



DAY 41 - 60

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 41: <https://youtu.be/0uThGr8L6Sc> **Upper and Mobility**

Day 42: <https://youtu.be/KIEg8C4Rarg> **Mobility and Lower**

Day 43: https://youtu.be/zY9c_4qpi-Q **Core and Cardio**

Day 44: <https://youtu.be/1Zex6mkuDDk> **Cardio**

Day 45: <https://youtu.be/-uu32FYZYRs> **Upper + Core**

Day 46: <https://youtu.be/ns99d0nKQTW> **Lower body + Core**

Day 47: <https://youtu.be/4fwsnVyrEVs> **Full body pyramid**

Day 48: <https://youtu.be/UgsnDhCDxg0> **Mobility**

Day 49: <https://youtu.be/ilpcpHs3lkl> **Mobility**

Day 50: <https://youtu.be/omJT9TIGvRk> **Lower body**



Links to Videos

Day 51: <https://youtu.be/611k1x5yawY> **Upper body**

Day 52: <https://youtu.be/Yg950N4V5Qs> **Full body, move+ hold**

Day 53: <https://youtu.be/uDoXp3BiFRo> **Core**

Day 54: <https://youtu.be/VgwN4BIF6bg> **Cardio**

Day 55: <https://youtu.be/qzMMkX0-LEQ> **Cardio**

Day 56: <https://youtu.be/L8LAgUh7Zsl> **Cardio and Core**

Day 57: <https://youtu.be/HAG7FBkyons> **Cardio**

Day 58: <https://youtu.be/jlwbQl6sP50> **Mobility**

Day 59: <https://youtu.be/CO1jYJCSUW0> **Strength + Cardio**

Day 60: <https://youtu.be/qYNyghDhhxk> **Whole body**



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"/>

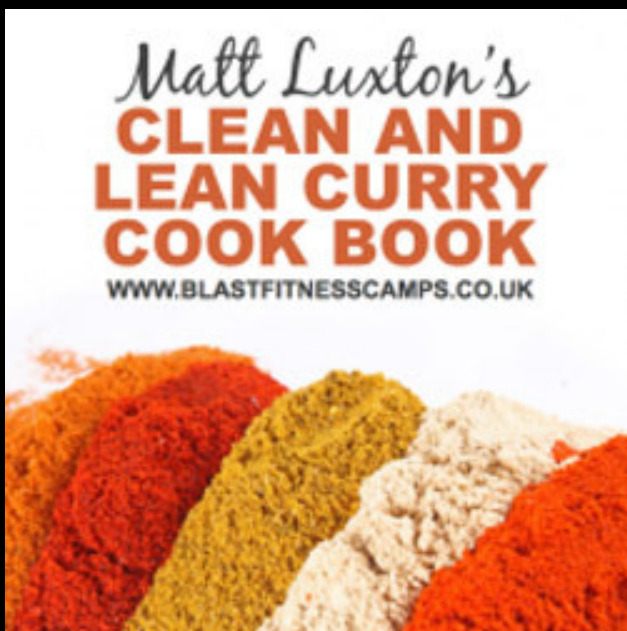


Fill a box with the letter R if a rest day was taken.

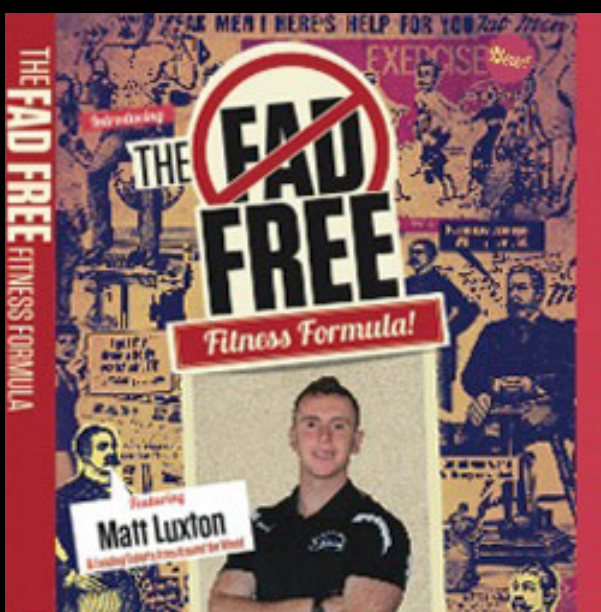


Nutritional Ideas

(Click to view)



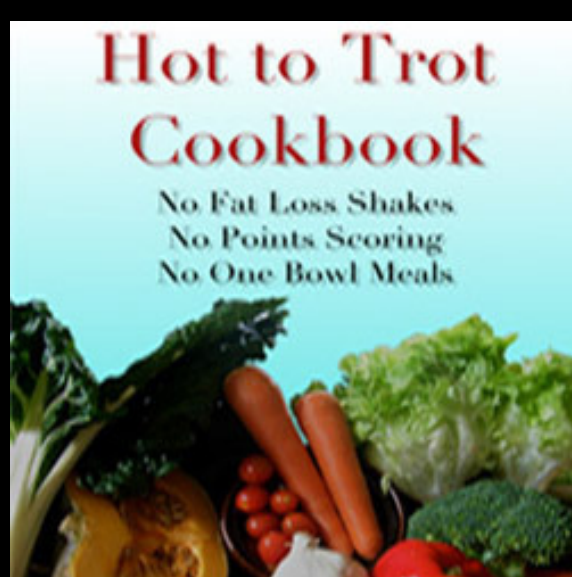
Clean and Lean curry cook book



FAD Free Fitness Formula



VEG Tasty



Hot to Trot Cookbook



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