

ONLINE FITNESS
COMMUNITY

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INTRODUCTION

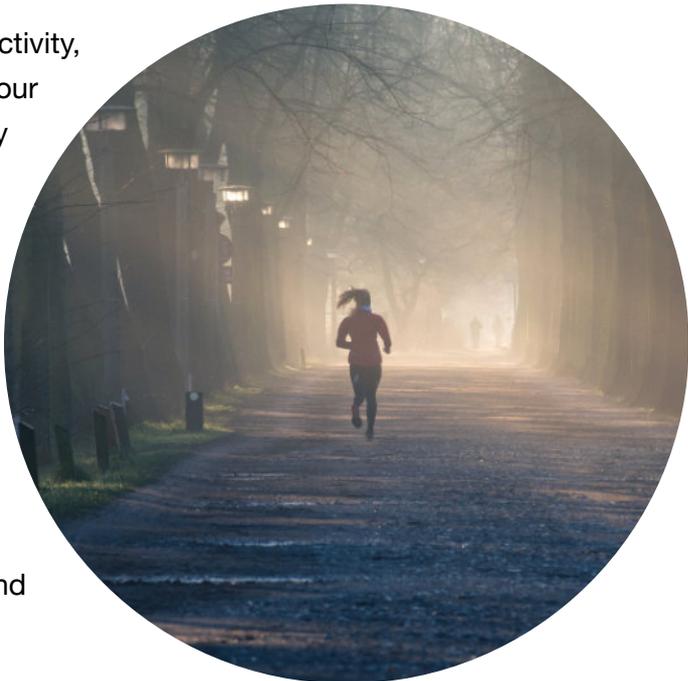
Firstly, thank you so much for joining the program.

The **X30 Online Fitness Program** is a bodyweight training program that combines functional training, core (abdominal) exercises, and aerobic workouts to enhance endurance, mobility, and strength. Each training session is comprised of three components: warm-up, workout, and cool-down.

Warm-ups will be 10 - 15 minutes of light activity, mobility and dynamic movement to prepare your body for the demands of each workout. They will also introduce specific movements that will be included in the workout.

Workouts will all be 10 - 30 minutes in length and will be either be Bodyweight Strength, Aerobic Fitness or Core Stability.

5 - 10 minute **Cool Downs** at the end of each session will be designed to gradually transition your body back to its normal resting state and optimise your recovery.



At the beginning of each week you will receive the plan for the coming week it will include an outline of what is planned for each day. (See example week below)

Table 1.1 - Example Week

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Bodyweight	Aerobic	Core / Mobility	Bodyweight	Aerobic	(Optional)	Rest

Each day we will release a new video with your Warmup, Workout and Cool down for that day.

FITNESS TESTING

At the beginning of this program and at regular 4 week intervals we will measure your progress with a Fitness Check. The fitness check comprises 3 test, with an optional aerobic fitness test. ***(Don't worry if it doesn't make sense - there will be a video about this)***

Lower Body Endurance Test - 60 sec Bodyweight Squats (How many Reps in 60 sec)

Upper Body Endurance Test - 60 sec Pushups (How many Reps in 60 sec)

Core Strength Endurance Test - Plank for Time (Record total number of seconds)

(Optional) Aerobic Fitness Test - 5 minutes of running around an oval (Record how many laps)

Table 1.2 - Fitness Testing Record

	INITIAL	WEEK 4	WEEK 8	WEEK 12	WEEK 16
FITNESS TEST	RESULT	RESULT	RESULT	RESULT	RESULT
SQUATS					
PUSHUPS					
PLANK					
AEROBIC					

Throughout the program we will also release videos on;

- Meditation and Mindfulness
- Breathing and Breathwork
- Mobility and Stretching
- Sleep
- And any other topics you request.



PHYSICAL ISOLATION

The need for total physical and social isolation is about to get very real in Australia. As of the time of writing this eBook I've seen a photo of Bondi Beach packed with people (*Update: They shut Bondi Beach the next day*) but we all need to do our part to flatten the curve.



This means that to slow the spread of the virus we should limit our social exposure by staying home as much as possible, staying away from large groups and gatherings, working from home, and only going out where absolutely necessary.

But as we know, there are numerous small business struggling right now, my business (Personal Training Camberwell) as well as Dish and Spoon Cafe next door.

This online program is the only way my business will survive the pandemic so I want to thank you for your support, we're all in this together, and if you live in the Camberwell area consider buying food from Dish and Spoon Cafe and having it delivered to your house.

From an exercise perspective, getting out into the sunlight is very important so please get outside where possible to get your vitamin D and if going to the park try and maintain 1.5 - 2m distance from others if possible. Where possible I've tried to avoid giving exercises where you may have to touch public surfaces because we know COVID-19 can survive on surfaces for up to 72 hours (see research [here](#)) so please be mindful of this when exercising outdoors.

We haven't looked too much into the technology of delivering these workouts interactive and live online but that is something we are currently investigating. If we end up in total lockdown like other parts of the world then this is something we will try and do moving forward.

THANK YOU

These are uncertain times so thank you for joining this program, we are grateful for your support. This is a free program but don't forget that if you can afford to contribute then you can use these links to contribute our recommended amounts of;

\$25 per week for individuals - [Click here](#) to subscribe using PayPal

\$50 per week for families - [Click here](#) to subscribe using PayPal

You can contact us directly if you have any questions,



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