



60day
Challenge™

GET STARTED

LIFETIME[®]
HEALTHY WAY OF LIFE

ARE YOU READY?

Hey there. I'm Coach Anika and I started Life Time's Challenges back in 2010.

You've taken the plunge and signed up for the 60 Day Challenge—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 Challenge means a lot to me and I'm excited to help you achieve get back to you this fall. I can't wait to support you to hit your goals.

Good luck!



Coach Anika

TIPS FROM YOUR TEAM

Meet my 60-Day Transformation Team. I've assembled a crew of elite Personal Trainers and Registered Dietitians to be your support system over the next 60 days. You can access us via email at anytime, and we'll answer questions about your diet, fitness trends or workouts. We'll cheer you on, steer you in the right direction and keep you moving forward. We're here to help keep you accountable on your journey so you can get the results you want.



COACH ANIKA

"Write down why you're doing this – then share your why with friends & family."



COACH BECCA

"Plan your week – good habits don't just happen. They're priorities."



COACH SAM

"If you want to keep it simple and achieve results, break up with added sugar."



COACH PAUL

"Use to the 80/20 rule. Stick to your plan, but leave wiggle room."



COACH CLIFF

"Make resistance training a priority throughout your week."



COACH HANNA

"I always feel more motivated when I have a buddy to keep me accountable."



COACH DAN

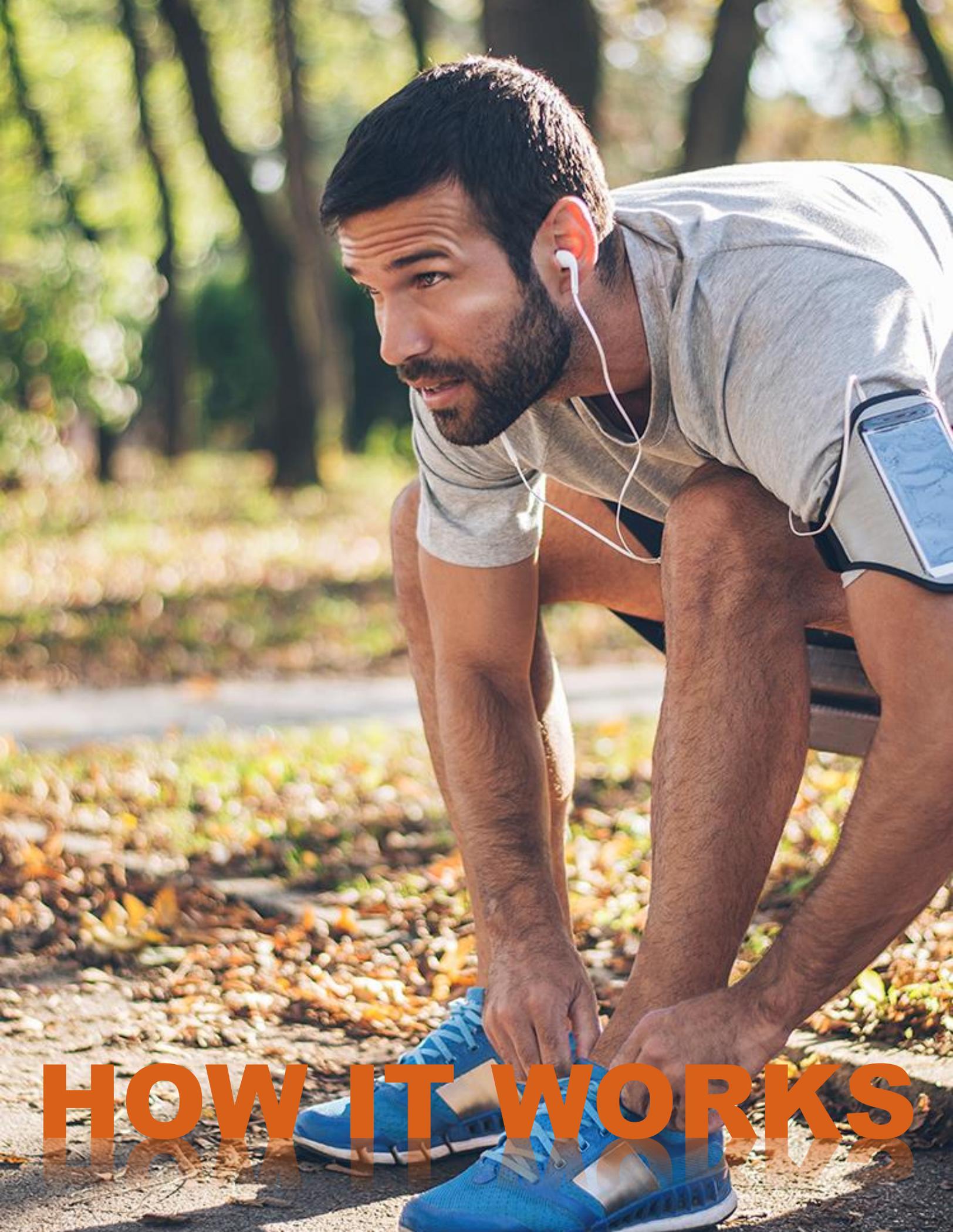
"Train smart – find out (& assess) what type of exercise is best for you."



COACH DAVID

"Add variety, have fun, & change-up your routine to keep your body guessing."

Get to know us at
www.lifetime60day.com/coaches



HOW IT WORKS

WHAT'S INCLUDED

WHAT IS IT?	WHEN IS IT AVAILABLE?	WHERE CAN I FIND IT?
30-minute goal setting session with a Personal Trainer	Weigh-In Weekend: August 12-14	In-Club
Exclusive discounts on select Life Time Training products and serves	Weigh-In Weekend: August 12-14	In-Club or Online Store
60 Day Challenge Swag Pack: Participant packet and bracelet	Weigh-In Weekend: August 12-14	In-Club
Weekly Try-It Tuesday fitness & nutrition classes	Tuesdays Club specific schedule	In-Club
Weekly weigh-ins	Before or after weekly Try-It Tuesday class	In-Club
Online leaderboard for motivation and accountability	Updates Wednesdays at 9:00am CST	lifetime60day.com
Unlimited access to online coaching with the 60-Day Transformation Team	Throughout the 60 Day Challenge	transformationteam@lifetimefitness.com
8-Week Transformation Program <ul style="list-style-type: none">Daily workoutOver 60 Transformation Team approved recipesWeekly coaching tips and videos	Throughout the 60 Day Challenge:	lifetime60day.com/this-week
Get Started Guide <ul style="list-style-type: none">Cardio and Strength Training guidesNutrition guideGrocery listSupplement GuideTransformation Team tips	Now!	lifetime60day.com/this-week

Learn more at
www.lifetime60day.com

YOUR TO-DO LIST

PRE-CHALLENGE

- Schedule your weigh-in
- Read through this guide to prepare for the Challenge
- Stock your fridge with healthy foods and clear out any food that doesn't fit into your program

WEIGH-IN WEEKEND

- 30-minute goal-setting session with a Personal Trainer
- Stock up of services and supplements
- Take three "before" photos

DURING THE CHALLENGE

- Weigh-in weekly and check the leaderboard
 - Attend Try-It Tuesdays
 - Complete the daily workout and check in daily for new content*
- *lifetime60day.com/this-week

POST-CHALLENGE

- Take three "after" photos
- Submit your photos and story
- Vote for the grand-prize winner October 23-25
- Watch the website November 1st as we announce all winners at 12:00pm CST

YOUR WEEKLY PROGRAM

As a member of the 60-Day Challenge, you receive a full 8-week Transformation 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 60 Day Challenge website, like recipes, motivational tips, past success stories and more. Here's what you can expect each day of the week:

	DAILY THEME	CONTENT	WORKOUT
SUNDAY	BATCH COOK	Recipe	Rest & Recovery
MONDAY	MOTIVATION	Video	Strength Training
TUESDAY	TEACH ME	Video	Cardio
WEDNESDAY	INSPIRATION	Success Story	Strength Training
THURSDAY	LEARN & BURN	Infographic	Cardio
FRIDAY	COOK WITH THE COACHES	Recipe	Strength Training
SATURDAY	SUPPLEMENTAL	Bonus!	Bonus!

Your daily program and workouts can be found at
www.lifetime60day.com/this-week

The website will be updated with new workouts and content every Sunday at 12:00am CST.

Learn more at
www.lifetime60day.com

FREQUENTLY ASKED QUESTIONS

1. When does the Challenge start?

The Challenge begins August 12-14 with Weigh-In Weekend, the official kick-off the 60-Day Challenge. It's the time when members complete an initial consultation with a Personal Trainer and do an official weigh-in. During this weekend only, exclusive discounts are available to participants.

2. What are the weigh-ins and why should I do them?

Lots of reasons! It gives you a starting place, provides accountability, allows you to assess changes and serves as a weekly progress tracker. Every time you weigh-in a Personal Trainer will enter the information into the Challenge system. When the leaderboard refreshes on Wednesdays, you'll be able to see how your change compares to others in the challenge as well!

3. Can I weigh myself in?

Nope—weigh-ins have to be completed with a Life Time Personal Trainer so that they can validate the information and enter it into the system.

4. What do the weigh-ins track?

For each weigh-in, we utilize a scale called the InBody. The InBody is able to calculate a wide range of objective measurements, like weight, lean body mass, percent body fat and even hydration. We use these scales because we understand pounds is only a small piece of the big picture. You can be making improvements in overall body composition even when your weight isn't changing!

5. What is the leaderboard and where do I find it?

The leaderboard displays overall rank based on percent change in weight (for the weight loss category) or percent change in body fat percentage (for the transformation category). It is provided to show how you compare to others in regard to your percent change. It does NOT indicate winners or finalists. The leaderboard only refreshes on Wednesdays, so don't worry if it doesn't show your most recent weigh-in right away. You can find the weight loss leaderboard [here](#) and the transformation leaderboard [here](#).

6. What is the 60-Day Transformation Team?

The 60-Day Transformation Team is a group of eight Registered Dietitians and/or Personal Trainers that bring more than 40 years of combined experience and thousands of tips and ideas to the Challenge. Think of them as your own personal cheering squad when you're not at the club. Each week, the Transformation Team will be serving up weekly articles, tips, recipes, videos and more via email. You can email the team at anytime - No question is off limits! They will typically respond within 3-4 business days. You can reach the Transformation Team at transformationteam@lifetimefitness.com.

Still have questions? See all FAQ's at

www.lifetime60day.com/frequently-asked-questions

FREQUENTLY ASKED QUESTIONS

7. What are Try-It Tuesdays?

Try-It Tuesday events are free classes that take place each Tuesday during the 60-Day Challenge. Most clubs offer an AM and PM event time in order to accommodate various schedules. These events range from different fitness classes (i.e. dumbbell training, group fitness classes, Pilates), to nutrition seminars (the real secret to weight loss!), and even show-case our metabolic assessments. These are a great way to learn tips from our fitness professionals and meet fellow Challenge participants. See your club's Try-It Tuesday schedule [here](#).

8. What if I miss a Try-It Tuesday?

No problem! We always post the participant guide each Wednesday after the event, so even if you can't make it to the actual class, you can still get the information. Try-It Tuesday participants guides will be posted [here](#) each week.

9. How do I access the daily workouts?

Once the Challenge starts, you'll find your daily workout by visiting the "This Week" page on our website. From there, select the day of the week and it will display your workouts along with an additional piece of content - curated specifically for this program - by the Transformation Team! Access your weekly program here: www.lifetime60day.com/this-week.

10. How do I access the recipes, exercises and tips from the coaches?

All of the additional resources are available on the primary program page, www.lifetime60day.com/this-week. There you can see what's featured as the weekly content, and also select from the "Quick Links" area if you'd like to go directly to a page.

11. How can I win the grand-prize?

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

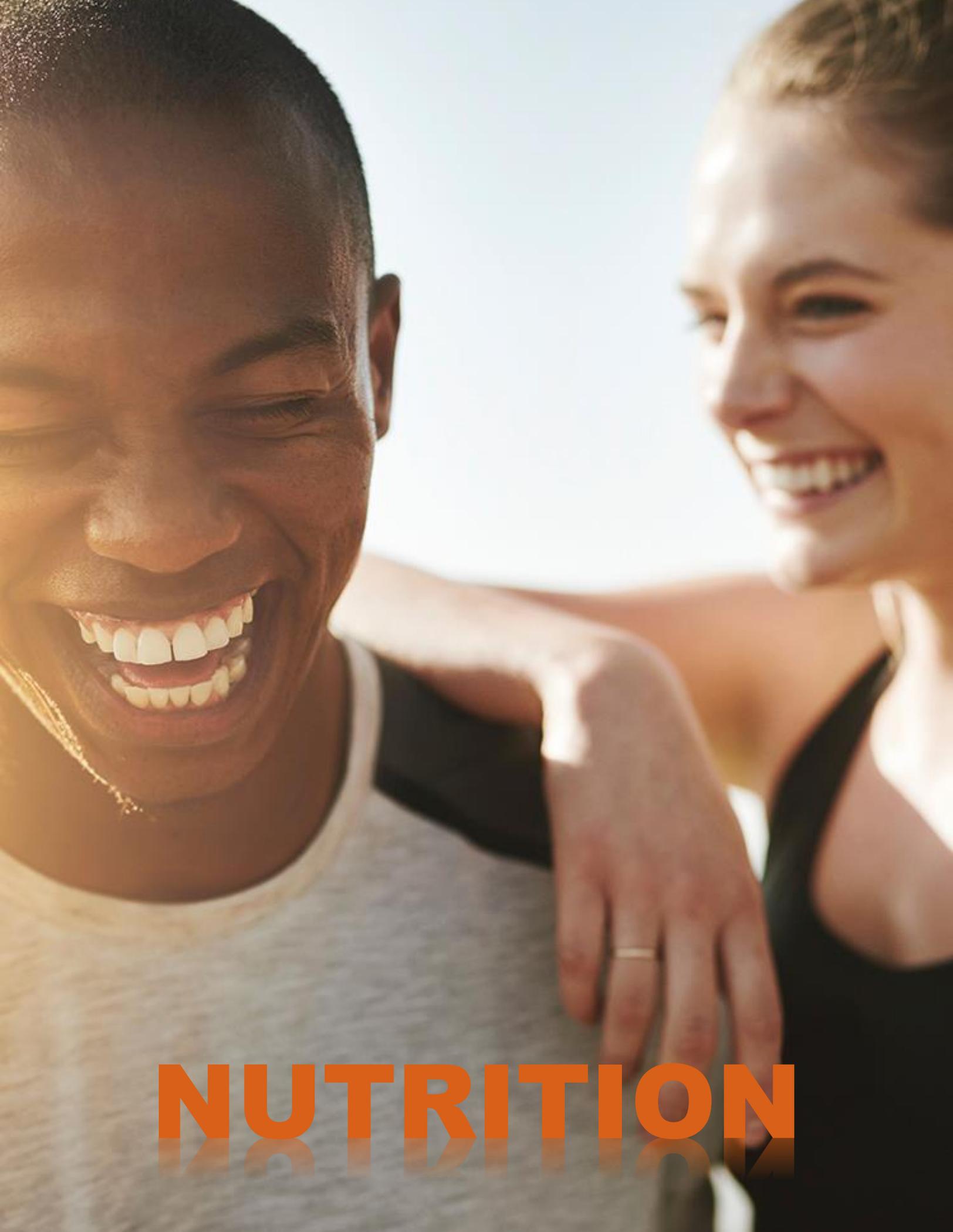
- a) Weigh-in with a Personal Trainer August 12-25.
- b) Weigh-out with a Personal Trainer October 2-7.
- c) Submit your 3 "before" photos, 3 "after" photos, and a personal essay/success story between October 2-9, by 9:00pm CST.

12. How are the winners chosen?

A corporate committee reviews each entry and selects the top 3 within each category. 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 3 in each category 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%). The grand prize is valued at \$10,000 (\$5,000 and a \$5,000 prize pack).

Still have questions? See all FAQ's at

www.lifetime60day.com/frequently-asked-questions



NUTRITION

FAT LOSS TIPS: NUTRITION

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 3 liters 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.

Learn more at
www.lifetime60day.com

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. The healthy way of eating is a lifestyle, not a fad diet or the latest nutrition craze. 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 diet would 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

Eat protein with every meal

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

PROTEIN

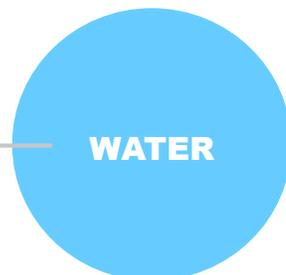
FRUITS & STARCHES

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.



WATER

Learn more at

www.lifetime60day.com

GROCERY SHOPPING LIST

Produce (Vegetables & Fruit)

Choose a variety of colors and organic produce

- | Red | Orange & Yellow | Green | | White |
|---------------------------------------|---|--------------------------------------|-----------------------------------|--------------------------------------|
| <input type="checkbox"/> Apples | <input type="checkbox"/> Apples | <input type="checkbox"/> Apples | <input type="checkbox"/> Melon | <input type="checkbox"/> Bananas |
| <input type="checkbox"/> Beets | <input type="checkbox"/> Apricots | <input type="checkbox"/> Artichokes | <input type="checkbox"/> Kale | <input type="checkbox"/> Cauliflower |
| <input type="checkbox"/> Cabbage | <input type="checkbox"/> Cantaloupe | <input type="checkbox"/> Asparagus | <input type="checkbox"/> Kiwi | <input type="checkbox"/> Coconuts |
| <input type="checkbox"/> Cherries | <input type="checkbox"/> Carrots | <input type="checkbox"/> Avocado | <input type="checkbox"/> Lettuce | <input type="checkbox"/> Fennel |
| <input type="checkbox"/> Cranberries | <input type="checkbox"/> Corn | <input type="checkbox"/> Broccoli | <input type="checkbox"/> Limes | <input type="checkbox"/> Garlic |
| <input type="checkbox"/> Grapes | <input type="checkbox"/> Lemons | <input type="checkbox"/> Brussels | <input type="checkbox"/> Peas | <input type="checkbox"/> Jicama |
| <input type="checkbox"/> Peppers | <input type="checkbox"/> Mangoes | <input type="checkbox"/> Sprouts | <input type="checkbox"/> Peppers | <input type="checkbox"/> Leeks |
| <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Nectarines | <input type="checkbox"/> Cabbage | <input type="checkbox"/> Spinach | <input type="checkbox"/> Mushrooms |
| <input type="checkbox"/> Pomegranate | <input type="checkbox"/> Oranges | <input type="checkbox"/> Celery | <input type="checkbox"/> Zucchini | <input type="checkbox"/> Onions |
| <input type="checkbox"/> Radishes | <input type="checkbox"/> Papayas | <input type="checkbox"/> Collard | | <input type="checkbox"/> Parsnips |
| <input type="checkbox"/> Raspberries | <input type="checkbox"/> Peaches | <input type="checkbox"/> Greens | | <input type="checkbox"/> Shallots |
| <input type="checkbox"/> Rhubarb | <input type="checkbox"/> Pears | <input type="checkbox"/> Cucumbers | | <input type="checkbox"/> Turnips |
| <input type="checkbox"/> Strawberries | <input type="checkbox"/> Peppers | <input type="checkbox"/> Grapes | | |
| <input type="checkbox"/> Tomatoes | <input type="checkbox"/> Persimmons | <input type="checkbox"/> Green Beans | | |
| <input type="checkbox"/> Watermelon | <input type="checkbox"/> Pineapple | <input type="checkbox"/> Green | | |
| | <input type="checkbox"/> Pumpkin | <input type="checkbox"/> Onions | | |
| | <input type="checkbox"/> Rutabagas | | | |
| | <input type="checkbox"/> Squash | | | |
| | <input type="checkbox"/> Sweet Potatoes | | | |
| | <input type="checkbox"/> Tangerines | | | |
- Blue & Purple**
- Blackberries
 - Blueberries
 - Eggplant
 - Figs
 - Grapes

Pantry (Nuts, Seeds & Oils)

- | Nuts & Seeds | | Fats & Oils | | Nut Butters |
|--------------------------------------|--|--|-------------------------------------|------------------------------------|
| <input type="checkbox"/> Almonds | <input type="checkbox"/> Pistachios | <input type="checkbox"/> Almond Oil | <input type="checkbox"/> Macadamia | <input type="checkbox"/> Almond |
| <input type="checkbox"/> Brazil Nuts | <input type="checkbox"/> Pumpkin Seeds | <input type="checkbox"/> Avocado Oil | <input type="checkbox"/> Nut Oil | <input type="checkbox"/> Butter |
| <input type="checkbox"/> Cashews | <input type="checkbox"/> Sesame Seeds | <input type="checkbox"/> Coconut Oil | <input type="checkbox"/> Red Palm | <input type="checkbox"/> Cashew |
| <input type="checkbox"/> Hazelnuts | <input type="checkbox"/> Sunflower Seeds | <input type="checkbox"/> Extra Virgin | <input type="checkbox"/> Oil | <input type="checkbox"/> Butter |
| <input type="checkbox"/> Macadamia | <input type="checkbox"/> Walnuts | <input type="checkbox"/> Olive Oil | <input type="checkbox"/> Sesame Oil | <input type="checkbox"/> Sunflower |
| <input type="checkbox"/> Nuts | | <input type="checkbox"/> Flax Seed Oil | | <input type="checkbox"/> Butter |
| <input type="checkbox"/> Peanuts | | <input type="checkbox"/> Hemp Seed | | <input type="checkbox"/> Peanut |
| <input type="checkbox"/> Pecans | | <input type="checkbox"/> Oil | | <input type="checkbox"/> Butter |

Learn more at

www.lifetime60day.com

GROCERY SHOPPING LIST

Protein (Meats & Dairy)

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

Fish

- Albacore Tuna
- Cod
- Halibut
- Lobster
- Orange Roughy
- 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
- 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
- Round Steak
- 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

Gluten-Free

- Amaranth
- Basmati Rice
- Black Beans
- Brown Rice
- Buckwheat
- Chickpeas
- Coconut Flour
- Corn
- Corn Meal
- Lentils
- Millet
- Oats (Gluten-Free)

Gluten-Containing

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

Dried Fruit

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

Canned or Jarred

- Applesauce
- Black Beans
- Cranberries
- Chickpeas
- Kidney Beans
- Lentils
- Marinara Sauce
- Olives
- Pumpkin
- Tomatoes
- White Beans

Learn more at

www.lifetime60day.com

RECIPE SNEAK PEAK



CHOCO-NUT BUTTER SHAKE

Makes 1 Serving | Prep time: 5 minutes | Cook time: 0 minutes

Nutritional Info | Calories: 405 | Protein: 39 | Fat: 18 | Carbs: 26

Shake, Breakfast

INGREDIENTS

- ½ cup full-fat Greek yogurt
- ¼ cup oatmeal
- 1 tablespoon nut-butter
- 1 scoop Life Time Fitness vanilla grass-fed whey protein powder
- 1 scoop Double Chocolate Life Greens
- 1 tsp cocoa powder
- 8 oz. water

DIRECTIONS

1. Blend and enjoy!

See more recipes at

www.lifetime60day.com/recipes

RECIPE SNEAK PEAK



SWEET POTATO, EGG AND SAUSAGE HASH

Makes 2 Servings | Prep time: 10 minutes | Cook time: 25-30 minutes

Nutritional Info | Cals: 292 | P: 23 | C: 17 | F: 14

Breakfast

INGREDIENTS

- 1 medium sweet potato, julienned
- 4 eggs
- 4 breakfast sausage links
- 1 bell pepper, diced
- ¼ cup red onion, diced
- 1 Tbsp. coconut oil
- Salt and pepper, to taste

DIRECTIONS

1. Set oven to broil. Place cast iron pan on medium heat and melt coconut oil.
2. Add bell pepper and onion to pan and sauté for about 5 minutes, until cooked. Add breakfast sausage and sauté another 5-8 minutes until browned.
3. Add sweet potato and cook for about 8-10 minutes, until softened.
4. Carefully so that the eggs stay intact, crack each egg so that they are evenly distributed and so that they rest on top of the vegetables.
5. Move pan to the oven and let cook for 2-3 minutes, until eggs are cooked to your desired consistency.
6. Remove from oven, and top with salt and pepper.

See more recipes at

www.lifetime60day.com/recipes

RECIPE SNEAK PEAK



ROASTED CHICKPEAS

Makes 3 Servings | Prep time: 5 minutes | Cook time: 30 minutes

Nutritional Info | Calories: 185 | Protein: 7 | Fat: 6 | Carbs: 26

Side, Snack

INGREDIENTS

- 1 15oz can of chickpeas (garbanzo beans)
- 1 Tbsp. olive oil
- Sea salt, to taste
- 2 tsp. of spice mixture (chili, seasoned salt, garlic salt, etc...)

DIRECTIONS

1. Preheat oven to 400 F.
2. Drain and rinse chickpeas and pat dry. Toss with oil, sea salt and spices.
3. Place chickpeas on a cooking sheet and bake for about 30 minutes, until crispy. While baking, shake baking sheet to avoid burning

See more recipes at
www.lifetime60day.com/recipes

RECIPE SNEAK PEAK



SALTED ALMOND NICE CREAM

Makes 3 Serving | Prep time: 5 minutes | Cook time: 5 minutes

Nutritional Info | Calories: 205 | Protein: 6 | Fat: 25 | Carbs: 12

Dessert

INGREDIENTS

- 2 peeled, frozen bananas
- 2 Tbsp. unsalted almond butter (or nut butter of choice)
- ¼ cup chopped almonds (raw, unroasted)
- 1 tsp. salt (course is best)
- 1 tsp. vanilla extract

DIRECTIONS

1. Chop each frozen banana into 4-6 smaller pieces. Place a food processor or blender and blend on low to medium speed until smooth and creamy.
2. Add nut butter, vanilla and salt, and blend until thoroughly mixed.
3. Top with chopped almonds and enjoy!

See more recipes at

www.lifetime60day.com/recipes

NEW THIS CHALLENGE



DRY RUB CHICKEN WINGS

Makes 8 Servings | Prep time: 60 minutes | Cook time: 60 minutes

Nutritional Info | Calories: 265 | Protein: 21 | Fat: 20 | Carbs: 0

Snack, Entree

INGREDIENTS

- 2 lb. chicken wings
- 1 ½ Tbsp. Old Bay seasoning
- 1 Tbsp. olive oil

DIRECTIONS

1. Place all ingredients in a large, 1 gallon plastic bag and add seasoning and olive oil. Shake until chicken is thoroughly coated. Let sit for at least 1 hour, but the longer the better.
2. Preheat oven to 400 F. Place a wire rack on a large baking sheet and spread chicken wings out on a single layer. You may need 2 baking sheets and wire racks.
3. Bake wings for 30 minutes, then flip and continue to bake for another 25-30, until skin is crispy.

See more recipes at

www.lifetime60day.com/recipes

NEW THIS CHALLENGE



BLENDED COFFEE

Makes 1 Serving | Prep time: 5 minutes | Cook time: 0 minutes

Nutritional Info | Calories: 145 | Protein: 11 | Fat: 8 | Carbs: 6

Shake

INGREDIENTS

- ½ scoop Double Chocolate or Mocha LifeGreens
- ½ serving protein powder
- ½ Tbsp. coconut oil
- 1 cup hot coffee

DIRECTIONS

1. Place all ingredients in a blender, blend, and enjoy!

See more recipes at

www.lifetime60day.com/recipes

SUPPLEMENT GUIDE

While proper nutrition should be your first priority when trying to achieve your health and fitness goals, even a perfect diet may be shorting you on key nutrients. This is where quality nutritional supplements can be a quick and easy way to fill the gaps in your diet – helping you optimize your fat loss.

FOUNDATIONAL

Protein

Eating protein can improve your metabolism, increase satiety throughout the day, stabilize blood sugars, maintain lean body mass and more! In short, getting enough protein is critical in a healthy diet. It can be difficult to get adequate amounts of protein in our diet, so a quick and easy way to get a boost is through supplementation. Add a protein powder to your pantry and you'll be one step closer to achieving your goals!

[BUY HERE](#)



Fish Oil

Omega-3s are vital for how your body functions and feels overall. They dampen inflammation in the body as well as support your skin, nails, hair, eyes and heart—just to name a few benefits! Supplementing with omega-3s is necessary because we don't consume foods high in them on a daily basis (e.g., grass-fed beef, walnuts and fatty fish). Likewise, we instead overconsume the pro-inflammatory fats - omega-6s and -9s (e.g., nuts, seeds, oils). Most individuals should start at 2,000mg of EPA/DHA each day, which can be achieved by adding a fish oil supplement into your diet.

[BUY HERE](#)



Multivitamin

A multivitamin is a supplement beginner's most essential product! Vitamins and minerals are absolutely essential to each metabolic process in our bodies, and if we are lacking it can lead to nutrient deficiencies that can cause ongoing metabolic dysfunction (aka make it harder for our bodies to burn fat). If you're an active exerciser, under stress or on medication, you can assume your need for many vitamins and minerals is even higher. Be sure to add a high-quality multivitamin to your repertoire to give your body the essential nutrients it needs to function at maximum capacity!

[BUY HERE](#)



Learn more at
www.lifetime60day.com

SUPPLEMENT GUIDE

TRANSFORMATION

StrengthStack™

This product is a powerful duo of pre- and post-workout supplements: PreWorkout Complex and BCAA Recovery. They're formulated to complement one another in helping boost your workouts and enhance your recovery. Use together to boost amino acids, vitamins and bioactive ingredients to help increase strength, power, endurance and mental focus. The BCAA Recovery also aids in recovery and muscle soreness, and support joint, tendon and cellular health.

[BUY HERE](#)



Creatine Monohydrate

Creatine monohydrate has been shown to help increase lean body mass, muscular strength, brain function and cardiovascular ability. It is naturally produced in the body from other amino acids, but exercise or muscle damage may increase the need for creatine stores. Supplementing is not primarily for body-builders and athletes as once thought, but may also benefit anyone looking to enhance their power, speed, strength and lean body mass.

[BUY HERE](#)



WEIGHT LOSS

D.TOX™ detoxification program kit

Whether you're looking to lose weight, improve energy, or help digestion and overall health, this kit will help reset your metabolism and clear your body of toxins you've been accumulating from food, water, personal care products, and the environment. The D.TOX kit contains two products used to make daily shakes (chocolate or vanilla) that complement a whole-foods nutrition plan of approved foods, and provide the key nutrients to help support your body's natural detoxification system.

[BUY HERE](#)



Restore Lean Complex

Adequate repair and recovery is imperative to our overall health, hormone regulation and production, and weight. Ample, quality sleep is critical during weight loss efforts, and is often the missing link during a health and fitness journey. Restore Lean Complex promotes restful sleep by increasing REM sleep, and helps the body attain an optimal state for muscle recovery and growth.

[BUY HERE](#)



Learn more at
www.lifetime60day.com



EXERCISE
EVERDAYS

FAT LOSS TIPS: EXERCISE

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 **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.

Learn more at
www.lifetime60day.com

STRENGTH TRAINING

Strength training is critical for weight loss, so don't be dissuaded by the notion that only people who want to "get jacked" need to do 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 60-Day Transformation Program [here](#) throughout the Challenge for progressive workouts you can follow each week!

DEFINITIONS

Sets

The number of times you will repeat an exercise before moving on to the next one.

Reps

The number of repetitions you complete per exercise.

Rest

The amount of time taken between each set. This time is utilized to rehydrate, replenish energy stores, and bring your heart rate back down to prepare for the next set.

Superset

This is when exercises are paired back to back without rest in between.

ADJUSTING THE PROGRAM

When to Progress

If you can exceed the number of reps for all of the prescribed sets, increase weight the following week. .

How to Progress

When progressing upper body exercises, increase the load 2.5-5 lbs. For lower body exercises, increase the load by 5-10 lbs..

When to Regress

If you are experiencing extended soreness, decreased appetite, or poor sleep, consider regressing the program.

How to Regress

Decrease the amount of sets you complete on each lifting day or consult with a Fitness Professional to further customize your program.

Learn more at
www.lifetime60day.com

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.

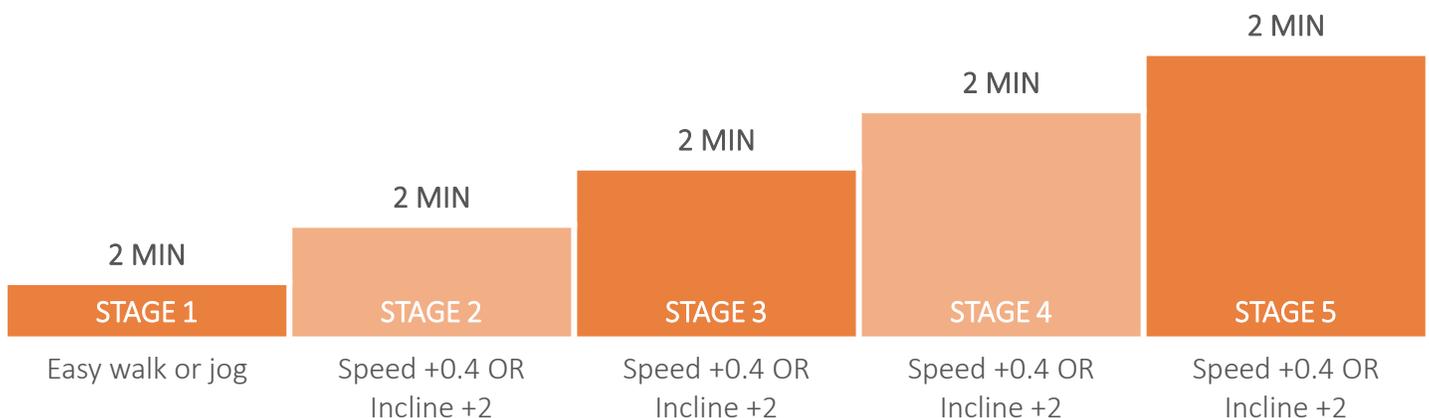
Zone 3: Breathing feels heavy and you are working hard.

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.

METABOLIC WARM-UP

Completing a metabolic warm-up before any workout (cardio OR strength training) can double the amount of fat your burn during your workout. You read that right - double! So be sure to include time for at least an 8-10 minute warm-up each day. The chart below shows what this warm-up should look like.



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FOUNDATIONAL MOVEMENTS

Foundational movement patterns are the core patterns that are important for an effective fitness plan. We will include these movements in each daily workout.



SQUAT

Plant both feet on the ground, then bend hips and knees simultaneously to lower your body.



PUSH

Push external weight away from your body, or push your own body away from the ground.



LUNGE

Single-leg movement where weight is transferred from one foot to the other.



PULL

Pull weight toward your body, or pull your own body toward an object.



HINGE

Bend your body in half by hinging at your hips.



ROTATE

Rotate your trunk from your shoulders to your hips.

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

*Regular = Lower zone limit; **Bold** = Upper zone limit

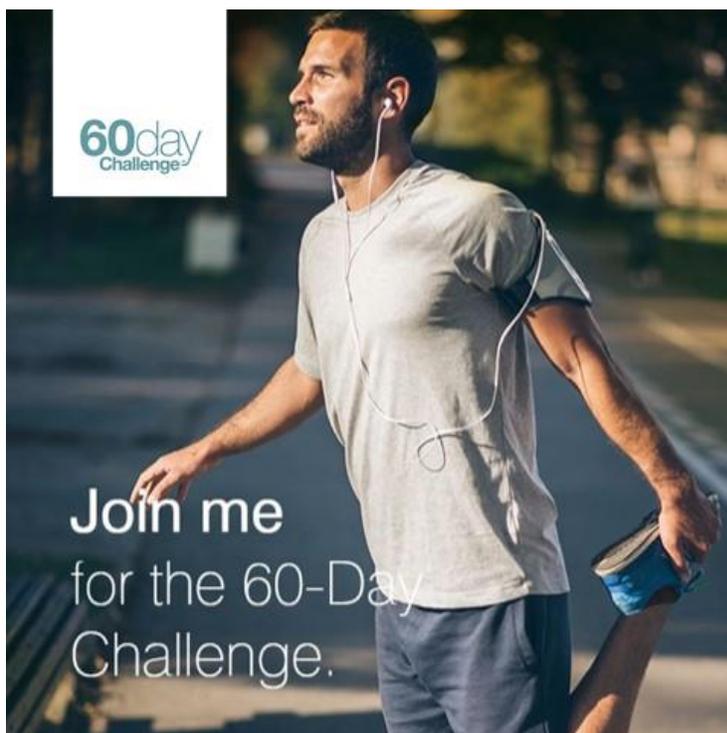
ZONE 5	132	138	143	149	154	160	165	171	176	182	187	193	198	204	209
ZONE 4	121	126	131	136	141	146	151	156	161	166	171	176	181	186	191
A.T.	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190
ZONE 3	108	113	117	122	126	131	135	140	144	149	153	158	162	167	171
ZONE 2	84	88	91	95	98	102	105	109	112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

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READY TO ACCEPT THE CHALLENGE?

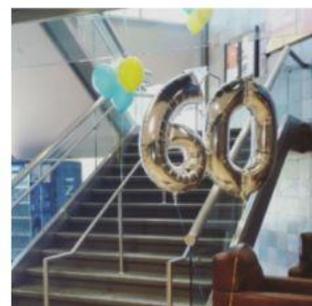
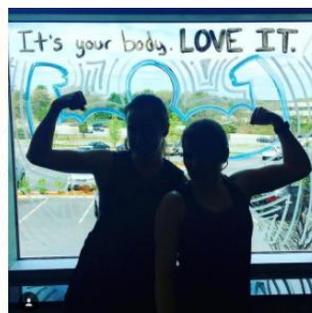
Screenshot and share one of the images the below on your social media channels to show us that YOU'RE IN!

Tag your photos with #LT60DayChallenge for a chance to be featured on our Instagram page!



PLUS, FOLLOW US ON INSTAGRAM [@LIFETIME.WEIGHTLOSS](https://www.instagram.com/LIFETIME.WEIGHTLOSS)

**A LITTLE
PROGRESS
EACH DAY
ADDS UP TO
BIG RESULTS**



Learn more at
www.lifetime60day.com

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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. Average pounds lost (Weight Loss) and percentage change in body fat (Transformation) for participants with at least two weigh-ins or composition tests for the Spring 60-Day Challenge were 10 lb. and 3.5% in total body fat. See Official Rules at www.lifetime60day.com/rules for details and prize information. All amounts are in USD.

Leaderboard rank does not determine the winner. You are not guaranteed a finalist position by leaderboard alone. Percentages account for 30% of your score for the Transformation category and 60% of your score for the Weight Loss category. See www.lifetime60day.com/rules for more information.

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