

A man and a woman are shown in a forest setting, performing lunges on a dirt path. The man is on the left, wearing a dark long-sleeved shirt and black pants, with his hands clasped in front of him. The woman is on the right, wearing a dark long-sleeved shirt, black pants, a black cap, and a backpack, also with her hands clasped. The background is a soft-focus forest with many trees. Overlaid on the image is the text 'BREAKTHROUGH' in a bold, brown, sans-serif font, and 'Workout Guide' in a brown, cursive script font. To the right of the text is a small, stylized icon of a dumbbell in a brown color.

BREAKTHROUGH *Workout Guide*

30-DAY BREAKTHROUGH
#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

REPEAT

10 min walk

☐ 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

REPEAT x3

5 min
stretch

☐ WORKOUT
COMPLETE

DAY 4

10-minute core workout

1 min
side plank (R)

1 min
side plank (L)

1 min
superman

2 min
crunches

REPEAT

10 min walk

☐ WORKOUT
COMPLETE

DAY 5

15-minute total body workout

1 min
march in place

1 min
jumping jacks

1 min
lunges

2 min
burpees

REPEAT x3

5 min
stretch

☐ 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 some 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 is known to boost the body's levels of serotonin and dopamine to make your workout more successful AND releases hormones that are known to help with a faster recovery. So, turn on your favorite tunes during your workout and see if it helps! Check out Bravenly's Breakthrough playlist on Spotify!

A man in a grey sleeveless hoodie and blue shorts is running outdoors. He is wearing earbuds and holding a smartphone in his left hand. The background shows a city street with buildings and streetlights under a hazy, warm sky. A motivational quote is overlaid in a white script font.

*Each day you must choose
discipline or regret.*

#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

REPEAT

10 min walk

☐ 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

REPEAT x3

5 min
stretch

☐ WORKOUT
COMPLETE

DAY 11

10-minute core workout

1 min
scissor kicks

1 min
plank

1 min
crunches

2 min
push ups

REPEAT

10 min walk

☐ WORKOUT
COMPLETE

DAY 12

15-minute total body workout

1 min
high knees

1 min
mountain
climbers

1 min
crunches

2 min
burpees

REPEAT x3

5 min
stretch

☐ 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 some 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.

#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

REPEAT

10 min walk

☐ 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

REPEAT x3

5 min
stretch

☐ WORKOUT
COMPLETE

DAY 18

10-minute core workout

1 min
side plank (R)

1 min
side plank (L)

1 min
superman

2 min
crunches

REPEAT

10 min walk

☐ WORKOUT
COMPLETE

DAY 19

15-minute total body workout

1 min
march in place

1 min
jumping jacks

1 min
lunges

2 min
burpees

REPEAT x3

5 min
stretch

☐ 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 some 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.

A photograph of four diverse women in athletic wear, smiling and posing together. The woman on the far left has red hair in a braid and is wearing a black sports bra and leggings. The woman next to her has dark hair and is wearing a black sports bra and leggings, with a black boxing glove on her right hand. The woman next to her has brown hair and is wearing a black sports bra and leggings, with a black boxing glove on her left hand. The woman on the far right has curly hair and is wearing a black sports bra and leggings, holding a black resistance band. The background is a solid light blue color.

Be
STRONGER
than your excuses.

#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

REPEAT

10 min walk

☐ 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

REPEAT x3

5 min
stretch

☐ WORKOUT
COMPLETE

DAY 25

10-minute
core workout

1 min
scissor kicks

1 min
plank

1 min
crunches

2 min
push ups

REPEAT

10 min walk

☐ WORKOUT
COMPLETE

DAY 26

15-minute
total body
workout

1 min
high knees

1 min
mountain
climbers

1 min
crunches

2 min
burpees

REPEAT x3

5 min
stretch

☐ 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 some 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.

A man and a woman are performing a yoga pose, likely a side angle or a similar standing pose, on a rooftop or balcony. They are both leaning forward with one arm reaching up and the other down towards the ground. The background shows a cityscape at sunset, with a warm orange glow. The text is overlaid on the image in a mix of white and orange colors.

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

#MY30DAYS

Repeat Monthly
FOR MAXIMUM IMPACT

30-DAY BREAKTHROUGH

— #MY30DAYS —