THE SOUL 60 INITIATIVE

SOUL 60

JANUARY - FEBRUARY
2024

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A POWERFUL START TO YOUR YEAR OF FITNESS AND TRAINING

Welcome to Team Soul's Kickstart for 2024: The Soul 60. As we set the tone for a year dedicated to fitness and training, we invite, not just our valued members, but everyone including online followers, homies, and fellow gyms to join us in this transformative two-month program.

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TEAM SOUL NUTRITION

50% OFF

All subscribers will gain access to TSN for only $50 for their first month. This ensures that you will be properly fueled set up for success for the Soul 60 along with the rest of our initiatives this year! Use the code SOUL50 when registering in order to get your 50% off discount of your first month.

SOUL 60

RULES/COMMITMENTS

Soul 60 serves as the cornerstone for Team Soul's fitness plan this year and is appropriate for all fitness levels. This inclusive challenge is designed to help you reach your fitness goals, ensuring a strong start to the new year.

Soul 60 is a 60 day program, providing a comprehensive outlook for individuals of every fitness level.

SOUL 60

DAILY FITNESS

COMMITMENT ONE

All that is required is to allocate one hour, daily, to diverse fitness activities, whether it's CrossFit, BJJ, Burn (class at Soul gyms), Body Building, Weightlifting, Powerlifting, Cardio, MMA, Recreational Sports, Running, etc. If you have a question or are wondering if it counts as a fitness activity, you can post on our group.

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WEEKLY OUTDOOR FITNESS

COMMITMENT TWO

We will be taking things outside. Dedicate at least one hour each week to outdoor fitness, contributing to your daily fitness commitment.
This will help ensure that your daily step goal is met and connect with the world around you. We are aiming for at least 5,000 daily steps.

STRETCHING / MOBILITY

COMMITMENT THREE

At least three times a week, you should invest 30 minutes to stretching and mobility exercises which will help foster flexibility and prevent injuries.

NUTRITION

COMMITMENT FOUR

Adopt a balanced approach: no alcohol, no added sugar, and no cheat meals. The goal is to include one daily serving of fruit and vegetables. You should also hydrate with at least half of your body weight in ounces of water daily.

MINDFULNESS

COMMITMENT FIVE

You should aim to dedicate 10 minutes, daily, to mindfulness practices based on your preference. This can include:

- Journaling: Reflect on experiences, set goals, and track progress.

- Meditation: Center thoughts, find inner peace, and enhance focus.

- Breathing Exercises: Incorporate breathwork for relaxation and mental clarity.

- Reading: Immerse yourself in uplifting literature.

- Other: Explore various mindfulness practices that resonate with you.

RULES/COMMITMENTS

COMMUNITY ENGAGEMENT

COMMITMENT SIX

We encourage you to join our Team Soul Gym group on WhatsApp. This is where participants have access Team Soul Coaches who will be to answer questions, perform daily check ins, post educational content, help with fitness or nutrition questions, and more.

You should also post a weekly progress/accountability picture on social media tagging Team Soul and using the hashtag #Soul60.

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