



YOUR GUIDE TO THE ARMOURY'S

 **LOCKDOWN
CHALLENGE**





WELCOME TO YOUR LOCKDOWN CHALLENGE

Let's be honest here, 2020? Has been a doozy of a year. Our routines and habits have generally been thrown out of the window, most people's motivation has taken a hit, and it might feel easy to resign yourself to just curl up on the sofa for this lockdown period

But I reckon we could flip this on it's head. The sole aim of this challenge is to have you exiting this lockdown in better physical shape than you're entering it

We'll do this with our fully Online Zoom coaching timetable

AND by giving you all access to the TRUE COACH App, where we'll rotate through 4 different daily workouts and mobility drills, alongside additional breathing and mindfulness practices

Up for the challenge? Check out the goals, and plan of action below- and let's make this our best lockdown yet ;)

THE GOALS FOR YOUR LOCKDOWN CHALLENGE



1. DAILY EXERCISE

that's right. We want to do something every. single. day. This could be an Armoury Zoom session, a walk OR one of your daily HIIT sessions, delivered to you via your [TrueCoach Challenge App](#)

2. DAILY MOBILITY

Let's offset office posture (or kitchen table posture at that), and come out of lockdown even more mobile than we went in. Every day you'll have a 5 minute mobility sequence to follow along with!



3. DAILY BREATHING DRILLS

Taking just 90 seconds out of your day to slow down and breathe in a world with a pandemic afoot is important to help relieve stress and anxiety, and aid in recovery. We've got a simple to follow drill embedded in your challenge coaching app

(also side note: how ridiculous does that breathing stick figure look?!)



4. DAILY MINDFULNESS PRACTICES

No, we aren't going to go all woo-woo here. All we're going to ask, is that the end of the very day you do a quick, 2 minute check in on your app. We'll go through some simple questions (such as water intake and exercise)- then we'll ask for just one good thing that happened that day. Writing down little wins can help keep this lockdown positive (no matter how small the win feels, or silly you feel writing it)



HOW ARE WE GOING TO DO THIS?



SIGN UP TO TRUECOACH

This is the app we'll use to deliver your daily drills & workouts to, you can [CLICK HERE](#) for a video on getting yourself all signed up

DO THE WORK

The next step? Is to do the work every day. Do your breathing practice, your mobility drills, your workout (whether it's a HIIT session, a ZOOM workout, a walk or a bike ride- do something) & answer your daily check in questions

[CLICK HERE](#) to watch a video on exactly how this looks in practice



a quick word on this

We're in a global pandemic

This challenge, alongside your weekly Armoury Sessions is meant to encourage a positive month locked down

It isn't meant to add pressure to your life

Your daily exercise, mobility, breathing & mindfulness practices will take 20 minutes on days where you aren't in a Zoom session, or 50 on days you are

If you can manage all 32 days (from Thursday the 5th of November, until Sunday the 6th of December), that's amazing.

If however you just want to do your mobility and the Zoom sessions, or fall off for a few days? That's fine. You're human.

I promise however, if you commit what you can to these 32 days, coming out of lockdown, you'll be very glad you did.

