

ULTIMATE 30-DAY BEGINNER'S GUIDE TO FITNESS



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OPTIMUM NUTRITION

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30
DAYS



YOUR FIRST STEP TO A FIT LIFESTYLE

DAY 1 STARTING MEASUREMENTS	DAY 2 YOUR FIRST WORKOUT	DAY 3 THE BASICS OF NUTRITION	DAY 4 MOBILIZATION	DAY 5 SUPPLEMENTS OVERVIEW	DAY 6 PROPER COOL-DOWN	DAY 7 TRACKING YOUR FOOD
DAY 8 WANT VS. NEED	DAY 9 ANTAGONIST MACHINE WORKOUT	DAY 10 STEADY-STATE CARDIO	DAY 11 COMPOUND MOVEMENTS	DAY 12 CLEAN COOKING	DAY 13 SELF-MYOFASCIAL RELEASE	DAY 14 WHEY PROTEIN
DAY 15 PROTEIN SNACKS	DAY 16 SUPERSETS	DAY 17 CARDIO FITNESS CHALLENGE	DAY 18 THE BARBELL WORKOUT	DAY 19 FIT AND READY BREAKFAST	DAY 20 THE "FULL PACKAGE" WORKOUT	DAY 21 CREATINE AND MUSCLE-BUILDING
DAY 22 PREPARATION	DAY 23 NEED FOR SPEED	DAY 24 HIIT	DAY 25 THE BODYBUILDER WORKOUT	DAY 26 EATING ON THE GO	DAY 27 THE BODYBUILDER WORKOUT, PART II	DAY 28 PRE- AND POST-WORKOUT SUPPLEMENTS
DAY 29 SPRINTING TO YOUR GOAL	DAY 30 FIND A PLAN	WHAT'S YOUR GOAL? _____ _____ _____ _____				
ACHIEVED YOUR GOAL: YES / NO						