

DAY FOUR OF JOEY'S 30 DAY CHALLENGE

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It's Day Four and more great challenges lie ahead to help you examine different areas of your life to look for ways you can continue to grow and change.

Todays cardio looks daunting at first glance but is so fun and so rewarding. You will feel like a million bucks at the end of it - i promise. And don't forget to stretch after your cardio workout today.

The nutritional challenge has you looking at cravings and drinking more water and the mind/body challenge offers peace of mind, and guides you into understanding the health advantages for just having a little more faith and hope

If you've managed to meet all the previous challenges, you are amazing and am sure so ready for today, so... Let's get started!.

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TODAYS CHECKLIST / LOG SHEET

Date_____

Exercise Challenges: _____ YES _____ NO

Crunches x 300

45 Second Sprints x8

Flexibility Challenges: _____ YES _____ NO

Stretch after Sprints

Balancing Stick

Nutritional Challenges: _____ YES _____ NO

Explore Cravings

Drink Water

Mind/Body Challenges: _____ YES _____ NO

Gratitude List

To Do & Done Lists

Record your workouts _____ YES _____ NO

and meals in your

journal

If you did complete all the assignments, write down what you found the most challenging and why:

List any other tasks you'd like to accomplish in addition to or instead of the challenges listed above:

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DAY FOUR EXERCISE CHALLENGE

Today you have 2 challenges:

Challenge 1: Complete 300 Crunches (100 of each)

The bicycle crunch A great routine to uptight your abs is the bicycle crunch. This routine is recommended to many fitness enthusiasts because it can practically achieve twice the result of a regular crunch. To start the routine, bear in mind that in order to attain a more desirable result you need to keep your bicycle crunch moderate or slow. This means that as you perform the routine, you have to use both your upper abs and lower abs. Start by extending one leg and keeping the other leg in a bent position. Have each opposite elbow touch the bent leg like a twisting crunch. Without dropping or resting your torso, try to perform the same routine on the other side. Complete 100 - take breaks whenever needed.

The decline crunch Most of the fitness centers have a decline sit up board or you can make a decline board on your own provided you keep it stable. Just like the traditional crunch, what you need to do here is to perform crunches but only that you do the crunches in a decline position. Most of the declines are adjustable particularly those in the gyms and the degree of the decline also determines the degree of difficulty such that you have to adjust it yourself to determine which height you want to work with. In this routine, one may opt to do a sit up or a crunch but the crunch is more challenging. Then if you are not satisfied with just a crunch, add up some weight on your chest. Complete 100 - take breaks whenever needed.

Any crunch variation of your choice - complete 100!

Challenge 2: Complete 8 x 45 second sprints with just 1 minute and 15 seconds recovery time.

The idea is to push you to your limit for 45 short seconds and then take a recovery. The principal behind todays challenge is to get your heart rate to rocket so high and then come right back down, ensuring your body is working super hard to bring your heart rate back down and as soon as it has you burst into your next sprint, meaning that even when you are in recovery your body is burning away those calories like n incinerator. This is also great conditioning for your cardio fitness, creating new boundaries for your body and making it much easier to run when you go on your next regular run. Ideally to be done on a treadmill so you can log your speeds and keep track of your time more easily. Each sprint ideally wants to be the same or better than the previous - whatever your body will permit.

As a guide my beginners want to be hitting those 7's or 8's mph speeds, Intermediate runners should be aiming for a 9, 10 or 10.5 mph speeds, and my Advanced 10's, 11's, 12's and maybe even 13's for some of you.

Does not matter what fitness level you are at today - you can and should complete all 8 sprints - be positive and be determined and just do your best - thats all that matters !



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Day Four Nutrition Challenge

Challenge 1: Explore your cravings.

Each time you have a craving today, get out your journal and write down what you're craving. Then ask yourself if you're really hungry, or could there be something else going on? The list below details just a few reasons we feel cravings, even when we're not hungry. Go through the list and write down anything that may be contributing to the craving:

- **Being thirsty.** Often, dehydration can make you feel hungry even when you're not.
- **Being tired.** The afternoon slump happens to all of us and it's normal to crave something sugary at that time of day.
- **Boredom.** Being bored is one of the number one reasons many of us eat, even when we're not hungry.
- **Stress and anxiety.** For some people, stress and anxiety can send them right to those comfort foods to help them calm down and feel better.

What else could be contributing to your cravings besides hunger? Become aware of your cravings - when they happen, what you crave and what's really going on. That awareness will help you learn how to deal with the issues instead of giving in to your cravings.

Challenge 2: Drink 8 glasses of water today

By now, I feel you know the importance of drinking water and staying hydrated. So irrelevant to whether being really thirsty or not, Whenever you have a spare minute like during the commercial break of your television show, or during your breaks at work or school



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Day Four Flexibility Challenge

Stretch: Balancing Stick Pose

The balancing stick pose, or Tuladandasana, is the seventh posture in the sequence for Bikram Yoga. It is believed to increase your circulation while unclogging the arteries of the body and preventing cardiac troubles in the future. The balancing stick pose is a great posture to strengthen the legs and relieve stress from the spine. Much like other Bikram postures, the balancing stick can be integrated into almost any yoga practice. Hold for 30 seconds each leg and repeat twice.

Its like a natural human tug of war – stretching and reaching simultaneously. Both knees are locked and the elbows are with the ears. The focus is four feet in front.

- Stretches the entire length of the spine
- Exercises pancreas, liver, spleen and nervous systems
- Reduces symptoms of asthma
- Perfects control and balance
- Improve physical, psychological, and mental strength
- Strengthens the heart muscle
- Strengthens and firms arms, hips, abdomen, buttocks and upper thighs
- Stretches capacity of the lungs
- Corrects poor posture
- Helps tennis elbow and varicose veins



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Meditation/Relaxation

Challenge 1: Upon Awakening today I would like you to Write a list of things you are grateful for. Aim for around 10.

However this list can be as short or as long as you like and should consist of anything that you are genuinely grateful for in your life today that when you think of it, it makes your heart smile. Don't make it complicated either - make it fun and remember this list is just for you - no-one else will see it. An example of things I am grateful for today are: My family, my dog max, living in California, music, goggles so that i can swim, nice clothes, the beach, my phone, my laptop, electricity, m cafe, starbucks, skype ... (and my list could go on forever, and so could yours - it just takes practice) and before you know it you will come to recognize all the blessings in your life. We all really do have so many - even on our bad days !

The purpose of this task is to set your mind into thinking about positive things, our lives tend to generate more of the things we think about - so positive thoughts and gratitude will ensure more of the stuff you love continues to come your way. The power of thought is incredible in our lives. Our minds are so powerful - If we think we cant do something - we more than likely cant !

If we think we are gonna get sick - we more than likely will, So i want you to go about your day today with a sense of faith and hope that your life is going to be great and that no matter what obstacles life may throw at you today, the test will be to not lose faith. This ones a hard one if youve never done it - but well worth it. Good Luck :0)

Challenge 2: Before you go to bed, take five minutes and write down at least 5 things you accomplished today and at least 5 things you'd like to accomplish tomorrow.

You can also use this time to write down anything you're worried about, make a to-do list or anything else that will help you prepare yourself for the coming day, allowing you to fully relax and sleep knowing everything's under control.



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Daily Log

How'd you do with your challenges today? Use the checklist to cross off everything you accomplished or make notes on what you didn't accomplish and why. You can also use the checklist to make substitutions for any challenges that didn't work for you and even create more challenges for yourself.

