

# **WINTER ARC – Health & Fitness Roadmap (30 Days)**

## **Challenge Overview**

The Health & Fitness track focuses on building sustainable habits around workouts, nutrition, recovery, and mental well-being. The goal is not extreme transformation, but consistency, discipline, and a healthier lifestyle by the end of Winter Arc.

## **30-Day Fitness Routine**

- Day 1–3: Fitness goal setting, light workouts, body mobility, and habit building
- Day 4 (Sunday): Active recovery – yoga, stretching, walking, hydration focus
- Day 5–6: Upper body and lower body strength training with basic cardio
- Day 7: Rest day and nutrition review
- Day 8–10: Progressive strength training, cardio endurance, and core workouts
- Day 11 (Sunday): Recovery day – breathing, flexibility, posture correction
- Day 12–14: Push–pull–legs split with proper warm-up and cooldown
- Day 15: Midway fitness assessment and routine adjustment
- Day 16–17: Strength training with improved intensity
- Day 18 (Sunday): Yoga, stretching, and light activity
- Day 19–21: Functional training, stamina building, and active recovery
- Day 22–24: Muscle conditioning, mobility, and core strengthening
- Day 25 (Sunday): Recovery, rest, and hydration focus
- Day 26–27: Strength assessment and conditioning
- Day 28: Active recovery and flexibility
- Day 29: Progress comparison and reflection
- Day 30: Lifestyle commitment and long-term fitness plan

## **Daily Tracking & Submission Rules**

- Upload daily workout summary, steps, or activity completed.
- Share meal updates, hydration levels, or diet consistency.
- Progress photos or stats are optional but encouraged.
- Consistency matters more than intensity.

## **What to Post Daily**

- Workout completed or activity done
- Meals followed or nutrition focus
- Energy levels and recovery status
- One healthy habit practiced

## **Strategies to Win the Health & Fitness Track**

- Prioritize consistency over heavy workouts.
- Respect rest and recovery days.
- Focus on proper form and injury prevention.
- Maintain hydration and balanced nutrition.
- Track progress weekly, not daily fluctuations.

## **Fair Play & Safety Rules**

- Do not perform unsafe or extreme workouts.
- Consult a professional if you have medical conditions.
- Do not falsify activity logs or submissions.
- Matrix is not responsible for injuries caused by negligence.