



FITNESS + SELF-LOVE CHALLENGE

XOXO



Day One

I AM _____

The more we begin to repeat what and who we feel we are, the more powerful those words become. And the more power we feel we have, the stronger we feel (both inside and out).

The Workout

Each exercise should be performed back-to-back for 30 seconds each without a break in between. Perform this circuit 3x.

- Side plank with a reach through (each side)
- Forearm plank jacks
- Seated v-ups
- Leg lift + self hug love

XOXO



Day Two

Write down three things you LOVE about yourself...

- 1.**
- 2.**
- 3.**

We all have our flaws, things we need to work on, and things we'd love to change. Let's take a step back, and realize all that our body is capable of doing, appreciate that it hasn't given up on us completely, and that we're able to simply "move." Don't be shy, write down three things you love about YOUR body!

The Workout

Each exercise should be performed back-to-back for 30 seconds each without a break in between. Perform this circuit 3x.

- **Jumping Jacks**
- **Lateral lunges (each side)**
- **Curtsey lunges**
- **Donkey Kicks**

XOXO



Day Three

Behind every great woman, are great women.

We have a tendency to hide behind our own insecurities, to dream of someone else's body or physique, to think "if I just looked like her..." but the truth is; you don't and you won't. Yet looking like YOU gives you more power than wanting to look like her, because there's no replacing who you are, and whom you're supposed to be. Learn to begin to share your insecurities about your body with other accepting females. Talk about it, accept it, and realize that you are not on this journey alone.

The Workout

Each exercise should be performed back-to-back for 30 seconds each without a break in between. Perform this circuit 3x.

- Mountain climbers
- Forearm plank hold
- Assisted push-ups
- Plank walk-ups

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This is going to sound crazy... BUT

This one is going to sound crazy, but I want you to actually stick with me here. One way for us to feel comfortable in our own skin, is to actually be more present in our own skin. I want you to strip down (yup, that's right) and workout in something you normally wouldn't. A sports bra, your undies, hell - a piece of lingerie and only focus on completing your workout, don't focus on your extra jiggle, your butt, or your boobs. Simply focus on yourself from the inside out!

The Workout

Each exercise should be performed back-to-back for 30 seconds each without a break in between. Perform this circuit 3x.

- Body weight squats
- Jumping lunges
- Body weight squat jumps
- Runners toe tap

XOXO



Day Five

Send a text...

Pick up your phone, and send a text to one or all of your besties. Yes, they may be caught off guard, but tell them how beautiful you think they are! We don't hear it enough, and we forget how meaningful it is to have someone else tell us how amazing we truly are. Tell them one quality you totally appreciate, and how thankful you are to call them a friend. You'll feel an immediate sense of "shit that's awesome" -- I promise! And in turn, it'll make you feel more confident about yourself.

The Workout

Each exercise should be performed back-to-back for 30 seconds each without a break in between. Perform this circuit 3x.

- Plank walk out
- Superman/woman
- Triceps dip + hip thrust
- Seated leg lift

XOXO



Day Six

*Write that sh*t down...*

Yes, this is a fitness challenge, but it's also a mindset challenge. Today I challenge you to write down what you feel has been holding you back from accepting yourself as you are. It can be anything from time, failed relationships, and/or not knowing what to do in the gym...but allow yourself a minute to truly think about what's been holding you back...and then let that sh*t go --

The Workout

Each exercise should be performed back-to-back for 30 seconds each without a break in between. Perform this circuit 3x.

- Skaters
- High knees
- Slow mountain climbers (knees to elbows)
- Single leg hip thrust (on back)

XOXO

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Day Seven

*I'm proud of what
I've accomplished...*

As females, we think we can do it all. While most of the time we can, sometimes we can't...and that's ok. But instead of focusing on what we weren't able to do, how we want our body to change, and how we want to both look and feel stronger, lets take a minute to acknowledge how proud we are of what we just did!

The Workout

This workout won't have you breaking a sweat...it will have you working your mind.

Take a moment to look at each "mindset moment" for the day... sure, it's only been a week but you've come a long way!

Applaud yourself for your determination to push through, accept that you're on your way to change, and embrace all of the other women that have been a part of this journey with you.

You should be proud of every single second you put into becoming healthier, stronger, and happier [from the inside out]!

XOXO

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