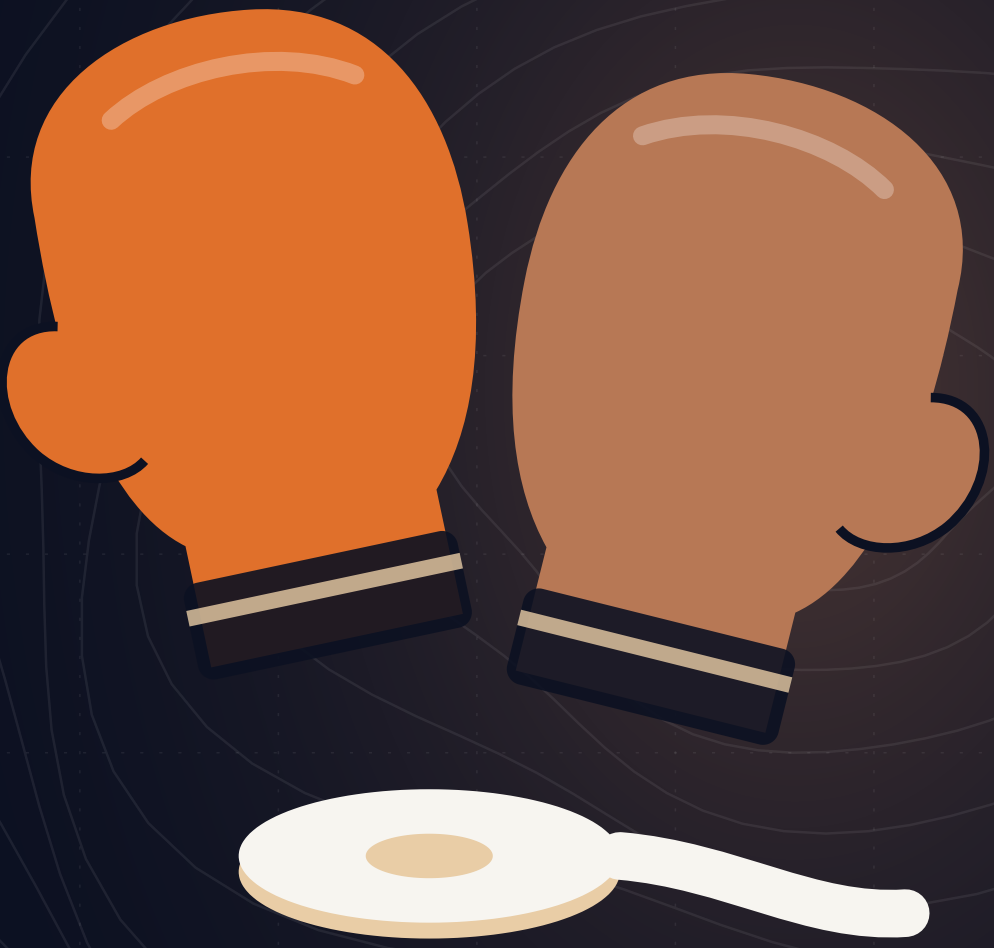
MUAY THAI ATLAS

GUIDE + LOG · EDITION 1



First Week at Camp

Arrive calm, train smart, finish week one in one piece. For your first Muay Thai camp in Thailand.

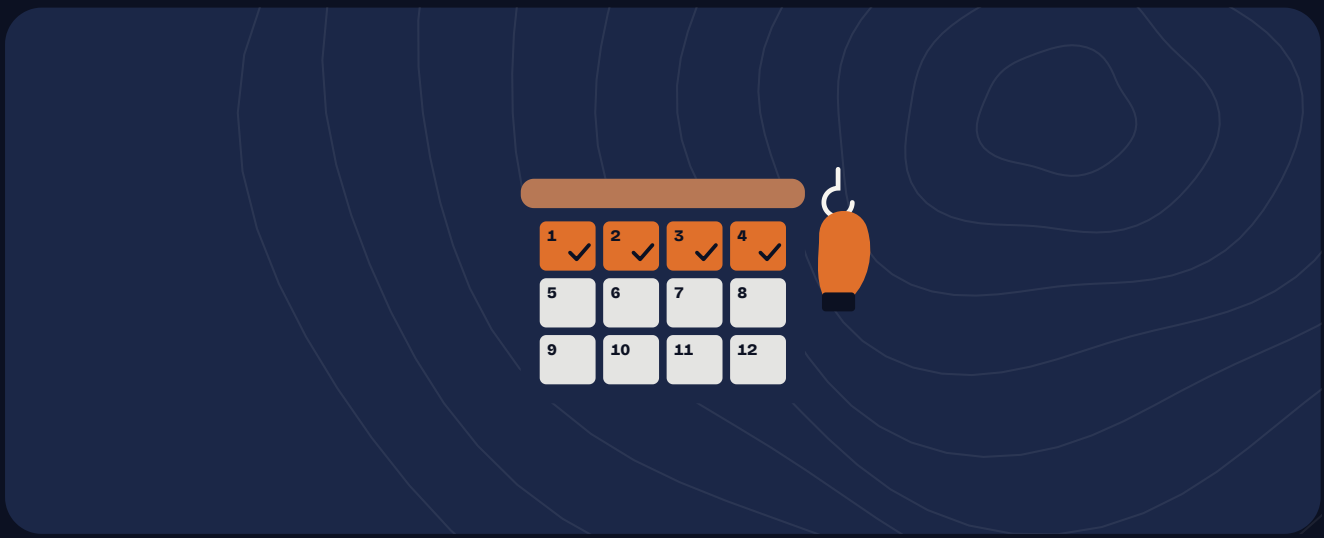
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02

The first seven days

A plan for the week, a two-minute check each morning, and the basics of heat, sleep, food and skin.

The 7-day plan p. 10
The morning traffic-light check p. 11
Heat, sleep and food p. 12
Hands, feet and skin p. 13



03

Your week, logged

One page a day. Five minutes each evening. It shows your coach what's working and shows you how far you've come.

Day 1 to day 7 p. 15

Week 1 review and week 2 plan p. 22

