

BRAVENLY
STRIVE FOR MORE IN 2024

workout guide



A 2024 TRANSFORMATION CHALLENGE
#STRIVEFORMORE2024 #MY30DAYS



WEEK 1



DAY 1

20-minute leg workout

2 min side leg lifts (R)

2 min side leg lifts (L)

2 min alternating lunge

2 min regular squats

2 min alternating curtsy lunges

REPEAT x2

WORKOUT COMPLETE

DAY 2

10-minute core workout

1 min plank

1 min bicycle

1 min crunches

2 min Russian twists

10 min walk

REPEAT

WORKOUT COMPLETE

DAY 3

15-minute upper body workout

1 min push ups

1 min tricep dips

1 min bicep curls

2 min shoulder press

5 min stretch

REPEAT x3

WORKOUT COMPLETE

DAY 4

10-minute core workout

1 min side plank (R)

1 min side plank (L)

1 min superman

2 min crunches

10 min walk

REPEAT

WORKOUT COMPLETE

DAY 5

15-minute total body workout

1 min march in place

1 min jumping jacks

1 min lunges

2 min burpees

5 min stretch

REPEAT x3

WORKOUT COMPLETE

DAY 6

Use Saturdays to do something physical that YOU enjoy, such as: taking a walk with a friend, going on a leisurely bike ride, completing a workout class.

ACTIVITY COMPLETE

DAY 7

Do something physical that allows you to feel RESET for the week ahead. Go for a walk to get fresh air, race your kiddos in the backyard, or do something as simple and routine as walking up and down the stairs!

ACTIVITY COMPLETE

weekly
TIP



LISTEN TO MUSIC

According to several studies, music boosts the body's levels of serotonin and dopamine to make your workout more successful AND releases hormones known to help with a faster recovery. So, turn on your favorite tunes during your exercise and see if it helps! Check out Bravenly's Breakthrough playlist on Spotify!

Each day you must choose
discipline or regret.



#STRIVEFORMOREIN2024 #MY30DAYS

WEEK 2



DAY 8

20-minute leg workout

2 min squats

2 min squat jumps

2 min calf raises

2 min wall sit

2 min alternating curtsy lunges

REPEAT x2

WORKOUT COMPLETE

DAY 9

10-minute core workout

1 min Russian twists

1 min straight leg sit ups

1 min crunches

2 min plank

10 min walk

REPEAT

WORKOUT COMPLETE

DAY 10

15-minute upper body workout

1 min tricep kickbacks

1 min bicep curls

1 min shoulder press

2 min chest press

5 min stretch

REPEAT x3

WORKOUT COMPLETE

DAY 11

10-minute core workout

1 min scissor kicks

1 min plank

1 min crunches

2 min push ups

10 min walk

REPEAT

WORKOUT COMPLETE

DAY 12

15-minute total body workout

1 min high knees

1 min mountain climbers

1 min crunches

2 min burpees

5 min stretch

REPEAT x3

WORKOUT COMPLETE

DAY 13

Use Saturdays to do something physical that YOU enjoy such as: taking a walk with a friend, going on a leisurely bike ride, completing a workout class.

ACTIVITY COMPLETE

DAY 14

Do something physical that allows you to feel RESET for the week ahead. Go for a walk to get fresh air, race your kiddos in the backyard, or do something as simple and routine as walking up and down the stairs!

ACTIVITY COMPLETE

weekly
TIP



SET YOURSELF UP WELL

Setting yourself up well for exercise includes physical and mental preparation. Your mental preparation includes setting realistic goals and getting into the right mindset. Your physical preparation includes hydration, eating well before and after your workout, and ensuring your environment is equipped for your workout.

A man and a woman in athletic wear are stretching on a paved path. The man is on the left, wearing a blue long-sleeved shirt and black leggings. The woman is on the right, wearing a red short-sleeved shirt and black leggings. They are both leaning forward with their hands on their knees. In the background, there is a stone wall and a body of water under a bright sky.

SWEAT

now, so you can

GLOW

later.



#STRIVEFORMOREIN2024 #MY30DAYS

WEEK 3



DAY 15

20-minute leg workout

2 min side leg lifts (R)

2 min side leg lifts (L)

2 min alternating lunge

2 min regular squats

2 min alternating curtsy lunges

REPEAT x2

WORKOUT COMPLETE

DAY 16

10-minute core workout

1 min plank

1 min bicycle

1 min crunches

2 min Russian twists

10 min walk

REPEAT

WORKOUT COMPLETE

DAY 17

15-minute upper body workout

1 min push ups

1 min tricep dips

1 min bicep curls

2 min shoulder press

5 min stretch

REPEAT x3

WORKOUT COMPLETE

DAY 18

10-minute core workout

1 min side plank (R)

1 min side plank (L)

1 min superman

2 min crunches

10 min walk

REPEAT

WORKOUT COMPLETE

DAY 19

15-minute total body workout

1 min march in place

1 min jumping jacks

1 min lunges

2 min burpees

5 min stretch

REPEAT x3

WORKOUT COMPLETE

DAY 20

Use Saturdays to do something physical that **YOU** enjoy such as: taking a walk with a friend, going on a leisurely bike ride, completing a workout class.

ACTIVITY COMPLETE

DAY 21

Do something physical that allows you to feel **RESET** for the week ahead. Go for a walk to get fresh air, race your kiddos in the backyard, or do something as simple and routine as walking up and down the stairs!

ACTIVITY COMPLETE

weekly
TIP



SWITCH THINGS UP

“There are numerous benefits to mixing up your workout routine,” says Arnold Lee, MD. “It’s the key to stimulating different muscle groups and preventing boredom.” our body – and brain – will reap benefits when you try new activities and vary your fitness routine.



Be
STRONGER
than your excuses.



#STRIVEFORMOREIN2024 #MY30DAYS

WEEK 4



DAY 22

20-minute leg workout

2 min squats

2 min squat jumps

2 min calf raises

2 min wall sit

2 min alternating curtsy lunges

REPEAT x2

WORKOUT COMPLETE

DAY 23

10-minute core workout

1 min Russian twists

1 min straight leg sit ups

1 min crunches

2 min plank

10 min walk

REPEAT

WORKOUT COMPLETE

DAY 24

15-minute upper body workout

1 min tricep kickbacks

1 min bicep curls

1 min shoulder press

2 min chest press

5 min stretch

REPEAT x3

WORKOUT COMPLETE

DAY 25

10-minute core workout

1 min scissor kicks

1 min plank

1 min crunches

2 min push ups

10 min walk

REPEAT

WORKOUT COMPLETE

DAY 26

15-minute total body workout

1 min high knees

1 min mountain climbers

1 min crunches

2 min burpees

5 min stretch

REPEAT x3

WORKOUT COMPLETE

DAY 27

Use Saturdays to do something physical that YOU enjoy such as: taking a walk with a friend, going on a leisurely bike ride, completing a workout class.

ACTIVITY COMPLETE

DAY 28

Do something physical that allows you to feel RESET for the week ahead. Go for a walk to get fresh air, race your kiddos in the backyard, or do something as simple and routine as walking up and down the stairs!

ACTIVITY COMPLETE

weekly
TIP



KEEP SETTING GOALS

“Proper goal setting can help motivate and inspire both new and veteran exercisers,” says Exercise Physiologist, Rebecca Kurtz. Whether you’re interested in losing weight, gaining muscle, or cultivating health – or a combination of all three – goal-setting helps establish a framework around which to structure your time.

If it doesn't
CHALLENGE YOU,
it won't
CHANGE YOU.



#STRIVEFORMOREIN2024 #MY30DAYS

repeat monthly

FOR MAXIMUM IMPACT



#MY30DAYS