
30 DAY NTX WORKOUT

Perform Like You're 20, When You're 40+

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This is a very basic but incredibly effective workout, which will give you a great base level of fitness. To understand the principles of the workout and to extend it to get you in the best shape of your life, I recommend you check out my book,

“Post 40 Secrets, Your Underground Playbook to Performing Like You’re 20 Years Younger!”

This book extends the workouts and gives you a program for life, which takes you way beyond the scope of this 30 day program.

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Why Is This Workout Different?

This workout differs from many in 3 major ways.

1) It is designed to build LONG TERM FITNESS AND HEALTH. Many workouts work great in the short term but place so much strain on the body that over the long term they actually do damage due to damaged joints and connective tissue and insufficient recovery. This workout does the opposite, it focuses on long term, sustainable fitness to enable you to do the things you love for LIFE.

2) It is designed to fit into almost any lifestyle. Even the most sedentary worker can slip away from their desk a few times a day and do 20 squats. For some building the movement in may seem harder but with a few little tweaks, (taking the stairs, getting off the bus a few stops early etc) is easily achievable.

3) This workout is designed to work around your normal sporting activities. If you go kitesurfing, surfing, hiking, biking whatever for 2 hours one day...great that's your movement done for the day.

It's based around 3 different ideas...

MOVE

The movement should be done at an intensity where you could really do it all day (more or less!). Good examples of movement are walking, light cycling, yoga, easy swimming etc. On the weekends you'll notice we up the movement quota. Ideally make these sessions a bit more intense, think hiking in the hills with a backpack. I have given a step equivalent simply to give those of you using step trackers a marker to aim for.

ACTIVATE

The **Activate** exercises are designed to be spread throughout the day. Ideally you'd do 10 different sessions to start with, of 10 exercises each session. (roughly every hour and a half throughout the day)

If you find doing 10 x 10 of these **Activate** exercises too difficult as you keep forgetting sessions then feel free to find a routine which fits your lifestyle better BUT remember...the idea is you are breaking up your day with these exercises thus the idea ISN'T to do all 100 at the same time. *You should be doing a minimum of 5 sessions a day.*

These **Activate** exercises are also interchangeable. Although I do specify the exercises you should be doing the main goal here is to get the blood pumping several times a day so in that respect the exercise itself is unimportant. It should be functional (i.e. use as much of the body as possible) and easy to complete. But if for example you are working in an office and have to sneak to the toilet to do these exercises squats are somewhat easier to achieve than push ups so do Squats!

If you find you ache after one for these days then the next day do half the amount of **Activate** exercises and dial back the HIIT training. The idea is you should be able to complete the entire week without aching.

Once you reach that point then feel free to slowly increase the amount of push ups, squats etc you are doing from 100 in increments of 10.

HIIT WORKOUTS

The HIIT workouts are optional to start with as they are where you can really push things. If you've not really done much exercise in the past few years, then leave these out to start with.

The idea of the HIIT workouts (once you're ready for them) is you should be smoked by the end of it. Breathing hard and really not able to do any more...push it! For this reason if you have health concerns do not do these initially.

So without further ado...here's the workout, enjoy!

MONDAY

Move: Movement for at least 2 hours (10 000 steps)

Activate: 100 push ups spread out over 10 sessions (if you can't do a full push up, do this on your knees completing as many as you can manage fairly easily)

HIIT: Marine Bodyweight Workout

Equipment: None

Do each exercise for 60 seconds, Between exercises walk in place for maximum 30 seconds

- Push ups
- Pull ups
- Burpees

Repeat until spent. Work up to 20 minutes.

TUESDAY

Move: Movement for at least 2 hours (10 000 steps)

Activate: 100 squats spread out over 10 sessions

WEDNESDAY

Move: Movement for at least 2 hours (10 000 steps)

Activate: 100 push ups spread out over 10 sessions

HIIT: Sprints

3/5 x 60/100m sprints with 1 min recovery in between each sprint

THURSDAY

Move: Movement for at least 2 hours (10 000 steps)

Activate: 100 burpees spread out over 10 sessions

FRIDAY

Move: Movement for at least 2 hours (10 000 steps)

Activate: 100 Squats spread out over 10 sessions

HIIT: Marine Bodyweight Workout

Equipment: None

Do each exercise for 60 seconds, Between exercises walk in place for maximum 30 seconds

- Push ups
- Pull ups
- Burpees

Repeat until spent. Work up to 20 minutes.

SATURDAY

Move: Movement for at least 4 hours (15/20 000 steps)

Activate: 50 pull ups spread out over 10 sessions (if you can't manage these unassisted then use a resistance band, machine or someone holding your legs to assist, alternatively do 100 push ups)

SUNDAY

Move: Movement for at least 4 hours (15/20 000 steps)

Activate: 100 Crossfit Burpees (burpee with Push up) spread out over 10 sessions.

REPEAT FOR 4 WEEKS