



**DON'T BREAK**  
**HOLIDAY GUIDE**

THIS APRIL

LED BY DOM & GREG

# ***CONTENTS***

Welcoming from Dom and Greg	<b>01</b>	Week 3: Don't Break	<b>08</b>
Weekly themes explained	<b>02</b>	Virtual Easter Egg hunt	<b>09</b>
Calendar cheat sheet	<b>03</b>	Week 4: Don't Break:	
Bend don't Break Calendar	<b>04</b>	Dom & Greg's express workouts	<b>10 - 12</b>
Free printable: Daily planner	<b>05</b>	Recipes from Dom	<b>13</b>
Week 1: Learn, Commit & Bend	<b>06</b>	Recipes from Greg	<b>14</b>
Week 2: Learn, Commit & Bend	<b>07</b>	Week 5: Reflect & Celebrate	<b>15</b>
		Enter and stand to WIN!	<b>16</b>

## WHAT DOES BEND, DON'T BREAK MEAN TO DOM

"The holiday period has arrived again, for some it may be exciting, for others it may find us feeling a little anxious and that is totally okay. This April, Greg and I want to support you with guidelines to help you stay on track with some holiday flexibility and the idea of moderation. We want you to have the best of both!

From a personal point of view, training and activity is not something that I struggle with during the holiday period. For me - it's one hundred percent nutritionally tricky! This April, I'm wanting to focus on having those treats on my flexible days and not having 9 flexible days in a row. I'm a firm believer in not restricting yourself as it usually leads to a full on binge a few hours later, well for me that is! I'm saying have that Easter white egg, just don't smash 6 of them in one sitting.

As each week leads into the next, you will notice that Greg and I have weekly themes that are thought provoking. Having the hard, yet supportive talk this holiday period. We want you to enjoy this time and be proud of how you bent with flexibility but by no means broke. We want you to head into May with many happy memories, being proud of yourself and feeling good!" - Dom



## WHAT DOES JEFF'NG MEAN TO GREG

"JEFF'NG to me, coincidentally relates directly to moderation, which is obviously part and parcel of our month. I have been through 'extreme' programs throughout my training and semi-professional career as an athlete and one thing has always remained the same: being extreme is not sustainable.

How do we achieve this: Become a JEFFer. We are not asking you to commit all your time and energy into everything at once. We're creating an easy way for you to remain consistent throughout periods in the year where structure and balance is difficult.

Personally, I had a literal 'life-changing' event happen to me during the end of 2019, early 2020. Ironically, it was when I joined Jeff as a coach. I realized that I wasn't practicing what I was preaching and it became very clear that I was lost and confused (in spite of all my own personal knowledge). I signed up to the 1-1 and learnt balance. Needless to say, I reached my goals (quickly) and more importantly became 'me' again. So by Jeff'ng, we are encouraging a holistic, sustainable approach to your overall wellness. Let's not be classic millennials and seek the quick fix - there is no such thing. Let's rather strive to improve, day-by-day, whilst accepting that life can get in the way but as a community, we are able to achieve more than we think we can because ultimately, we are stronger than we were yesterday." - Greg



# ***WEEKLY THEMES***



## **WEEK 1 & 2**

Learn, Commit  
& Bend



## **WEEK 3 & 4**

Don't break -  
Compromise dusted in  
Discipline



## **WEEK 5**

Reflect and  
leading into May

# CALENDAR CHEAT SHEET

Print your calendar and place it somewhere you can see and make notes on everyday!

MON

TUES

4

Week 1:  
Basic/Complex  
Form Course

Day 1: Training  
Program



Exercise

Nutrition

Water intake

5

~~Day 2: Training  
Program~~



← Example

Tick if you have  
logged this in the  
JEFF Web App!

# BEND DON'T BREAK CALENDAR

MON

TUE

WED

THU

FRI

SAT

SUN

LEARN, COMMIT & BEND

					1 Start of the challenge with Dom & Greg	2	3 Prep for the week ahead!
4 Day 1: Training Program Week 1: Basic/Complex Form Course 	5 Day 2: Training Program 	6 Day 3: Training Program 	7 Active Recovery / Rest Live Ed: Form Course Q&A 	8 Day 5: Training Program 	9 Day 6: Training Program Start with a healthy breakfast, Treat ½ day 	10 Active Recovery / Rest 	
11 Day 8: Training Program Week 2: Basic/Complex Form Course 	12 Day 9: Training Program 	13 Day 10: Training Program 	14 Active Recovery / Rest Live Ed: Prep for Flexibility 	15 FLEXIBLE DAY Day 12: Training Program/ Walk/Run/Hike Start with a healthy breakfast, Treat ½ day 	16 FLEXIBLE DAY Day 13: Training Program/ Walk/Run/Hike 	17 FLEXIBLE DAY Active Recovery / Rest Start with a healthy breakfast, Treat ½ day 	
18 Day 15: Training Program EASTER MONDAY 	19 Day 12: Catch up training program/ Day 16 Test Me Tuesday Workout 	20 Day 17: Training Program 	21 Active Recovery / Rest 	22 Day 19: Training Program 	23 Day 20: Training Program Start with a healthy breakfast, Treat ½ day 	24 Get outside/ Do something for yourself today! Post Holiday self-care Sunday 	
25 Try a new class from the LIVE schedule! 	26 Try a new class from the LIVE schedule! 	27 FREEDOM DAY Active Recovery / Rest Get outside if you can! 	28 Try a new class from the LIVE schedule! Live Ed: Celebrating wins 	29 Try a new class from the LIVE schedule! 	30 Join live 8am workout Start with a healthy breakfast, Treat ½ day 	1 New Month Lead Start with a healthy breakfast, Treat ½ day 	

\*Hunt for Easter Eggs in workouts from 10 - 14 April to win epic prizes!

DON'T BREAK - COMPROMISE DUSTED IN DISCIPLINE

REFLECT & CELEBRATE

# DAILY PLANNER



Things to do today:

Date:

Today I am feeling:



Today I am grateful for:

Note to self:

**\*Remember to log you exercise, nutrition and water intake on the JEFF Web App!**

# ***WEEK 1: LEARN, COMMIT & BEND***

## **How to start JEFFing in April:**

- 1** Select your training program from CLUB based on your fitness level and personal goal.
- 2** Complete your nutritional preferences.
- 3** Select the two Form Courses with Dom & Greg: Catering to the basic and complex exercises.
- 4** Invite your friends and family to be apart of this challenge and into your accountability group.

# WEEK 2: LEARN, COMMIT & BEND

## LEARN: Form Course with Dom & Greg:

With the launch of our first ever form courses, we thought it would be fitting to cover basic movements as well as more complex movements as you progress in your fitness journey. Having correct form as you execute your training program is important to prevent injury, get the most out of your workout and enjoy your sessions a little more!

## COMMIT: Starting your training program and prepping your meals

The expectation this week is to commit wholeheartedly to your health. We want you to select which training program that you are going to do, start planning and prepping your meals ahead of time and make sure that you schedule some undivided 'me' time in your day.



### Dom's Pro-Tip to Commitment:

"Commitment allows us to achieve our most basic needs and achieve our most sought after goals! It gives us purpose. Start small and set daily achievable goals for yourself.

The three most common reasons why people quit is due to perfectionism, lack of faith and general inability to keep commitments due to a history of failures. Break that cycle and allow for some flexibility! You owe it to yourself."



### Greg's Pro-Tip to Success:

"Never strive for perfection. Rather, aim for progress day-by-day. For me this is how we lose momentum: 1. We aim for perfection. 2. We 'fail'. 3. We feel guilty because we have 'failed' and that guilt precipitates resentment towards your initial starting point.

Instead: let's aim for progress. Not one human on this planet is perfect so why do we strive for it? Compete against yourself and become a better you. You deserve it."



# WEEK 3: DON'T BREAK

## Tips to Staying Active During Your Holiday with Dom



- 1 Have a plan - don't go on holiday and "see" what happens. You need to decide when the best time would be to tackle your workout.
- 2 Pack in your running shoes and activewear. Sneak in your resistance band while you are at it!
- 3 Get your workout done in the morning - this will lead to less pressure as the days goes by, you can be more flexible with your plans and the added endorphin rush to kick start your day.
- 4 Change the "all or nothing" mindset - if you only have 30 minutes to sweat, still do it!
- 5 Opt for an outdoor activity over a sit down luncheon where you can. Aim for a walk, hike, cycle or swim with a picnic.
- 6 Involve your friends and families who you are holidaying with - having a fitness buddy will be fun and also holding each other accountable.



## Navigating nutrition around the holiday period with Greg:



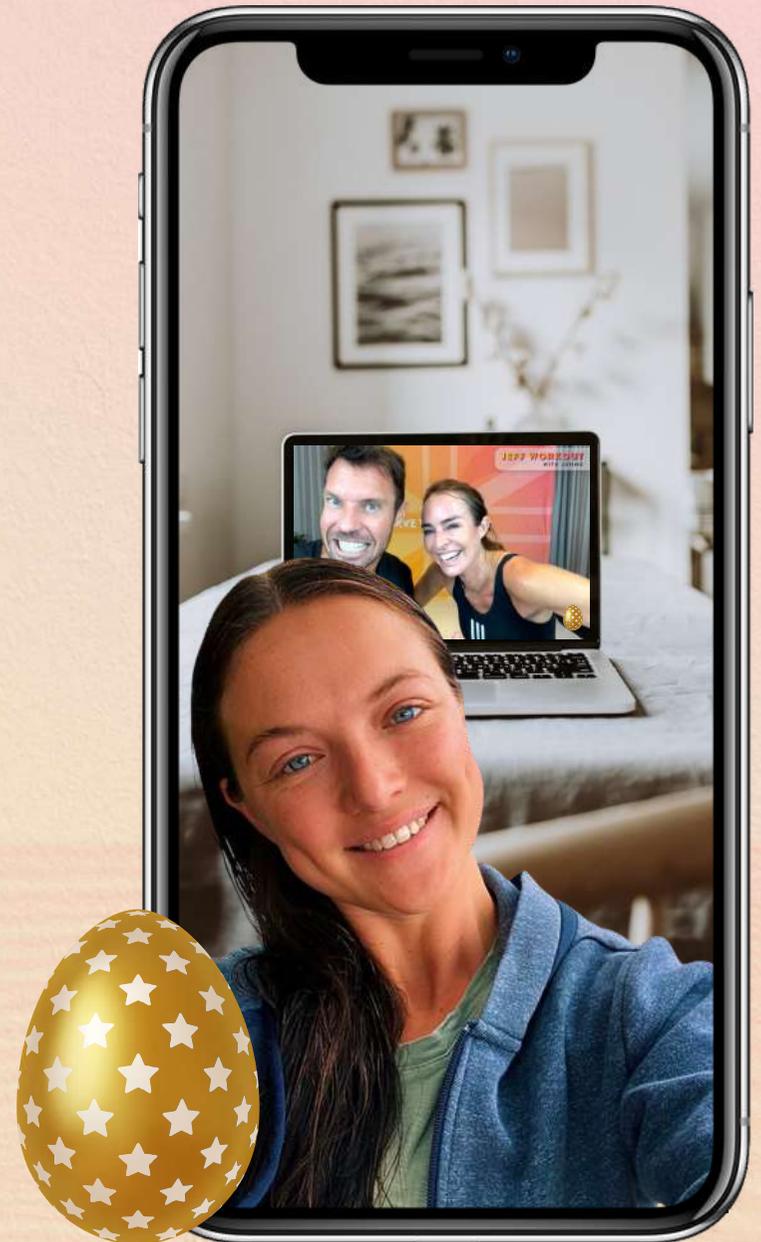
- 1 Plan ahead: There's nothing better than the hype of doing a grocery shop for the holidays! Embrace the fact that nourishment is your friend and your mindset should be aligned towards that when navigating nutrition.
- 2 Don't think of 'good' versus 'bad' food. Think of nourishing versus less nourishing.
- 3 Adapt and apply some discipline when eating out. There are ALWAYS more nourishing options. Make the decision before you go and potentially even google the menu to create excitement.
- 4 Choose wisely when it comes to alcohol. [See guide here](#). Tips include: adding lots of ice, mixing with sparkling water instead of sugary sodas, and having a glass of water between each drink.
- 5 Never forget your water intake - it's a common mistake when we are out of structure. Replenish!
- 6 Think about nourishing snack options for long drives or fussy kids.



# WEEK 3: DON'T BREAK

## JEFF Virtual Easter Egg hunt in workouts!

- As we lead into Easter Week, we are having a JEFF Easter Egg Hunt during your workouts.
- All you have to do is join in at least 3 different workouts, look out for the virtual egg and take a photo with it!
- By Easter Sunday, you must post 3 selfies/thumbs with the eggs from 3 different workouts to JEFF Together to qualify for an entry into the easter egg grand prize. Use the hashtag #JEFFEGGHUNT to enter!



# WEEK 4: DON'T BREAK

## Strapped for time? Here are Dom & Greg's go-to quick workouts!

\*Pro tip: Going on holiday with no signal? Doing a weekend digital detox? Or just love a good print out? Print these workouts!

### Try Dom's 12 minute Core & Cardio Blaster! (No equipment needed)



3 Rounds of 4 minutes - no recovery between sets

Round 1:

60 sec: 20 High Knees into 20 Jumping Jacks (LIIT: Step out)

60 sec: Sit ups

60 sec: Jump Squat (LIIT: Squat to heel raise)

60 sec: Plank hold

Round 2:

60 sec: X-Jumps (LIIT: Air Squat)

60 sec: High Plank Shoulder Taps

60 sec: Skaters (LIIT: Curtsy Lunges)

60 sec: Ab kickouts

Round 3:

60 sec: Jump Lunges (LIIT: Reverse Lunges)

60 sec: Russian Twists

60 sec: 10 Mountain climbers into 2 pushups

60 sec: Plank hold

### Try Greg's 'OG' workout



50 Air Squats

10 Burpee (chirpee) variation

40 Sit-Ups

10 Burpee (chirpee) variation

30 Lunges (alternating legs)

10 Burpee (chirpee) variation

20 Kettlebell Swings

10 Burpee (chirpee) variation

10 meter Bear Crawl

10 Burpee (chirpee) variation

20 Kettlebell Swings

10 Burpee (chirpee) variation

30 Lunges (alternating legs)

10 Burpee (chirpee) variation

40 Sit-Ups

10 Burpee (chirpee) variation

50 Air Squats

# WEEK 4: DON'T BREAK

## Try Dom's 24 min Express Core & Arms workout



Instructions: Set a timer for 6 minutes for your first circuit where you will be aiming for as many rounds as possible in 6 minutes, 1 minute recovery and then into your second circuit for 6 mins. Repeat once more.

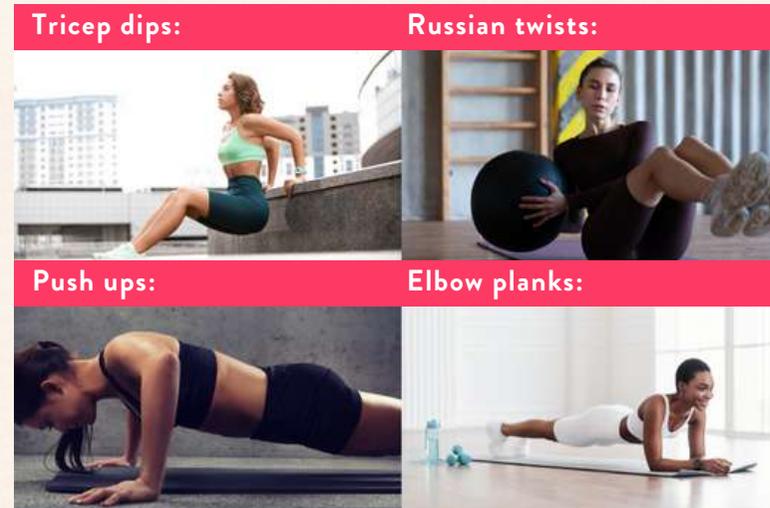
### CIRCUIT #1: 6 mins

- 20 Ab bicycles
- 20 Toe Reaches
- 20 Sit Ups
- 50 Cross Mountain Climbers



### CIRCUIT #2: 6 mins

- 20 Tricep Dips
- 20 Russian Twists
- 20 Push Ups
- 30sec Elbow Plank



# WEEK 4: DON'T BREAK

## Try Dom's 24 min Express Legs & Cardio workout



Instructions: Set a timer for 6 minutes for your first circuit where you will be aiming for as many rounds as possible in 6 minutes, 1 minute recovery and then into your second circuit for 6 mins. Repeat once more.

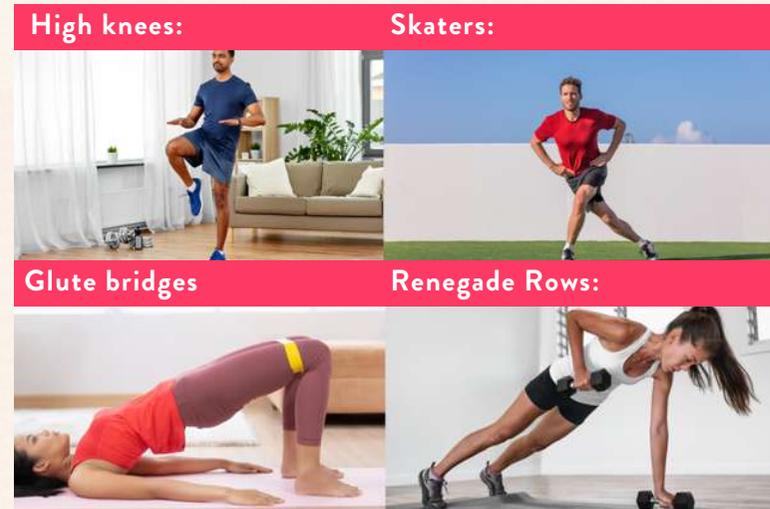
### CIRCUIT #1: 6 mins

- 20 Squats
- 20 Reverse lunges
- 10 Burpees



### CIRCUIT #2: 6 mins

- 20 High Knees
- 20 Skaters
- 20 Glute bridges
- 20 Renegade Rows



# ***EASY SAVOURY & SWEET HOLIDAY RECIPES FROM DOM***

## **Dom's Homemade Hummus:**

### Ingredients:

- 2 large carrots
- 1 tin of chickpeas
- 50ml olive oil
- 1 tpb harissa paste
- Salt & pepper to taste

### Method:

1. Grate the two large carrots and combine all ingredients in a food processor or Nutribullet.
2. You can add more olive oil as required.
3. Blend until smooth.



## **Dom's Grated Apple Flapjacks:**

### Ingredients:

- 1 cup of ground oats
- 2 Eggs
- 1 tsp cinnamon
- Pinch of Salt
- 1 grated green apple

### Topping:

- Fresh berries
- 2 Tb Plain yogurt
- Drizzle of maple syrup

### Method:

1. Blend oats to a fine flour
2. Add the remaining ingredients and blend.
3. Almond milk can be added should consistency be too thick
4. Heat a non-stick pan over medium heat and add the mixture to the pan
5. Fry until bubbles appear and flip until cooked
6. Serve with toppings



# EASY SAVOURY HOLIDAY RECIPES FROM GREG

## Greg's Eggs Benedict:

### Ingredients:

- 1/2 teaspoons Tabasco
- 70 grams Yogurt, Greek, plain
- 10 grams Butter
- 1 Lemons, whole/fresh
- 1 English muffins
- 1 teaspoon Dill, fresh
- 1 teaspoon Capers
- 3 Eggs, whole
- 40 grams Fish, salmon, smoked
- 35 grams Avocados

1. Mash the avo and season with a squeeze of lemon, salt and pepper
2. Boil your eggs, leaving aside two to make a Hollandaise sauce.

### To make the Hollandaise:

1. Separate two eggs, keeping the yolks and saving the whites for another meal.
2. Melt the butter until piping hot.
3. In a pot, whisk together the egg yolks and the juice from half a lemon
4. Whisk constantly over low heat until the egg thickens.
5. Whisk in the melted butter.
6. Remove from the heat, and whisk in the yoghurt, little bits at a time.
7. Add the tobasco, salt, pepper, and lemon zest and stir until smooth.
8. Taste and adjust as needed.

### Assemble:

1. Toast the english muffin.
2. Spread on the smashed avo.
3. Lay ribbons of salmon on top of the avo.
4. Peel and halve the boiled eggs, placing them on top of the salmon.
5. Give the Hollandaise a stir and pour half of it over your eggs (share the other half with someone else)
6. Top with the capers and sprinkle over some dill.



## Green Tahini (Yogurt) Dressing:

### Ingredients:

- 80g Tahini
- 3 Tbsp lemon juice (ideally fresh)
- 80ml warm water
- 1 clove of garlic, crushed
- 15g flat-leaf parsley (if making by hand, it should be finely chopped)
- Sea salt (to taste)
- 1 Tbsp Greek Yogurt for thickening (optional)

### Method:

1. Combine all ingredients in a food processor or Nutribullet.
2. Blend until smooth.



# ***WEEK 5: REFLECT & CELEBRATE***

## **CELEBRATING**

Name **THREE** things that you are most proud of this month:

---

---

---

---

---

---

---

---

---

---

---

## **REFLECT**

1 thing you want to prioritize in May:

---

---

---

---

Your goals for May:

---

---

---

---

# Stand to WIN

Log 5/7 exercise & nutrition dots every week and stand a chance to win!

In April we have amazing weekly prizes on offer from JEFF, Sorbet and so much more. As well as the grand prize.