

Welcome Document

FUNCTIONAL PREVENTION

30 DAY BODYWEIGHT CHALLENGE

ACCOUNTABILITY

BONUS CORE WORKOUTS

NO EQUIPMENT NEEDED

CHALLENGE: April 30th!

Available to Purchase from Thursday 20th

at: functionalprevention.com

How Do I Assess The Course

Website Access

When you purchased the course you would of been asked for a username and password. Use these details to login on my website and get access to the members area. All the content for the challenge will be available in the members area from the Sunday 30th.

Whats-apps Group/Accountability

- You will be added to a whats-app group where I will post health, fitness and performance tips and answer questions.
- Being part of a group is a great way to stay accountable.
- I request you send me photos after each workout. This can be a photo of your fitness watch, the screen with the workouts or a photo of you doing the workouts.
- I will keep track of everyones participation on a tracker board. I will update the tracker board once a week so you can send me a photo at the end of each week or after each workout.
- I will send a link for the whats-app group prior to the 26th.

Pre Measurements

Before starting the challenge you will be required to:

- take photos,
- tape measurements,
- perform exercises and
- fill in a health screening questionnaire.
- There will be a Google Doc Sheet to download and fill in your information.

What I expect from you

Commitment, Communication and Honesty are key.

Prioritise and Be Organised.

When designing plans I always take into account that people have busy life schedules. I keep the session short so there is **no excuse** not to find time in your day. Read the checklist at the end of this document to make sure you are ready to start.

Please watch the videos of the exercises.

Videos take a long time to make but I know they add so much value to a programme and I want to make sure everyone has the best technique possible. So please take note of my exercise cues.

Similarly, I put a lot of detail into the documents to take the time to read it.

If you have questions or concerns make sure to ask me, I will get back to you ASAP before 8pm each day, if you contact me after 8pm I will respond the next morning :)

What you can expect from me

I will put **100%** into the programmes and tips I give you as I love to help people. I will take any **feedback** you have.

I will give you all the **advice** on how to **avoid injuries**, but it is up to you to take it on board.

I will **never share** your photos or information without your **permission**.

Taking Progress Measurements

Tracking progress is so important!

It shows you how far you have come, what works, what doesn't, and helps keep you motivated.

Weight

Measure your weight (kg) first thing in the morning with minimal clothes on. Make sure when you weigh yourself 4 weeks later it is at roughly the same time in same clothing.

Photos

Photos are one of the best ways to see your progress. You can track:

- Changes in body shape
- Changes in posture
- Changes in technique

For the most accurate results with photos make sure they are taken

- in the **same location**
- in the **same lighting**
- from the **same angle**

Photos - Do's and Dont's

- Take a photo in natural light (daylight)
- Face the light source
- Stand against a plain wall
- Take the photo from the same height and angles
- Wear minimal clothing
- Stand normally (relaxed)!!!
- Get full body head-toes
- Don't stand in-front of the light source (having a window in the background of the photo)
- Don't take a photo in a dark room
- Don't alter your posture or stand differently
- Don't edit/use a filter

Positions

Natural Pose

- Front view
- Side View Left and Right
- Back View



Muscle Tensed Posed

- Front and Back view



Please send me the photos before the 2nd of May. Either Privately on Whats-app or by email to functionalprevention@gmail.com. Either get someone to take the photo for you, or use the timer on your camera. Try not to take mirror selfies. Download the [Google Doc Sheet](#), fill in the measurements and email it to me.

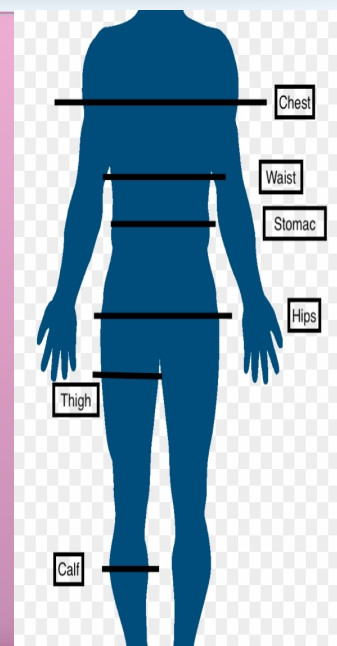
Tape Measurements

Get a cm tape measure (the fabric measures used for measuring clothing).



Areas to measure:

- Chest (around nipples-males only)
- Waist (under ribs narrowest part)
- Stomach (bellybutton)
- Hips (widest part)
- Thigh (halfway between hip and knee)
- Arm (widest part of biceps)



Tracking Progress

As this is only a 30 day challenge you may not see major changes in your appearance, however you might see a great improvement in your fitness. It is important to know where you started, so you can see how far you have come. Here are some ways to track your progress.

Strength Test

Here is a link to the strength tests I want you to perform:

<https://youtu.be/LQnWiNWK4Rw>

You can fill in the results on the [Google Doc sheet](#).

Exercises:

- Plank
- Side Plank
- Superman
- Push ups
- Jump Squats (30 seconds)
- V-Hold
- **Optional (1km Run)** If you enjoy running and want to see if this challenge improves your running time you can do this, if you don't enjoy running you don't need to do it. I would recommend doing as you will see a big improvement in your fitness.

How you feel

Take note of how you feel before the challenge so you can compare to after. You can fill in this information in the Google Doc Sheets.

Compare day 1 - day 28

Another way to track your progress is to count how many reps you do for each exercise on week one, in the 30 seconds. Then compare to week 4 and see if you are performing more reps by the end.

Warm-up Cool Down Avoiding Injuries

Warm-up

Spend **10 minutes warming-up** before you start the workouts, get your heart-rate up and activate the muscles you will be working. It is important to warm-up to make sure you get the most out of your workouts and reduce the risk of getting injured.

Cool Down

Take **10 minutes to cool down** after working out, slowly return your heart-rate to a near resting state and stretch any muscles you worked. This will reduce muscle soreness and make sure you are ready for the next session. There are a lot of stretching and mobility videos on my Instagram Page [Functional_Prevention](#).

Injuries

I don't want you to have a 'go hard or go home' approach. Give 100% but if you have not exercised in a while don't kill yourself in week one. I advice everyone to start with level 1 workouts. I would much rather you **focus on technique** of each movement then as many reps as possible. Warming-up and cooling down will also help you to reduce the risk of injury.

Check List

Step 1: Purchase the Course

Step 2: Login to the Members Area at functionalprevention.com

Step 3: Download the Welcome PDF and open the link to the [health Screening Form](#) and fill it in and return it to me by email.

Step 4: Take Photos - In the morning before you have eating, in minimal clothing. Send me a photo on WhatsApp or by email.

Step 5: Weigh yourself - In the morning before you have eating, in minimal clothing.

Step 6: Perform the [strength test](#) and fill in the [Google Doc Sheet](#) and return to me by email.

Step 7: Join the WhatsApp group when I send the link before the challenge starts

Step 8: Access the Workouts on the website through the members area and start the challenge.

Step 9: Send me photos you did the workouts and keep an eye on the Whats-app group for health tips and tricks.

Disclaimer

You must complete the health screening form, Google Doc Sheet and send photos before the Challenge begins.

I can not offer a refund you have joined the challenge. Your information will not be stored once the challenge is over unless you give me permission to do so. All PDF downloads, E-books, images and online content are subject to copyright protection 2013. Each digital product and PDF download purchased is licensed to a single user only. Customers are prohibited from copying, distributing, sharing and/or transferring the product to any other third party or customer. Infringement of these policies and copyright protection laws may apply if a person/s is found guilty of sharing the purchased content. No part of this challenge may in any form be reproduced, stored in a retrieval system or be broadcast, sold or transmitted without the prior permission of the author. All content in this challenge has been Created by Katy Hurley. The information in this Challenge is to help individuals reach their health and fitness goals. This Challenge has not been designed with a specific individual in mind. Therefore, consult your medical/health care practitioner before beginning the workouts in this Challenge. With any physical activity program, there is a possibility of physical strain or injury. Katy Hurley will not be held liable for the interpretation or use of the information. Individuals can participate in these workouts at their own risk. Katy Hurley is not liable or responsible for any injuries claims or causes of action, known or unknown arising from this Challenge.

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