

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.



SWEAT  
*now, so you can*  
GLOW  
*later.*



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## 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.*



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# 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