

THE *Slay* CHALLENGE



EMBODIMENT  
EMB  
MIND  
BODY

# WELCOME TO THE SLAY CHALLENGE!

This challenge is going to get you working up a sweat, burning fat and most importantly, feeling absolutely INCREDIBLE!

With the cold weather in full swing and the days drawn in, we know how hard it can be to stay motivated and on track when it comes to your fitness journey. Which is why we've created this challenge!

Over the next 6 weeks, Kirsty will be taking you through some killer workouts targeted at the full body. These bootcamp style workouts are only 20 minutes from start to finish so no matter what your daily routine looks like, you're able to squeeze in a super effective workout in no time at all! We've also included some 10 minute strength workouts for you to use either to add onto your session or as a stand alone workout.

In this guide we're going to share all the information you need to get the best results from this challenge! With information on how the challenge works, what equipment to use within your workouts, tips for tracking your progress, a workout planner and so much more!

Are you ready to slay this challenge? Let's do this!



# HOW THE CHALLENGE WORKS

We've kept this challenge super simple so it's easy to follow along with!

## Weeks 1 - 4

We've set you 1 workout to complete each week for your first 4 weeks. Start with workout 1 and repeat this workout throughout your first week. When you get to your 2nd week, move onto workout 2 and so on. You've also got the option to add a strength class onto your session or use it as a stand alone workout. Strength training is a great way to boost your metabolism, meaning you burn more calories even at rest!

## Weeks 5 - 6

On weeks 5 and 6 you have the flexibility to choose the order of your workouts! We've provided you with an example timetable (page 10) of the workouts to complete, but the choice is yours!

We recommend that you repeat the workout at least 3-4 times per week and no more than 6 times per week. Make sure you set yourself at least 1 complete rest day per week to allow your muscles to rest and recover.

The amount of workouts you will be able to complete in a week will also be dependent on your current fitness level. Remember to listen to your body and take it at your own pace.

If you find that you'd like to mix up your workouts rather than repeat the same workout throughout the week, you have the freedom to do so! But remember to keep in mind that the workouts get progressively more challenging throughout the weeks (so try to avoid jumping to week 4's workout if you're on week 1!)

### TOP TIP!

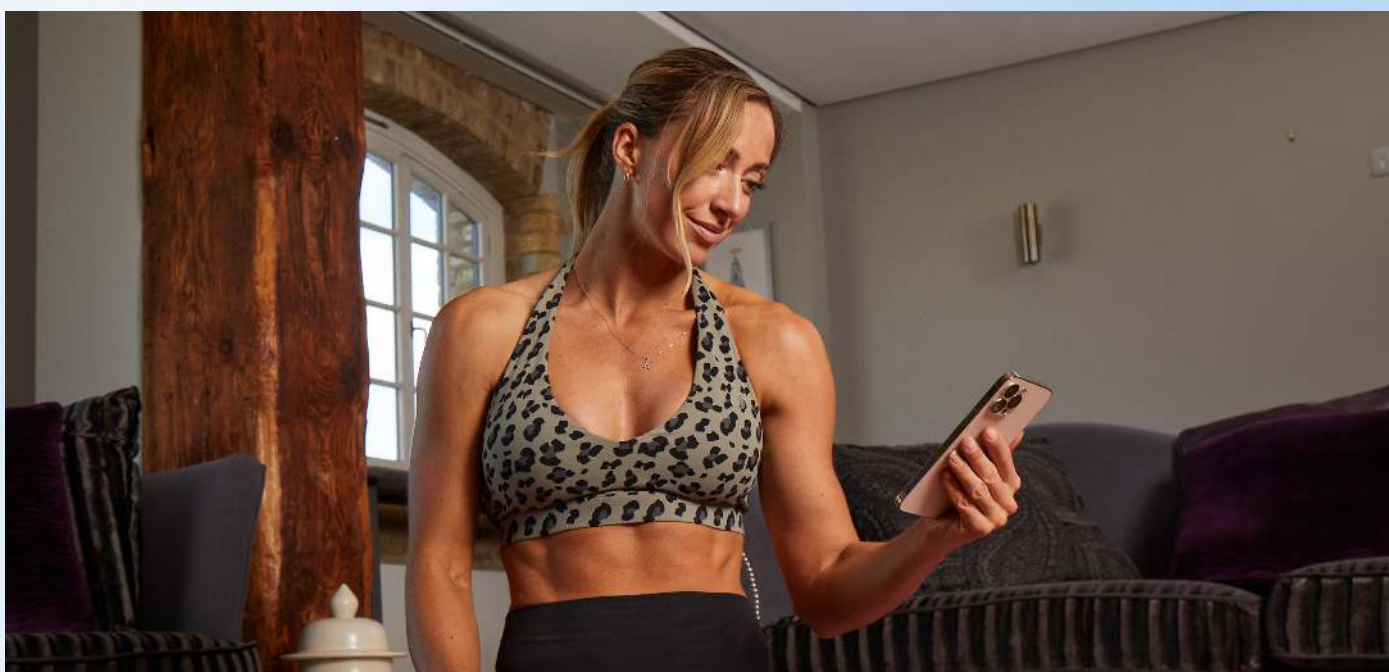
By repeating the workouts you're allowing yourself to become familiar with the workout itself so that you can perfect the exercises and get the most out of the workout!

# WHAT EQUIPMENT DO I NEED?

The workouts in the slay challenge use the following equipment. Don't worry if you don't own all pieces of equipment - we've provided you with alternatives for you to use instead.

**Exercise mat** or a soft surface (e.g. carpet or a towel - just remember to take caution!)

**Dumbbells** or 2 x filled litre water bottles or 2 x filled cans of food



## Not sure what weight to go for?

When it comes to choosing the right weight for you, we recommend finding a pair of dumbbells that are a comfortable challenge. This means it should feel challenging, but you should be able to finish each exercise with good form. If you feel yourself becoming tired halfway through and you notice your form starts to drop, choose a lighter weight.

If you are able to make your way through all reps and find that it is not challenging you, you may be ready to increase the weight you use.

# HOW TO TRACK YOUR PROGRESS

Tracking your progress is one of the keys to success when it comes to your fitness journey! It helps you to stay on track but also to recognise the progress you've made and how you've come.

So even on the days where you feel like you don't want to work out, looking back will help to motivate you  
Be your own inspiration

There are 3 ways we encourage you to track your progress:

1. **Take photos**
2. **Take your measurements**
3. **Journaling**

## Taking photos

Taking pictures is one of the easiest ways to record your progress! It's quick and easy to do and when you compare your pictures from when you start out to where you get up to you'll be amazed and it will give you the motivation you need to carry on.

If you'd like to take pictures to track your progress we suggest taking front, side and back photos of yourself. Wear tight fitting clothes or a swimsuit to take the photos, so you can see any changes clearly and without being obscured by loose clothing.

Here at Embodiment we love to help and inspire others! If you feel comfortable enough to share your progress pictures with us simply **[click here](#)** to upload your before and after photos.

### TOP TIP!

If you don't have anyone to help you take the photo you can use a mirror instead.

## TOP TIP!

Ditch the scales! Our weight fluctuates daily due to the food we eat, our menstrual cycle, how much water we've had to drink and so much more.

# HOW TO TAKE MEASUREMENTS:

We suggest you take measurements at key points around the body such as your chest, tops of your arms, waist, stomach, hips, bottom, thighs and calves. Make sure when you take your re-measurements you are doing so at the same point as the first measurements.

If you are taking measurements yourself, ensure you are in front of a mirror to prevent the measuring tape from becoming loose and wonky and rather keep the tape taught to your body. Also try not to look down at the tape and rather look in the mirror to read the number instead as looking down can change the tape placement.

## WAIST

Measure around the narrowest part of your torso

INCHES

## STOMACH

Measure around your belly button

INCHES

## THIGHS

Measure 8 inches up from your knee crease and at this point measure around the thigh

INCHES

## CHEST

Measure around your nipple line

INCHES

## HIPS

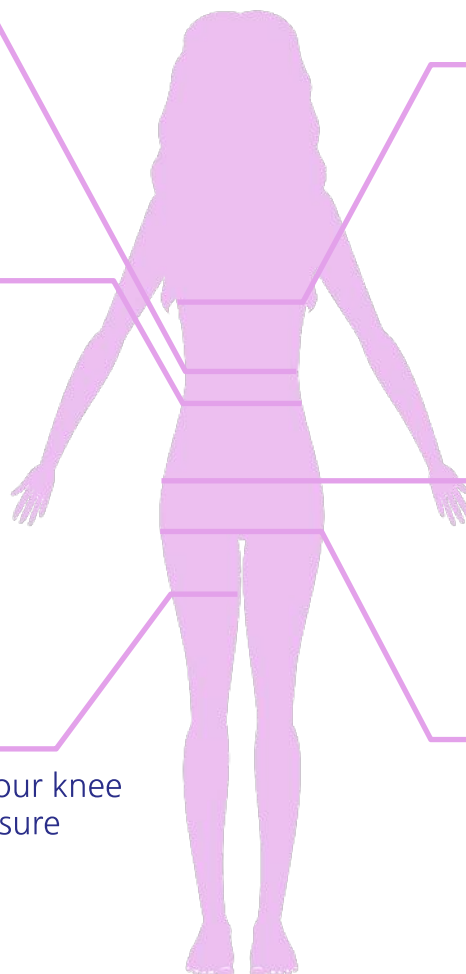
Measure around your hip bones

INCHES

## BOTTOM

Measure around the largest part of your bottom

INCHES



# HOW TO TRACK YOUR PROGRESS

## Journaling

Journaling is a great way to track your progress. Have a think about how you're feeling right now.

How are you sleeping? What's your general day-to-day mood like? How do you feel within yourself?

By journaling your thoughts at the beginning of the challenge and revisiting them at the end of the challenge, you'll notice all of these changes that you may not have even thought about before!

This will also make you mindful of other non-scale victories, too. Things such as:

- **Having more energy**
- **Being able to complete a workout more easily**
- **Having clearer skin**
- **Snacking on fewer unhealthy foods**
- **Feeling more confidence**

These are just a few of the amazing things you can achieve and we love celebrating your successes! Don't forget to let us know how you're getting on [here](#) in the Embodiment community!



# THE SECRET TO SMASHING YOUR RESULTS

Here are our top 7 tips for you to follow that will guarantee you incredible results with this challenge!

## 1) Set your SMART goals!

This method of goal setting encourages you to break down your goal into Specific, Measurable, Achievable, Relevant and Timed sections (don't know what word to use here) giving you a clear action plan of what you need to do to achieve your goal! You can find out more about SMART goals by clicking [here](#) and going to your Embodiment journal (scroll down to page 7 on the journal to find out more).

## 2) Get a good night's sleep!

There are multiple reasons why sleep plays a huge role in the success of your fitness journey, but to put it simply - the better your night's sleep is, the less tired you're likely to be. If you're tired, this will affect your mood, your appetite, and you're going to be less likely to push yourself to work out. So as tempting as it might be to stay up watching your favourite show, your tomorrow-self will be grateful for the rest.

## 3) Get a workout buddy!

Having a workout partner is a great way to help you stay motivated! You can help each other to keep accountable and provide support to each other if one of you falls off the wagon; especially as it's harder to keep motivated during these colder months! Or why not reach out in the Embodiment community? Post your sweaty selfies, your favourite motivational quote and connect with other members! We're all in this together!



#### 4) Stick to your nutrition!

Now we're not saying this is easy, but if you're looking to achieve maximum results from this challenge it's important to stick to a calorie deficit. This means each day you need to consume fewer calories than you burn. If you're not sure how many calories you should be having per day, why not make use of our calorie calculator? Simply enter your details and we'll work out the rest for you. Once you've calculated your daily calorie amount, head on over to our recipe page and choose meals to fit into your recommended daily calorie amount.

#### Please note!

- 1) If you are losing fat but are still hungry you are in too much of a deficit. Increase your calories by 150kcal daily, wait for a few days and see how you feel.
- 2) If you are losing fat and feel ok you are where you need to be.
- 3) If you aren't losing fat or you are gaining fat you need to reduce your calories by 150kcal daily, wait for a few days and see how you feel.



## 5) Don't forget your rest days!

Just as your workouts and your nutrition are important, so are your rest days. Allow yourself at least 1 rest day per week as this will enable your muscles to build and regrow. By avoiding rest days you are putting stress on your muscles which increases the risk of injury and hinder the progress you have made, so don't forget to rest!

If however, you are one of those people who just can't sit still, we recommend you take what is known as an active rest day. This includes low impact activities such as walking, stretching or even some gentle yoga.

## 6) Plan your workouts!

Take a look at the week ahead of you and fit your workouts into the days that are going to suit you. Going out on a Saturday night? Plan your workout for the Saturday morning! By planning your workouts you are committing that time to the workout and therefore you're more likely to complete it! And best of all, we've got your workout planner covered! Keep scrolling to find your workout planner!

## 7) And most importantly, have fun!

As the title suggests, this is a CHALLENGE and it's made to do exactly that - to challenge you. You may find some of the workouts tough but that is the beauty in progression. No matter how hard you may find it, remember to be kind to yourself and have fun with the workouts in the process! Couldn't hold the plank for as long as you wanted to? It doesn't matter! Laugh it off and try again tomorrow. You've got this!

# PLAN YOUR WORKOUTS!

Let's get ready to work out! Here is an example workout planner for the next 6 weeks.

Please note, this is just a rough guide and you do not need to copy this workout routine exactly. Remember to listen to your body and to go at your own pace.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	WORKOUT 1	REST	WORKOUT 1 & STRENGTH 1	REST	WORKOUT 1	REST	WORKOUT 1 & STRENGTH 1
WEEK 2	WORKOUT 2 & STRENGTH 2	REST	WORKOUT 2	REST	WORKOUT 2 & STRENGTH 2	REST	WORKOUT 2
WEEK 3	WORKOUT 3 & STRENGTH 1	REST	WORKOUT 3	WORKOUT 3 & STRENGTH 1	REST	WORKOUT 3	REST
WEEK 4	WORKOUT 4	REST	WORKOUT 4 & STRENGTH 2	WORKOUT 4	REST	WORKOUT 4 & STRENGTH 2	REST
WEEK 5	WORKOUT 1 & STRENGTH 1	WORKOUT 2 & STRENGTH 2	REST	WORKOUT 3	STRENGTH 1	WORKOUT 4 & STRENGTH 2	REST
WEEK 6	WORKOUT 4 & STRENGTH 1	WORKOUT 2	STRENGTH 1	REST	WORKOUT 3 & STRENGTH 2	REST	WORKOUT 1 & STRENGTH 1

# PLAN YOUR WORKOUTS!

Here is your 6 week planner! You don't have to complete all 6 weeks in one go. Take it week by week if you need to and remember to allow yourself at least 1 complete rest day per week.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							
WEEK 5							
WEEK 6							

CHALLENGE COMPLETE

THE  
*Slay*  
CHALLENGE

CONGRATULATIONS! YOU'VE  
COMPLETED THE SLAY CHALLENGE!  
DON'T FORGET TO SHARE YOUR  
BEFORE & AFTER PICTURES [HERE!](#)

