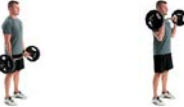






Incorporating a variety of cardio and resistance training workouts throughout your week is essential for helping you meet your goals. However, attention to a few areas that are often overlooked can start to have a big impact on your overall health and fitness results. Check out the six areas below to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

1. 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.
2. 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.
3. 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.
4. 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.
5. 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.
6. 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/holiday-2018](http://www.lifetime60day.com/holiday-2018).

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





# APPENDIX

**LIFETIME**  
HEALTHY WAY OF LIFE

the  
**60day**

# 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
DATE:							

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 MEAL PLAN

Use this template to plan out your meals each week. It will help you stick to your program and map out your grocery needs.

	BREAKFAST	LUNCH	SNACK	DINNER	SNACK
SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					

# MY WEEKLY GROCERY LIST

Use this template to plan out your grocery needs each week. It will help you stick to your budget and save money on your grocery bill.

PRODUCE	PROTEIN	DAIRY
	FROZEN	CANNED + JARRED
DRY	SPICES	CONDIMENTS + OILS

# 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!

	<b>STRENGTH</b>	<b>CARDIO</b>	<b>STUDIO CLASS</b>	<b>ACTIVE RECOVERY</b>
<b>SUNDAY</b>				
<b>MONDAY</b>				
<b>TUESDAY</b>				
<b>WEDNESDAY</b>				
<b>THURSDAY</b>				
<b>FRIDAY</b>				
<b>SATURDAY</b>				

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