

MIKE'S 75 CHALLENGE

**Transform your
Mental &
Physical Health
in just 75
Days!!!**



What is it?



This is Mike's modified version of 75 Hard!

For 75 days you do the following:

- ◆ Workout 6 Days a Week
 - 4 x 45 mins Resistance sessions
 - 2 x 45 mins Cardio or Mobility sessions
 - Optional - Walk min 8K steps a day
 - Day 7 is a rest day.
- ◆ Adhere to a Wholefood Diet.
- ◆ Read 10 pages of a self-help book and / or 10 Minutes of Mindfulness / Meditation.
- ◆ Drink a gallon / 4 Litres of water.
- ◆ Take a progress picture.
- ◆ Aim for min of 8 Hrs a sleep a night
- ◆ No use of Digital Devices / Screens 1 Hr before Bed



What will you get?

- ◆ Increased mental strength and resolve
- ◆ Greater confidence and self belief
- ◆ Improved fitness and body composition
- ◆ Create new daily habits that will benefit you in everyday life

How to get involved

- ◆ The challenge starts on 1st February
- ◆ Subscribe to my YouTube channel and comment 'Mike's 75' in my challenge video



The Workouts



The Food

Key Principles

Resistance Examples

- ◆ Barbell Workouts
- ◆ Dumbbell workouts
- ◆ Machine Workouts
- ◆ Bodyweight Workouts
- ◆ Resistance Band workouts

Cardio Examples

- ◆ Running
- ◆ Cycling
- ◆ Rowing
- ◆ Cross Training
- ◆ Swimming
- ◆ HIIT (High-Intensity Interval Training)
- ◆ Zumba
- ◆ Dancing

Mobility Examples

- ◆ Yoga
- ◆ Pilates
- ◆ Stretching
- ◆ Foam Rolling

Wholefoods such as:

- ◆ Lean Meats - Chicken, Turkey, Beef
- ◆ Fish -Salmon, Tuna, Sardines etc
- ◆ Milk, Eggs, Butter, Greek Yogurt
- ◆ Vegetables, Fruits, Nuts
- ◆ Seeds, Herbs, Spices
- ◆ Potatoes, Brown Rice, Lentils, Quinoa, Oats
- ◆ Natural Fats such as Olive, Coconut & Avocado Oil
- ◆ Natural sweeteners, I.E. Honey or Agave
- ◆ Coffee, Tea & Herbal Teas

Not Allowed:

- ◆ Ultra Processed / Processed Foods
- ◆ Sugar
- ◆ Fizzy Drinks / Sodas
- ◆ Bread, pastries
- ◆ Refined Grains, I.E. White rice, white pasta, crackers, breakfast cereals.
- ◆ Alcohol, Smoking / Vaping or Drugs
- ◆ Seed Oils, I.E. Sunflower or Canola Oil
- ◆ Unhealthy Fats, I.E. Trans Fats

- ◆ Like with any physical activity, check with your Doctor if you have any Medical concerns before you begin
- ◆ Always listen to your body - Stop immediately if you experience any pain during your workout
- ◆ Do not lift too heavy too soon: Always prioritise form & technique over ego
- ◆ Do not lift heavy barbells overhead without a spotter
- ◆ Prioritise sleep, this is when the magic happens
- ◆ Ensure your protein intake is sufficient to support muscle growth
- ◆ Ignoring mobility and warm-up: increases injury risk.
- ◆ Don't give up!



[youtube.com/@mikefrayne](https://www.youtube.com/@mikefrayne)



www.mikefrayne.com

