

7-Days to a healthier you!



The 7-Day Reboot is designed to increase your strength, stamina, and flexibility (to empower your movement and real-life challenges). I want you to reach your goals, and I have the tools and wisdom to help you experience the life transformation you have been looking for.

Let's get started!

Begin by blocking out the days you plan on completing your challenge on your calendar (digital or paper version) – all 7-days!

A few things about the way I have set up the challenge. Each challenge falls under a specific pillar. For me, I can get a little overwhelmed when I think about training our human body for optimal performance. There are so many options, narrowing it down to what is best is tough! Narrowing it down to what

is best for each individual is even more difficult, but critical for you to be the healthiest and strongest version of you.

Each day you have the option to choose 1, 2 or 3 Challenges. You can choose the challenge(s) based off of what you can work into your schedule, what propels you toward your current goals, or a bit of both. I suggest you choose the option that you are least likely to fit into your schedule. Example: if you always fit in cardio, but have a hard time unwinding, then choose Challenge 1. If you never fit in active and heart-pumping movement, then choose Challenge 3.

As with any type course or class I teach or coach, your fitness level will be taken into consideration. I give many options.

By the end of the 7-days, I'm hoping you will have stepped out of your normal fitness-box, and have tried at least 1 new movement or practice.

You can do this! I believe in you,

Regina

THE 3 PILLARS:

- 1. Rest:** think about getting your parasympathetic system to be on your team, instead of fighting against you!
- 2. F.U.N.:** tiny and powerful movements! (This type of work is both physical and mental. We are raising the bar to your potential.
- 3. Active:** Heart-rate raising, or sequence building movement that are what you possibly think of when you think of a physical fitness challenge!

The Daily Challenges!

	Pillar 1	Pillar 2	Pillar 3
Day 1:	3-deep breaths/3x throughout day	Dynamic Tree Pose (repeat moving into tree pose on each side: 1 min. each)	Time your forearm plank!
Day 2:	At least 8 glasses water at lukewarm temperature	Wrist Pumps	Chair Pose
Day 3:	Sit in silence 1 min.	foot massage	Plank Jacks and Ballet Lunges
Day 4:	Restorative feet/legs up wall	Shoulder "Goal Posts"	2-minute squats optional squat jumps for the last 20-60 seconds
Day 5:	Drink 2-4 c. water before doing anything else (except brushing your teeth).	Standing Abductors Side Leg Raises	3-minute challenge! 1 min: pushups 1 min: core 1 min: star-jacks
Day 6:	Notice everytime you sit down or stand up (5x)	Deer Pose-hold 1 minute/side	3 Sun Salutations/ Optional: 30-60 seconds of Burpees
Day 7:	Shut off media/electronics at 15 min. before bed	Runner's Lunge with a Twist	Pilates Side Leg Series



MAKE OVER YOUR DIET! Wrap up your last meal of the day by 7:00 pm. Goal: No snacking after 7:00 PM!

Keep track of your progress



Which challenge(s) did you make happen today? Use the bottom section to record you

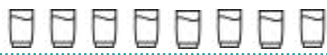
How much water did you drink today?

Did you wrap up eating by 7:00 PM?

What are you grateful for today?

Day 1: _____
(date)

Day 5: _____



Day 2: _____



Day 6: _____



Day 3: _____



Day 7: _____



Day 4: _____



BY DAY 7, YOU WILL HAVE:

- Improved your strength and stamina
- Increased your calm and decreased the negative affects of stress
- Increased your mind and body awareness
- Moved up your dinner time, giving your gut a needed break
- Pampered your body
- Challenged your boundaries



Tree Pose (day 1)

photo credit: Aubin Skipper

The challenges in more detail



Pillar 1

Pillar 2

Pillar 3

Day 1:

Take 3 slow deep breaths, your exhales longer than your inhales. Notice the air passing through your nostrils.

Dynamic Tree Pose (repeat moving into tree pose on each side: 1 min. each) Keep your hips pointing forward, even as you bend your knee and lift the inside of your foot toward your shin or inner thigh.

Time your forearm plank! Elbows in line with your shoulders. Pull navel to spine. If tension in low back, time from your knees. If belly starts to drop, or you can't keep smooth breathing: time's up!

Day 2:

Drink at least 8 glasses water at lukewarm temperature (throughout the day)

Extend your arms and finger tips toward ceiling. Keep your palms facing each other, stretch your fingers, then make a tight fist. Repeat for 45-60 seconds.

Stand with feet hip distance apart, knees over 2 & 3rd toes. Bend at your knees, hinging forward slightly from waist. Weight in your heels. Navel pulled toward back body. Lifting your waist away from hips. arms extended. Hold with smooth and steady breath. 1-2 minute(s)

Day 3:

Find a place to sit in silence for 60-sec. Set a timer. Close your eyes, sit up with your back straight. Notice your inhales and exhales. No straining in your jaw.

Start with your right foot. Cross your leg so you can reach the bottom of your foot with your hands. Imagine there is vertical line running up foot. With your thumbs, make tiny circles working your way up your foot. repeat 3x. If notice any knots, stay there a little longer. Rept on left foot.

Plank Jacks: Find plank (on knees or toes. Navel to back body. If on knees, or strains low back, one leg at a time, lift leg out to the side. (Like a jumping jack). If no low back issues, both legs work at same time (normal j.j. legs) 60-sec.

Day 4:

A restorative Pose: Go find a wall and space on the floor that you can lie down and put your legs up snug against the wall. (opt: If your bed has a headboard or is against a wall) Allow your legs to rest with your ankles stacked over your hips Take your attention to your breath, guide your breaths so they are even and slow. Stay in this posture for 2-5 minutes.

Stand up against a wall. Heels, bum, back of head touching. Lift arms, so they look like goal posts, elbows and wrists touching wall. Keeping wrists & elbows against wall, as you inhale, lift your arms as high as they can go without losing contact with wall. Lower down so elbows in line with shoulders on exhale. Repeat 12x (2 sets of 12)

2-minute squats
opt: squat jumps for the last 20-60 seconds. Keep feet hip distance, weight in your heels. Lower down to hip distance, if causes knee pain, not so low. Move slowly and focus on squeezing your glutes on the way up. Optional jump squat at the end.

Day 5:

Drink 2-4 cups of water before doing anything other than brush your teeth (opt: and scrape your tongue)

Stand tall, with your hips pointing forward. Hands on hips. Press firmly into left foot, lift your right leg directly to the right-careful not to let your hips rotate. If they do, don't left leg as high. Keep leg straight. 12x. Repeat otherside. 2-3 sets

3-minute challenge!
1 min: pushups
1 min: bicycles
1 min: star-jacks (1 jumping jack, followed by tuck jump)

Day 6:

Notice everytime you sit down or stand up (Keep track for at least 5x today)

Sitting on the floor, deer pose is like cheerleaders pose, if that is unfamiliar, or you've had hip surgery or hip pain, sit with your legs crossed at the shins. Press your tailbone down into floor, lengthen spine, hinge forward from waist, hands, (or forearms or elbows) resting on floor. Keep your toes active, face relaxed, breath smoothly.

3 Sun Salutations or if new to yoga poses, 30-60 seconds of Burpees*
(Standing feet hip distance, step or hop back to push-up position, step or hop up, stand up. Optional hop. Repeat.

Day 7:

Shut off media/electronics at 15 min. before bed. If you already practice this, give yourself even more electronic free time before bed.

Start on hands and knees. Step Right leg forward, knee lined up over ankle. Imagine pulling right heel toward back edge of yoga mat, and right toes forward. navel draws in slightly, walk hands forward (opt. to lower to forearms or rest with forehead on floor. After 45-sec. allow body to relax, still pulling your right knee toward right elbow. Hinge back up, moving left hand next to inside right foot, rotate from belly button to bend knee. Spine long. Breath 5 breaths. Repeat other side

Modified version: Resting on your side, in a long line, hips and feet stacked. Point toes of top foot, keep top leg straight, lift leg straight up, maintaining hips stacked. Flex foot, slower return to hover or stacked. Imagine you are working against resistance both directions. 10x. Repeat on other side. (2-3 sets of 10)