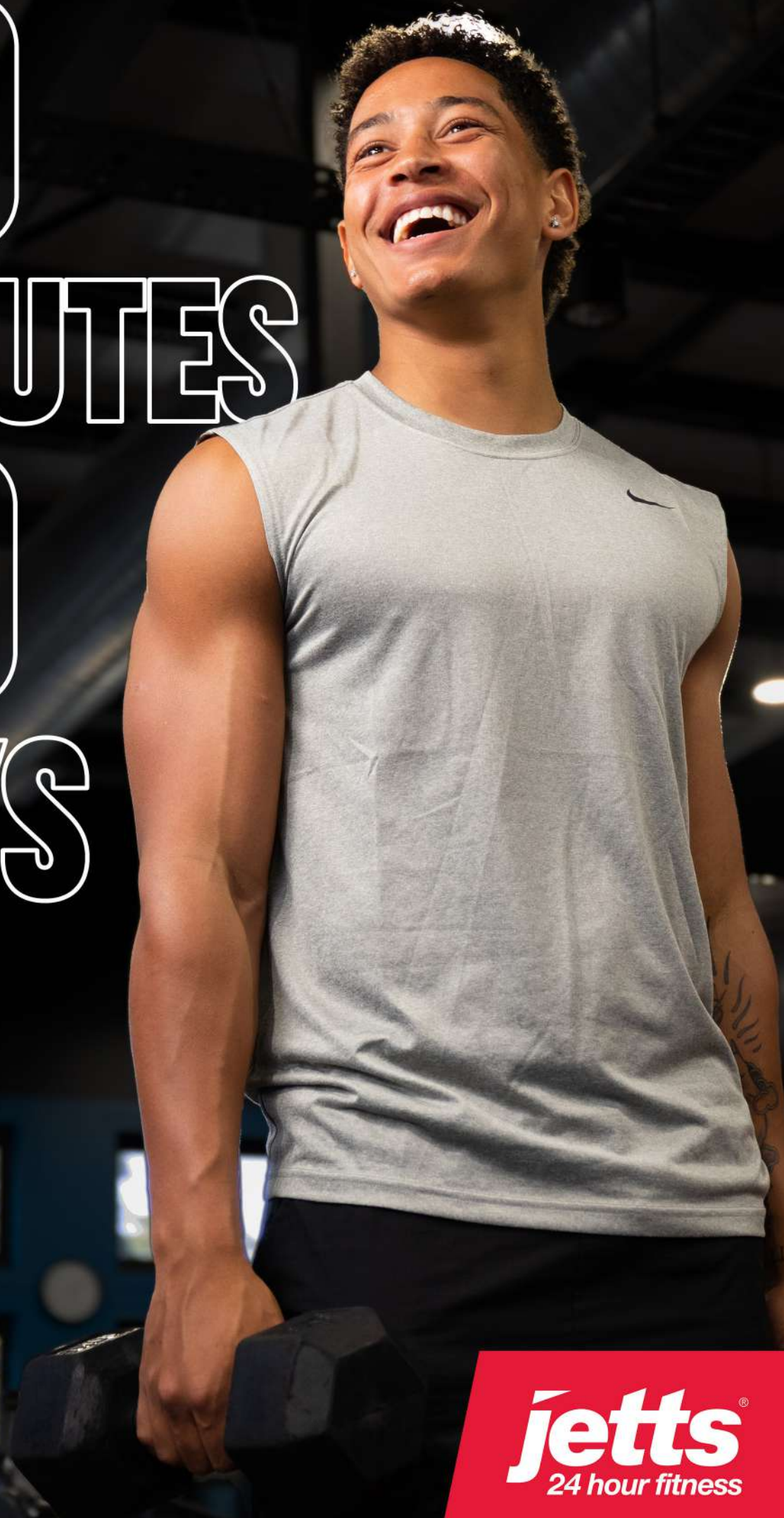


30
MINUTES
30
DAYS



jetts[®]
24 hour fitness

30 MIN 30 DAY

30 minutes a day for 30 days.

That is more than enough time to change your body, mind and life through fitness.

After transforming the lives of thousands of people around the world, we have identified that it's our behaviours that will dictate our results. So to get you in the best shape of your life, we have mapped everything out to influence your habits. 30 minutes each day. Simple as that.

The 30 days, 30 minutes program includes

Strength Training Workouts.
High intensity interval training.
Healthy Recipes.
Podcast Episodes.
Mindfulness Activities.

Overtime, the practices within this program can do some magical things to your body, including



Increasing your metabolism.
Building muscle and shaping your body.
Increase strength and performance.
Increasing your mood and confidence.
Improving sleep quality.

So buckle up, and take things day by day.

One final word of advice;
Consistency creates habit. Habits create results.
Move slow now to move fast later.



30 MIN 30 DAY: WEEK 1

DAY 1	<u>NOTES</u>	<u>STRENGTH</u>	<u>SETS</u>	<u>REPS</u>	<u>REST</u>
Strength Training	<p>We are starting strong on day 1! Have a go at these 4 exercises. Remember to move the weight slowly with control and use a weight that is challenging (but not impossible) for the last 2 reps of each set.</p>	Leg Press Machine	2	6	90s
		Seated Row Machine	2	8	60s
		Dumbbell Shoulder Press	2	8	60s
		Swiss Ball Plank	2	40 sec	60s
DAY 2	<u>NOTES</u>	<u>CARDIO</u>	<u>SETS</u>	<u>REPS</u>	<u>REST</u>
High Intensity Interval Training	<p>The good news is this workout only goes for 8 minutes, but we want you to test your intensity today. Jump on a rower or air bike and push hard for 20 seconds, followed by a nice easy 40 second rest. Do this 8 times then you are done!</p>	Row / Air bike	8	20 sec	40 sec
DAY 3	<u>NOTES</u>		<u>LISTEN HERE</u>		
Listen to the Personal Best Podcast	<p>We have created a podcast just for you! Each week Bart and Jacob talk through all things health and fitness to get you in the best shape of your life. Today, follow the podcast then listen to the latest episode while making dinner, in the car or even as a wind down before bed.</p>		<p>Scan the QR code to listen</p> 		
DAY 4	<u>NOTES</u>	<u>HYBRID</u>	<u>SETS</u>	<u>REPS</u>	<u>REST</u>
Hybrid Training	<p>Today's workout is the best of both worlds, strength and conditioning all rolled into one! Take your time and move with control for the first 2 exercises, then move fast through the circuit to finish.</p>	Kettlebell Deadlift	3	8	60s
		Lat Pulldown	3	10	60s
		3 ROUNDS OF			
		200m Row, 15 Air squats, with 60 second rest			
DAY 5	<u>NOTES</u>		<u>RECIPE BOOK</u>		
Cook A Healthy Dinner	<p>Take a breather today and put some time into creating something healthy and delicious for dinner. Pro tip: Cook more than you need and take it to lunch the next day.</p>		<p>Scan the QR code to listen</p> 		
DAY 6	<u>NOTES</u>	<u>STRENGTH</u>	<u>SETS</u>	<u>REPS</u>	<u>REST</u>
Strength Training	<p>We have found that 2 strength specific training workouts each week is a great way to increase your metabolism, build your body and (of course) get stronger. Today practice these 4 exercises, focusing on controlling the weights and 'feeling' the muscles work.</p>	Alternating Dumbbell Lunge	3	14	90s
		Single Arm Dumbbell Row	3	8/8	60s
		Chest Press Machine	3	8	60s
		Dead Ball Slam	3	15	60s
DAY 7	<p>Here is your mission for today:</p> <p>Do something you love. Like, really love. And do it with purpose. As life gets busier we often neglect conscious self care. So, in the name of good mental health, treat yo'self and do an activity that fills your cup. Here are some suggestions from the Jetts Support Office team:</p> <ul style="list-style-type: none"> • Reading a book • Playing tennis. • Sitting at the beach • Sewing • Horse Riding • Cooking • Spa Treatment • Kicking the football • Walking with a good podcast 				
You Time					

30 MIN 30 DAY: WEEK 2

DAY 8

Strength Training

NOTES	STRENGTH	SETS	REPS	REST
<p>Consistency is king when it comes to strength work. We would love for you to practice these movements a few more times before changing your workout. This week, you will notice one extra set on each movement. This gives you more opportunity to practice these exercises and keep your body progressing.</p>	Leg Press Machine	3	6	90s
	Seated Row Machine	3	8	60s
	Dumbbell Shoulder Press	3	8	60s
	Swiss Ball Plank	3	40 sec	60s

DAY 9

High Intensity Interval Training

NOTES	CARDIO	SETS	REPS	REST
<p>Time to test your output! We want you to do the exact same workout as last week, and notice how far you have come already. Note your total calories burnt after this workout, and compare it to last week. You can thank us later.</p>	Row / Air bike	8	20 sec	40 sec

DAY 10

Breathe

NOTES
<p>Breathing techniques can lower cortisol and anxiety whilst promoting general wellbeing. Find a quiet space, put the phone away and just sit undistracted for a while. If you feel agitated or are searching for distraction, great. This tells us we need more of this stillness. Then, when you feel ready, inhale for a 5 count, hold for 5 seconds, exhale for 5 seconds, hold for 5 seconds then repeat this for 5 minutes.</p> <p>5-5-5-5 for 5 minutes. This is called box breathing. Enjoy the zen.</p>

DAY 11

Hybrid Training

NOTES	HYBRID	SETS	REPS	REST
<p>Again, we attack the best of both worlds, strength and conditioning all rolled into one! Take your time and move with control for the first 2 exercises, then move fast through the circuit to finish.</p>	Kettlebell Deadlift	3	8	60s
	Lat Pulldown	3	10	60s
	3 ROUNDS OF			
	15 Calories Air Bike, 14 Reverse Lunges with 60 second rest			

DAY 12

Portion Your Protein

NOTES
<p>Look at your palm. The width and thickness is the size of 1 portion of protein. Your mission today, get 1-2 palm sized portions of protein for breakfast, lunch and dinner.</p> <p>Protein isn't just for the bros in the back of the gym, it's an essential nutrient that when consumed consistently at the right amounts, can make this fitness thing so much easier.</p>

DAY 13

Strength Training

NOTES	STRENGTH	SETS	REPS	REST
<p>We are hoping you feel a little more comfortable with these exercises now. So today, bump the weight up if you can, and continue to move slowly and smoothly with the weights.</p> <p>Next week your exercises in this workout change, so give this workout your all!</p>	Alternating Dumbbell Lunge	3	14	90s
	Single Arm Dumbbell Row	3	8/8	60s
	Chest Press Machine	3	8	60s
	Dead Ball Slam	3	15	60s

DAY 14

Gratitude

NOTES
<p>This mindfulness stuff might seem a bit woo-woo, but trust us, it makes a huge impact to your mind and fitness. Today think of 1 person who you are truly grateful for, and give them a call simply to see how they are.</p> <p>We guarantee you will feel different afterwards.</p>

30 MIN 30 DAY: WEEK 3

DAY 15

Strength Training

NOTES	STRENGTH	SETS	REPS	REST
<p>We have 4 new exercises for you to practice! Same rules apply here: Move the weights with control. Use challenging, but not impossible weights. increase the weight if they feel easy.</p>	Kettlebell Goblet Squat	3	8	90s
	Single Arm Dumbbell Row	3	8	60s
	Chest Press Machine	3	8	60s
	Side Plank	3	30s/30s	60s

DAY 16

Intervals

NOTES	CARDIO	SETS	REPS	REST
<p>After 2 weeks of short intervals, we want to extend your moving time to attack a different energy system. Your mission in these intervals is to hold a challenging pace across all efforts. If you haven't already, change the cardio machine to keep your body guessing.</p>	Row / Air bike / Ski / Run	5	45 sec	1min 15s

DAY 17

Breathe More

NOTES
<p>Last week we practiced box breathing. This week we are doing the same, but with one important change: increase your breath times by 1 every rotation.</p> <p style="text-align: center;">in for 5- hold for 5 - out for 5 - hold for 5 then... 6-6-6-6 7-7-7-7 8-8-8-8 ...</p> <p style="text-align: center;">Once you start to feel even a little uncomfortable, make your way back down to 5. Notice how different you feel afterwards.</p>

DAY 18

Hybrid Training

NOTES	HYBRID	SETS	REPS	REST
<p>This is quite a different workout to what you may have done before, but trust us, it's quite effective. Set a clock for 8 x 2 minute rounds. In the first 2 mins complete 15 squat curls and press, then rest the remainder of the 2 mins. In the second 2 minute block complete 20 or 15 calories on the rower, then again rest the remainder. Do this again for 4 rounds of both movements</p>	Dumbbell Squat Curl & Press	4	15	Remainder of 2 mins
	Row	4	15/20 cals	Remainder of 2 mins

DAY 19

Track Your Water

NOTES
<p>We know water is important, we can thank our grade 1 teachers for that little knowledge bomb. However, what we have found in the gym, is that most people don't hit their optimal water target (even though they may THINK they do). So today we don't want you to change anything, we just want you to notice how much water you usually consume. Then at the end of the day take stock, and see if you need to make any adjustments. We recommend for a minimum of 2 litres of water each day. Not including tea, coffee or any other flavoured beverage.</p>

DAY 20

Strength Training

NOTES	STRENGTH	SETS	REPS	REST
<p>This workout will introduce you to more of the machines within your Jetts Gym. As you become more comfortable with them, try to increase the weights you are using. You may be surprised with the weight you can use. Remember to make the last 2 reps very challenging.</p>	Leg Extension Machine	3	10/10	90s
	Hip Thrust Machine	3	10	60s
	Seated Dumbbell Shoulder Press	3	8	60s
	Neutral Grip Pull Down	3	8	60s

DAY 21

Walk

<p>The human body has an intricate connection with the sun, if we get enough sun we will look better, sleep better, feel better and get results faster. Today, go for a 30+ minute walk outside. Our recommendation is to do this first thing in the morning to signal your body to start the day. Do this enough and you may find your self sleeping better at night.</p>
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30 MIN 30 DAY: WEEK 4

DAY 22

Strength Training

NOTES	STRENGTH	SETS	REPS	REST
<p>Continue your pursuit to get stronger today. If you are moving well and feeling good, add a little weight and see what your body can do!</p> <p>If you can, get an extra serve of protein in today to assist with muscle recovery.</p>	Kettlebell Goblet Squat	3	8	90s
	Single Arm Dumbbell Row	3	8	60s
	Chest Press Machine	3	8	60s
	Side Plank	3	40s/40s	60s

DAY 23

Intervals

NOTES	CARDIO	SETS	REPS	REST
<p>We want you to add 2 more sets to your 45 second intervals today. The same rule applies through, we want these intervals to be at a consistently challenging pace.</p> <p>If you drop pace a little towards the end, that's ok, we just want to avoid leaving you in a sweaty heap by the end.</p>	Row / Air bike / Ski / Run	7	45 sec	1min 15s

DAY 24

Stretch

NOTES
<p>Let's get flexy.</p> <p>Consistent stretching isn't just for flexibility. When done correctly it can help you hit deeper ranges of motion with your weights, it will allow you to recover faster between workouts, it can even help reduce stress and help with sleep.</p> <p>For 30 minutes take a seat on the floor and work through some of your favourite stretches.</p> <p>Coach Bart's Favourite: Sit on your butt, move your legs as wide apart as possible, then reach forward as far as you can.</p>

DAY 25

Hybrid Training

NOTES	HYBRID	SETS	REPS	REST
<p>Same time protocol as last week, just 2 new exercises.</p> <p>Set a clock for 8 x 2 minute rounds.</p> <p>In the first 2 mins complete 16 renegade row, then rest the remainder of the 2 mins. In the second 2 minute block complete 20 or 15 calories on the Air Bike, then again rest the remainder.</p> <p>Do this again for 4 rounds of both movements</p>	Dumbbell Renegade Row	4	16	Remainder of 2 mins
	Air Bike	4	15/20 cals	Remainder of 2 mins

DAY 26

Eat Your Veggies

NOTES
<p>Veggies do more than just give us vitamins and minerals. The fibre they give us feeds the good bacteria in our gut, and if the bugs in our gut are happy, life is just better.</p> <p>So in the name of good gut health (and hence faster results) take some time to make sure you get an extra serve of veggies in today.</p>

DAY 27

Strength Training

NOTES	STRENGTH	SETS	REPS	REST
<p>The best thing about strength work is that it's infinitely variable.</p> <p>Find the exercises too easy? Slow the reps down to make them hard, or add some weight.</p> <p>Finding them too hard? Drop the weight and focus on perfect technique.</p>	Leg Extension Machine	3	10/10	90s
	Hip Thrust Machine	3	10	60s
	Seated Dumbbell Shoulder Press	3	8	60s
	Neutral Grip Pull Down	3	8	60s

DAY 28

Just Be

<p>We have a challenge for you today.</p> <p>It goes for 10 minutes and requires you to do absolutely nothing. Literally.</p> <p>Put the phone down, turn off all distraction, go somewhere quiet and just sit with your thoughts for 10 minutes.</p> <p>When you feel your mind wander, acknowledge this and come back to stillness.</p> <p>This may be challenging, but commit to 10 minutes.</p> <p>We guarantee you will feel different afterwards.</p>

30 MIN 30 DAY: WEEK 5

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24 hour fitness

DAY 29

Strength Training

NOTES	STRENGTH	SETS	REPS	REST
Today we want you to revisit the workout you did on day 1. Notice how much more stable you feel. Notice if you have increased your weights. Even notice if you feel more comfortable in the gym. If these things are changing, then there are some epic things happening to your body composition.	Leg Press Machine	3	6	90s
	Seated Row Machine	3	8	60s
	Dumbbell Shoulder Press	3	8	60s
	Swiss Ball Plank	3	40s	60s

DAY 30

REFLECT

This may be the last day of your program, but it is simultaneously the start of your fitness journey. Changing your body takes time, and from our experience those who are patient reap the most rewards. If you finish this feeling, stronger, fitter and more comfortable in the gym, then you have fundamentally changed your body. Well done!

Continue the habits that you have learnt. As we said on page 1:
Consistency creates habit. Habits create results.

And if you are feeling a bit lost, have a chat to your in club personal trainer or manager they will be able to assist you further.

"WHAT HURTS TODAY MAKES YOU STRONGER TOMORROW."

Jay Cutler, 4 time Mr. Olympia.

**CONGRATS YOU'RE
FINISHED!**

