

31 DAY RESET

WHAT IS THE PROGRAM ABOUT?

31-Day Reset is a beginner-friendly fitness program designed to help women start moving, understand their bodies, and build a consistent relationship with exercise.

Across 31 days, the program moves through three progressive phases: Learn, Build and Perform, starting with foundational movement patterns, gradually building strength and confidence, and progressing into more challenging strength and conditioning sessions.

The program combines strength training, mobility, core work, conditioning and recovery, with intentional repetition so participants can improve technique, recognise progress and become more confident rather than having to learn a completely new workout every day.

Beyond workouts, the Reset introduces practical conversations around women's nutrition and recovery including protein, carbohydrates, hydration, pre- and post-workout nutrition, cravings, menstruation, energy fluctuations and understanding when the body may need recovery or modifications.

Most importantly, the program isn't about exercising perfectly for 31 days. It's about helping women understand that movement can adapt to their life and body whether they're energetic, busy, menstruating, recovering or simply having an off day.

The goal: to finish the 31 days stronger. 💪

WEEK 1		
DAY 1	WEEK 1	Full Body Foundation
DAY 2		Lower Body Foundation
DAY 3		Upper Body Foundation
DAY 4		Rest / Walk + Mobility
DAY 5		Core & Conditioning
DAY 6		Full Body Complex
DAY 7		Rest Day
WEEK 2		
DAY 8	WEEK 2	Full Body Foundation
DAY 9		Lower Body Strength
DAY 10		Upper Body Push
DAY 11		Rest / Stretch
DAY 12		Core & Conditioning
DAY 13		Full Body Strength
DAY 14		Rest Day

WEEK 3		
DAY 15	WEEK 3	Lower Body Foundations
DAY 16		Glutes & Back
DAY 17		Upper Body Build
DAY 18		Active Recovery
DAY 19		20-Minute AMRAP
DAY 20		Full - body Strength
DAY 21		Rest day
WEEK 4		
DAY 22	WEEK 4	Upper Body Push
DAY 23		Lower Body Build
DAY 24		Glutes & Back
DAY 25		Full Body Strength
DAY 26		Mobility & Recovery
DAY 27		Lower Body Strength
DAY 28		Rest day
WEEK 5		
DAY 29	WEEK 5	Upper Body Build
DAY 30		Mobility + Stretch
DAY 31		Final 20-Minute AMRAP