# 7 DAY BODY RESET CHALLENGE

| DAY # | ACTIVITY | RECOVERY | WATER | SLEEP | SNACKS | STEPS |
|---|---|---|---|---|---|---|
| DAY 1 | Recovery Yoga | Foam Rolling Routine | ___ ounces | __ hours __ mins | | _____ steps |
| DAY 2 | Reset Workout #1 | Recovery Stretches | ___ ounces | __ hours __ mins | | _____ steps |
| DAY 3 | Recovery Yoga | Foam Rolling Routine | ___ ounces | __ hours __ mins | | _____ steps |
| DAY 4 | Reset Workout #2 | Recovery Stretches | ___ ounces | __ hours __ mins | | _____ steps |
| DAY 5 | Recovery Yoga | Foam Rolling Routine | ___ ounces | __ hours __ mins | | _____ steps |
| DAY 6 | Reset Workout #3 | Recovery Stretches | ___ ounces | __ hours __ mins | | _____ steps |
| DAY 7 | Rest | Foam Rolling Routine | ___ ounces | __ hours __ mins | | _____ steps |

# 7 DAY BODY RESET CHALLENGE

## RECOVERY YOGA ROUTINE

Hold each pose for 30 – 60 seconds

### Downward Dog

### Cobra

### Half Split

### Forward Fold

### Pigeon

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## Low Lunge

## Kneeling Quad Stretch

## Toes Pose

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## RESET WORKOUT #1

- Jumping Jacks x 50
- Mountain Climbers x 50
- High Knees x 50
- Wall Sit x 45 sec
- Donkey Kicks x 40
- Jump Lunges x 40
- Legs Down x 30
- Push Ups x 30
- Skaters x 40
- Plank x 60 sec

## RESET WORKOUT #2

Each circuit lasts 5 minutes. Complete the moves as many times as possible in 5 minutes.

### CIRCUIT 1

- Legs Down Crisscross x 15
- Mountain Climbers x 50
- Raised Let Sit Ups x 30

### CIRCUIT 2

- Jack Knifes x 20
- Side Plank + Taps x 20
- Straight Leg Raises x 20

### CIRCUIT 3

- Straight Leg Raises & Lift x 20
- Russian Twists x 50
- Bent Leg Hip Lifts x 20

## RESET WORKOUT #3

Repeat all moves a total of 3 times.

- Tricep Dips x 20
- Decline Pushups x 20
- Punches x 20
- Walking Lunges x 20
- Skaters x 20
- Jump Squats x 20
- Russian Twists x 20
- Raised Leg Sit Ups x 20
- Plank x 20 seconds
- Mountain Climbers x 20
- Burpees x 20
- Jump Ropes x 20

Runnin' for Sweets
Running Tips | Workout Ideas | Fitness Motivation

# 7 DAY BODY RESET CHALLENGE

## FOAM ROLLING ROUTINE

### Calves

### Knees

### Glutes

### Hamstrings

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## Hip Flexors

## IT Band

## Quadriceps

## Shins

# 7 DAY BODY RESET CHALLENGE

## RECOVERY STRETCHES

### Seated Hamstring Stretch

### Lying Glute Stretch

### Half Split Hamstring Stretch

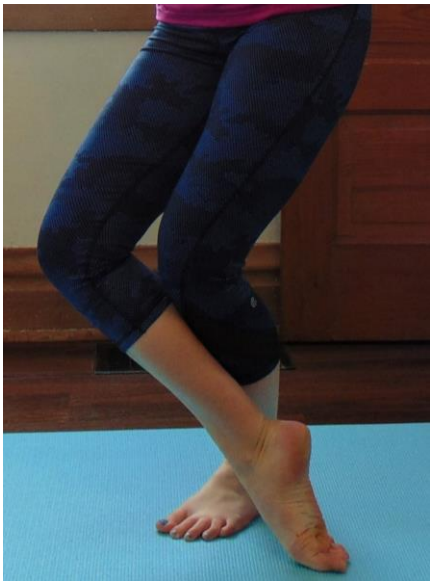
### Runner's Lung Hip Stretch

### Kneeling Quad Stretch

# 7 DAY BODY RESET CHALLENGE

**Standing Calf Stretch**

**Standing Achilles Stretch**

**Standing IT Band Stretch**

**Standing Shin Stretch**