

The AFC 3 & 'Limitless' 8

For small changes or pushing the limit....

The AFC Limitless 8 - Advanced	The AFC 3 - Beginner	<p><i>The Sleep Challenge</i> Turn off all devices 1 hour before bed and sleep 7-8 hours nightly</p> <p><i>The Water Challenge</i> Drink half your weight in water daily [in oz.]</p> <p><i>The Breath Challenge</i> Spend 10min doing deep breathing or guided meditation daily</p>
		<p><i>The Heat Challenge</i> Spend 30min in a sauna 1-2 times a week</p> <p><i>The Cold Challenge</i> Cold plunge or shower for 1-3 minutes most days</p> <p><i>The Fast Challenge</i> Fast for 24 hours 1 day a week</p> <p><i>The Endure Challenge</i> Complete 2 hours of endurance cardio weekly</p> <p><i>The Mind Challenge</i> Engage in yoga, Pilates, Thai chi, or hiking 1 - 2 times weekly</p>

Find us on Instagram for more info and tips:

@austinfitnessclinic

chasingthe3 #chasingthe8 #theafc3 #afclimitless8