



DAY 1 - 20

Welcome to the Programme

Please watch this short video introducing you to how the programme will work.

(Click on the image below)



Testing video link: https://youtu.be/2TA2_rkojXQ



<http://www.mattluxtonhealthandfitness.com/>

Links to Videos

Day 1: <https://youtu.be/l0FNftPTEZ0> **Whole body**

Day 2: <https://youtu.be/L0LfqXooxfA> **Mobility**

Day 3: <https://youtu.be/OfV2edjxtKc> **Intervals**

Day 4: <https://youtu.be/wRrv8D6W5ZA> **Cardio**

Day 5: <https://youtu.be/-tN14-rqTtE> **Lower body**

Day 6: https://youtu.be/58j-VJhEE_s **Upper Body**

Day 7: <https://youtu.be/bq44rtmjG38> **Mobility**

Day 8: <https://youtu.be/OCOTKtaCehc> **Lower body**

Day 9: <https://youtu.be/aNFLngnhoO4> **Abs and Arms**

Day 10: <https://youtu.be/AeLKmMjwtDU> **Cardio**



Links to Videos

Day 11: <https://youtu.be/DTWk3TkpzmM> **Upper body**

Day 12: <https://youtu.be/26wz0AaVTpw> **Legs and Abs**

Day 13: <https://youtu.be/Un8J5Lrv7gU> **Whole body**

Day 14: <https://youtu.be/cTJou0M9hAk> **Whole body**

Day 15: <https://youtu.be/-boCXZN9bdk> **Lower body**

Day 16: <https://youtu.be/E5792uoXNp0> **Core and Mobility**

Day 17: <https://youtu.be/C8apKrMme-k> **Cardio and Abs**

Day 18: <https://youtu.be/sZvJQOPKTjQ> **Agility and Mobility**

Day 19: <https://youtu.be/otArHKbD63E> **Cardio**

Day 20: <https://youtu.be/BM5F4j4rHVM> **Mobility**



Matt Luxton Health and Fitness - Accountability Chart

TICK EACH BOX AFTER EVERY WORKOUT:

Name:

Month:

Day 1: <input type="checkbox"/>	Day 2: <input type="checkbox"/>	Day 3: <input type="checkbox"/>	Day 4: <input type="checkbox"/>	Day 5: <input type="checkbox"/>	Day 6: <input type="checkbox"/>	Day 7: <input type="checkbox"/>
Day 8: <input type="checkbox"/>	Day 9: <input type="checkbox"/>	Day 10: <input type="checkbox"/>	Day 11: <input type="checkbox"/>	Day 12: <input type="checkbox"/>	Day 13: <input type="checkbox"/>	Day 14: <input type="checkbox"/>
Day 15: <input type="checkbox"/>	Day 16: <input type="checkbox"/>	Day 17: <input type="checkbox"/>	Day 18: <input type="checkbox"/>	Day 19: <input type="checkbox"/>	Day 20: <input type="checkbox"/>	Day 21: <input type="checkbox"/>
Day 22: <input type="checkbox"/>	Day 23: <input type="checkbox"/>	Day 24: <input type="checkbox"/>	Day 25: <input type="checkbox"/>	Day 26: <input type="checkbox"/>	Day 27: <input type="checkbox"/>	Day 28: <input type="checkbox"/>

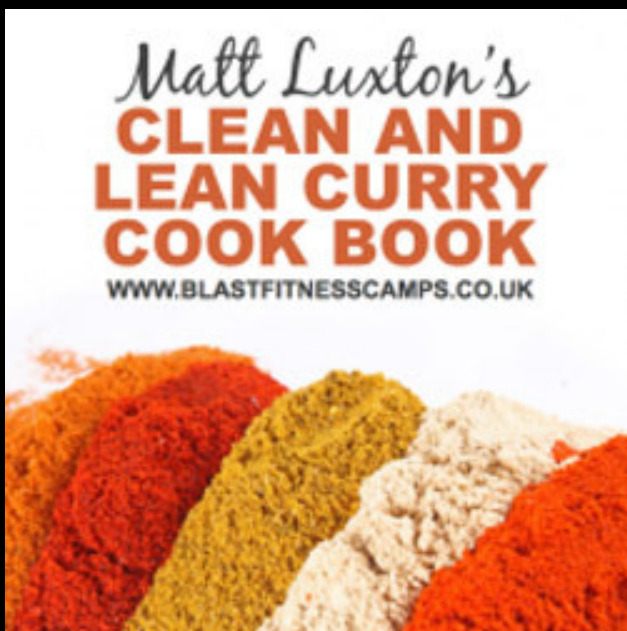


Fill a box with the letter R if a rest day was taken.

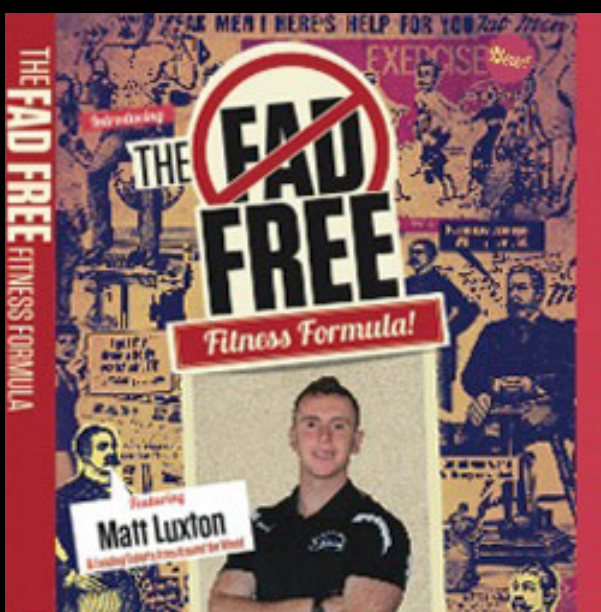


Nutritional Ideas

(Click to view)



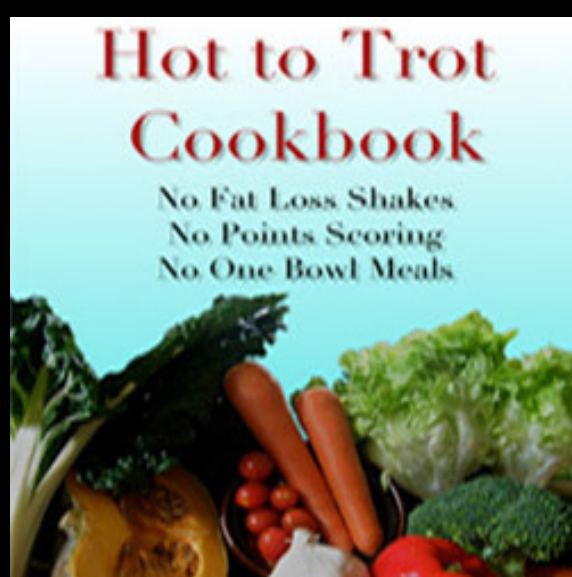
Clean and Lean curry cook book



FAD Free Fitness Formula



VEG Tasty



Hot to Trot Cookbook



<http://www.mattluxtonhealthandfitness.com/>