



DAY 21 - 40

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 21: https://youtu.be/_-79K2i2Nnk **Whole body**

Day 22: <https://youtu.be/RxJe5E87V9E> **Mobility**

Day 23: <https://youtu.be/buJ9l23ioL4> **Lower body and Abs**

Day 24: <https://youtu.be/ygoccB4tMdc> **Cardio and Upper**

Day 25: <https://youtu.be/2OsiidiZGyc> **Mobility and Core**

Day 26: <https://youtu.be/YXyzRgDtvSQ> **Whole body**

Day 27: <https://youtu.be/b87QX9X0YqY> **Cardio**

Day 28: <https://youtu.be/77AZxepExcU> **Lower body**

Day 29: <https://youtu.be/55QAweFWcnU> **Upper body**

Day 30: <https://youtu.be/OCIJTDpJi3E> **Cardio**



Links to Videos

Day 31: <https://youtu.be/cPuSd92ggoY> **Whole Body**

Day 32: <https://youtu.be/R4U2wgELLNq> **Mobility**

Day 33: <https://youtu.be/FyxSZjVfkio> **Upper and Abs**

Day 34: <https://youtu.be/mFftDrJGI1g> **Lower body**

Day 35: https://youtu.be/b6ZQD_DVRuE **Core and Cardio**

Day 36: <https://youtu.be/JVx3rZFFhtk> **Whole body**

Day 37: https://youtu.be/el_rYBBx0zA **Lower strength**

Day 38: <https://youtu.be/kUfeRs2BDGM> **Mobility**

Day 39: <https://youtu.be/2GtrmxJbwzI> **Whole body + Cardio**

Day 40: <https://youtu.be/Gp1TRHN-L-Q> **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"/>

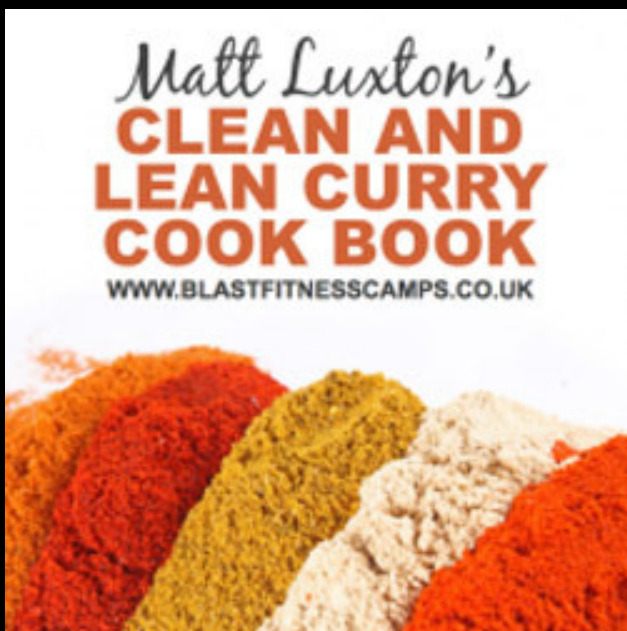


Fill a box with the letter R if a rest day was taken.

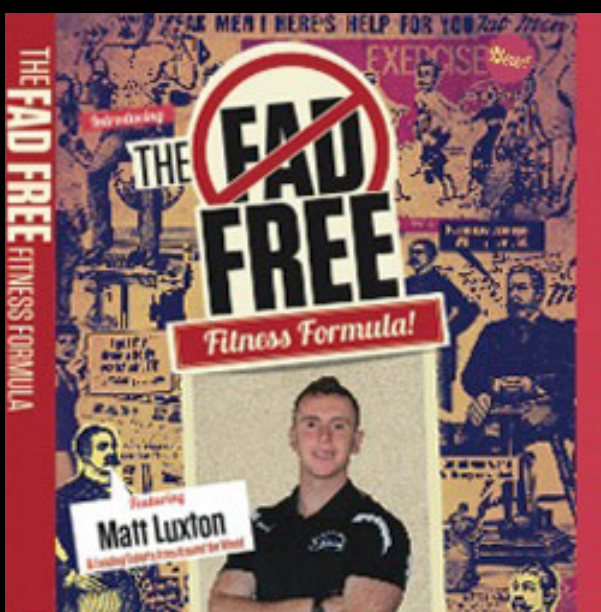


Nutritional Ideas

(Click to view)



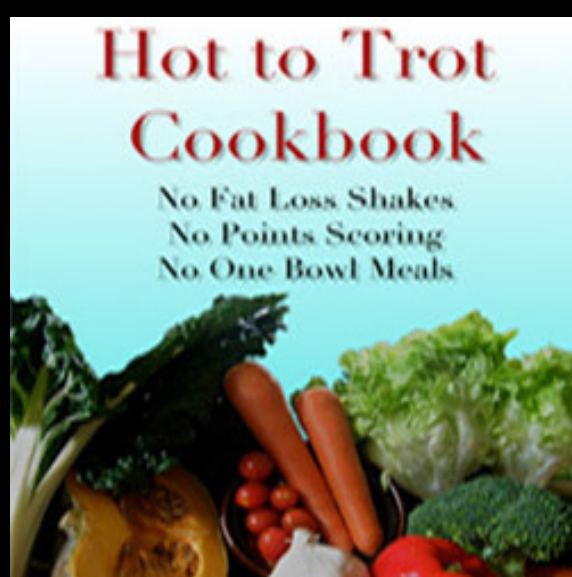
Clean and Lean curry cook book



FAD Free Fitness Formula



VEG Tasty



Hot to Trot Cookbook



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