

## DAY SIX OF JOEY'S 30 DAY CHALLENGE



Day Six, And today's challenges are the just the beginning of your new week. I hope you had an active weekend, filled with laughter and fun and that you managed to take some of what you had learnt throughout the week into the weekend with you. Today is super special, purely because six is my lucky number. Sending you all my luck - Enjoy !

## DAY SIX OF JOEY'S 30 DAY CHALLENGE

### TODAYS CHECKLIST / LOG SHEET

Date \_\_\_\_\_

**Exercise Challenges:** \_\_\_\_\_ YES \_\_\_\_\_ NO

10 Mins on Exercise Ball

Dumbbell Routine

**Flexibility Challenges:** \_\_\_\_\_ YES \_\_\_\_\_ NO

18 stretches from sheet

**Nutritional Challenges:** \_\_\_\_\_ YES \_\_\_\_\_ NO

Pick 6 Foods to Eat

Hot or Cold Green Tea

Hot Water with Lemon

**Mind/Body Challenges:** \_\_\_\_\_ YES \_\_\_\_\_ NO

10 Minute Meditation

Gratitude List Again (20!)

**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 SIX EXERCISE CHALLENGE

### Challenge 1: Sit on an exercise ball for at least 10 minutes today.

You can do this while working, watching TV, reading, etc. If you don't have an exercise ball, spend 10 minutes standing rather than sitting at some point during the day.

### Challenge 2: Weights

Either 5lb, 8lb, 10lb, 12lb or 15lbs depending on your fitness level - if you know me well enough yet you know I am going to discourage you from going for the lighter weights. Ladies in particular - you do not have to worry - i promise you - you will not bulk up by picking the heavier weights! You will gain more definition and get to your goals quicker. That being said pick weights where you do not lose form.

### Dumbbell Curls 3 sets of 25

Dumbbell Curls primarily target the biceps with a secondary emphasis on the forearm muscles and the biceps brachialis. The correct way to perform them is the following:

1. Hold a dumbbell on each hand, with your palms up.
2. Stand tall with your back straight.
3. Start the exercise with the dumbbells at arm's length and resting against your upper thighs.
4. Curl the dumbbells in a semicircular motion until your forearms touch your biceps.
5. Keep your upper arms close to your sides.
6. Reverse the motion and lower to the starting position.
7. Don't move your torso back and forth to help lift the weight. This not only takes tension off the biceps, but it can also hurt your lower back.

### Overhead Triceps Extensions 3 sets of 25

Overhead Triceps Extensions primarily target the triceps with a secondary emphasis on the forearm muscles. The correct way to perform them is the following:

1. Grasp a dumbbell with both hand and hold it overhead at arm's length. The dumbbell's top plate should be resting in the palms of your hands with your thumbs around the bar.
2. Stand tall, Keep your upper arms close to your head.
4. Lower the dumbbell in a semicircular motion behind your head until your forearms touch your biceps.
5. Go back to the starting position and repeat.
6. Ensure that the weights in the dumbbell are properly adjusted and secured in order to avoid an accident

### Squats 3 sets of 25

Squats primarily target the quadriceps (thighs) with a secondary emphasis on the hamstring (back of the legs) muscles. The correct way to perform them is the following:

1. Place your feet about hip width apart.
2. Stand straight while holding the dumbbells at your side.
3. Keep your head up, your back straight and the majority of your weight on your heels.
4. Inhale as you squat until your thighs are parallel to floor or lower. Avoid bringing your torso forward as you come down. Keep your back as straight as possible throughout the movement.
5. Your knees should be directed slightly outward in the low position.
6. Exhale as you return to the starting position.

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### **Pushups 3 sets of 25**

The first exercise is pushups. Pushups target primarily the chest. It also indirectly involves the shoulders and the triceps. The correct way to perform them is the following:

1. Place your hands about 36 inches apart on either the floor (or the wall).
2. Lower yourself until your chest almost touches the floor (or the wall).
3. Press your upper body back up to the starting position. (Note: If you are performing pushups using the wall, place your feet at a distance greater than your arms length when they are extended).

### **One Arm Dumbbell Rows 2 sets of 25 (each side)**

One Arm Dumbbell Rows primarily target the back muscles with a secondary emphasis on the rear deltoids. The correct way to perform them is the following:

1. Pick up the dumbbell, palm in (facing your torso), and hold it about six inches off the floor. Your torso should be bent Parallel to the floor; keep your back straight.
2. Pull the dumbbell straight up to the side of your chest, keeping your upper arm close to your side.
3. Lower the dumbbell straight down to the starting position.

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### Day Four Nutrition Challenge

**Challenge 1:** Six being my lucky number and all, I want you to pick at least Six of the following foods to incorporate into your meal plan today - Its that simple - pick from these super charged foods that are so great for your body. (If you see a few things on here that you eat frequently - I would prefer for you to pick the items you haven't had in a long while or perhaps never tried)

Cottage Cheese, Plain Yoghurt, Oatmeal, Macha, Almond Butter,  
Blueberries, Pomegranate, Strawberries, Kiwi, Apple  
Black Cod, Salmon, Tuna, Brown Rice,  
Asparagus, Sweet Potato, Celery, Kale, Lentils, Spinach,  
Cottage Cheese, Plain Yoghurt, Macha, Flaxseeds



### Challenge 2: Drink Hot Water with Lemon and Green Tea today

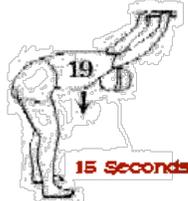
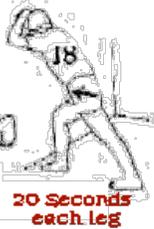
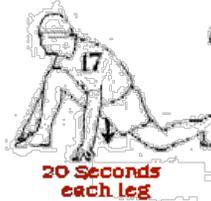
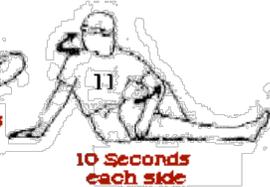
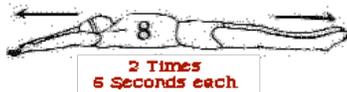
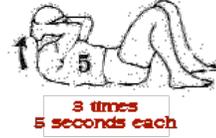
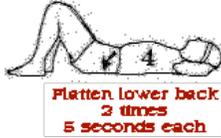
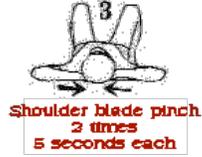
Try and drink both today - try the Hot Water with Lemon as soon as you wake up and green tea at any point throughout the day - but not too close to bed time.



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## Day Six Flexibility Challenge

Stretch Challenge: Complete 18 out of the 22 options of stretches



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### Meditation/Relaxation

#### Challenge 1: Ten-Minute Meditation.

Find a quiet place to sit and close your eyes. Breathe deeply and focus on your breath by counting to three for each inhale and three for each exhale. Continue this for at least one minute (or more if you have the time). If your mind wanders, notice what you're thinking about and then gently focus on your breath.

Make sure you set your timer or phone to buzz after the 10 minutes are up and get deep into your meditation. You are not alone when worried in your meditation wondering if you set the alarm to go off correctly or if you even pressed the start button - don't be tempted to open those eyes no matter what - trust that it will work perfectly - Good Luck !

#### Challenge 2: Gratitude List

You did this on thursday and friday and perhaps you did it over the weekend. I would like you to do it again today. Write a gratitude list as soon as you wake up - there are no rules with gratitude lists - you can be grateful for some of the same things you were grateful for yesterday. You might even have a complete new list. Lets go for 20 things you are grateful for today !

Start your day the right way with positive energy flowing through you.  
Have a blessed day :0)



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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.

