

YOU =  
AWESOME

YOU + USE =

NEXT LEVEL

STRONG MIND  
A WEEK WOD

# WEEK 1

Fitness Freedom

## DAY 1

### STRENGTH

#### SEATED ROW MACHINE

3 Sets 8 Reps  
60 Seconds Rest

#### SHOULDER PRESS MACHINE

3 Sets 6 Reps  
60 Seconds Rest

#### HAMSTRING CURL MACHINE

2 Sets 8 Reps  
60 Seconds Rest

#### BIRD DOG

3 x 12 Reps  
60 Seconds Rest

## DAY 2

### MENTAL HEALTH CHECKLIST

#### JOURNAL PROMPT

What made me feel proud today?

#### BREATH WORK

Box breathing – 4x4x4x4 for 5 mins

#### GRATITUDE

Write down 3 things you're grateful for

#### WALK

20-minute walk in nature without your phone

## DAY 3

### CARDIO

#### MODERATE JOG OR RIDE

30-40 minutes at Zone 2

#### POST-CARDIO STRETCH

10 minutes full-body mobility

## DAY 4

### MENTAL HEALTH CHECKLIST

#### JOURNAL PROMPT

What made me feel proud today?

#### BREATH WORK

Box breathing – 4x4x4x4 for 5 mins

#### GRATITUDE

Write down 3 things you're grateful for

#### WALK

20-minute walk in nature without your phone

## DAY 5

### STRENGTH

#### LEG PRESS

4 Sets 6 Reps  
90 Seconds Rest

#### CHEST PRESS MACHINE

3 Sets 8 Reps  
60 Seconds Rest

#### LAT PULL DOWN MACHINE

3 Sets 6 Reps  
60 Seconds Rest

#### LEG EXTENSION MACHINE

2 Sets 8 Reps  
60 Seconds Rest

#### DEAD BUG

3 x 12 Reps  
60 Seconds Rest

## DAY 6

### MENTAL HEALTH CHECKLIST

#### JOURNAL PROMPT

What made me feel proud today?

#### BREATH WORK

Box breathing – 4x4x4x4 for 5 mins

#### GRATITUDE

Write down 3 things you're grateful for

#### WALK

20-minute walk in nature without your phone

## DAY 7

### MENTAL HEALTH CHECKLIST

#### JOURNAL PROMPT

What made me feel proud today?

#### BREATH WORK

Box breathing – 4x4x4x4 for 5 mins

#### GRATITUDE

Write down 3 things you're grateful for

#### WALK

20-minute walk in nature without your phone

# WEEK 2

Fitness Freedom

## DAY 1

### STRENGTH

#### LEG PRESS

4 Sets 6 Repetitions  
90 Seconds Rest

#### SEATED ROW MACHINE

3 Sets 8 Reps  
60 Seconds Rest

#### SHOULDER PRESS MACHINE

3 Sets 8 Repetitions  
60 Seconds Rest

#### HAMSTRING CURL MACHINE

2 Sets 8 Reps  
60 Seconds Rest

#### BIRD DOG

3 x 12 Reps  
60 Seconds Rest

## DAY 2

### MENTAL HEALTH CHECKLIST

#### JOURNAL PROMPT

Where did I show up as my best self this week?

#### MEDITATION

10-min guided meditation on self-compassion

#### GRATITUDE

Send a thank-you message to someone

#### COLD EXPOSURE

End your shower with 30 sec of cold water

## DAY 3

### CARDIO

**MODERATE JOG OR RIDE**  
30-40 minutes at Zone 2

#### POST-CARDIO STRETCH

10 minutes full-body mobility

## DAY 4

### MENTAL HEALTH CHECKLIST

#### JOURNAL PROMPT

Where did I show up as my best self this week?

#### MEDITATION

10-min guided meditation on self-compassion

#### GRATITUDE

Send a thank-you message to someone

#### COLD EXPOSURE

End your shower with 30 sec of cold water

## DAY 5

### STRENGTH

#### LEG PRESS

4 Sets 6 Repetitions  
90 Seconds Rest

#### CHEST PRESS MACHINE

3 Sets 8 Reps  
60 Seconds Rest

#### LAT PULL DOWN MACHINE

3 Sets 6 Repetitions  
60 Seconds Rest

#### LEG EXTENSION MACHINE

2 Sets 8 Reps  
60 Seconds Rest

#### DEAD BUG

3 x 12 Reps  
60 Seconds Rest

## DAY 6

### MENTAL HEALTH CHECKLIST

#### JOURNAL PROMPT

Where did I show up as my best self this week?

#### MEDITATION

10-min guided meditation on self-compassion

#### GRATITUDE

Send a thank-you message to someone

#### COLD EXPOSURE

End your shower with 30 sec of cold water

## DAY 7

### MENTAL HEALTH CHECKLIST

#### JOURNAL PROMPT

Where did I show up as my best self this week?

#### MEDITATION

10-min guided meditation on self-compassion

#### GRATITUDE

Send a thank-you message to someone

#### COLD EXPOSURE

End your shower with 30 sec of cold water

# WEEK 3

Fitness Freedom

## DAY 1

### STRENGTH

#### LEG PRESS

4 Sets 6 Repetitions  
90 Seconds Rest

#### SEATED ROW MACHINE

3 Sets 8 Reps  
60 Seconds Rest

#### SHOULDER PRESS MACHINE

3 Sets 8 Repetitions  
60 Seconds Rest

#### HAMSTRING CURL MACHINE

2 Sets 8 Reps  
60 Seconds Rest

#### BIRD DOG

3 x 12 Reps  
60 Seconds Rest

## DAY 2

### MENTAL HEALTH CHECKLIST

#### JOURNAL PROMPT

What do I need to let go of this week?

#### BREATH WORK

Alternate nostril breathing  
- 5min

#### GRATITUDE

Write about a challenge that made you better

#### MOVEMENT

Gentle yoga or stretching  
- 15 to 20 min

## DAY 3

### CARDIO

**MODERATE JOG OR RIDE**  
30-40 minutes at Zone 2

#### POST-CARDIO STRETCH

10 minutes full-body mobility

## DAY 4

### MENTAL HEALTH CHECKLIST

#### JOURNAL PROMPT

What do I need to let go of this week?

#### BREATH WORK

Alternate nostril breathing  
- 5min

#### GRATITUDE

Write about a challenge that made you better

#### MOVEMENT

Gentle yoga or stretching  
- 15 to 20 min

## DAY 5

### STRENGTH

#### LEG PRESS

4 Sets 6 Repetitions  
90 Seconds Rest

#### CHEST PRESS MACHINE

3 Sets 8 Reps  
60 Seconds Rest

#### LAT PULL DOWN MACHINE

3 Sets 6 Repetitions  
60 Seconds Rest

#### LEG EXTENSION MACHINE

2 Sets 8 Reps  
60 Seconds Rest

#### DEAD BUG

3 x 12 Reps  
60 Seconds Rest

## DAY 6

### MENTAL HEALTH CHECKLIST

#### JOURNAL PROMPT

What do I need to let go of this week?

#### BREATH WORK

Alternate nostril breathing  
- 5min

#### GRATITUDE

Write about a challenge that made you better

#### MOVEMENT

Gentle yoga or stretching  
- 15 to 20 min

## DAY 7

### MENTAL HEALTH CHECKLIST

#### JOURNAL PROMPT

What do I need to let go of this week?

#### BREATH WORK

Alternate nostril breathing  
- 5min

#### GRATITUDE

Write about a challenge that made you better

#### MOVEMENT

Gentle yoga or stretching  
- 15 to 20 min



# WEEK 4

Fitness Freedom

## DAY 1

### STRENGTH

#### LEG PRESS

4 Sets 6 Repetitions  
90 Seconds Rest

#### SEATED ROW MACHINE

3 Sets 8 Reps  
60 Seconds Rest

#### SHOULDER PRESS MACHINE

3 Sets 8 Repetitions  
60 Seconds Rest

#### HAMSTRING CURL MACHINE

2 Sets 8 Reps  
60 Seconds Rest

#### BIRD DOG

3 x 12 Reps  
60 Seconds Rest

## DAY 2

### MENTAL HEALTH CHECKLIST

#### JOURNAL PROMPT

What does success feel like to me?

#### MEDITATION

Unguided meditation -  
10 min with music

#### GRATITUDE

Note 3 things your excited about

#### MINDFUL MOMENT

Drink tea or coffee with full attention for 10 min

## DAY 3

### CARDIO

#### MODERATE JOG OR RIDE

30-40 minutes at Zone 2

#### POST-CARDIO STRETCH

10 minutes full-body mobility

## DAY 4

### MENTAL HEALTH CHECKLIST

#### JOURNAL PROMPT

What does success feel like to me?

#### MEDITATION

Unguided meditation -  
10 min with music

#### GRATITUDE

Note 3 things your excited about

#### MINDFUL MOMENT

Drink tea or coffee with full attention for 10 min

## DAY 5

### STRENGTH

#### LEG PRESS

4 Sets 6 Repetitions  
90 Seconds Rest

#### CHEST PRESS MACHINE

3 Sets 8 Reps  
60 Seconds Rest

#### LAT PULL DOWN MACHINE

3 Sets 6 Repetitions  
60 Seconds Rest

#### LEG EXTENSION MACHINE

2 Sets 8 Reps  
60 Seconds Rest

#### DEAD BUG

3 x 12 Reps  
60 Seconds Rest

## DAY 6

### MENTAL HEALTH CHECKLIST

#### JOURNAL PROMPT

What does success feel like to me?

#### MEDITATION

Unguided meditation -  
10 min with music

#### GRATITUDE

Note 3 things your excited about

#### MINDFUL MOMENT

Drink tea or coffee with full attention for 10 min

## DAY 7

### MENTAL HEALTH CHECKLIST

#### JOURNAL PROMPT

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#### MEDITATION

Unguided meditation -  
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