

THE 30 DAY EMBODIMENT CHALLENGE



WELCOME TO ***THE 30 DAY EMBODYMENT CHALLENGE***

This is the ultimate 30 day challenge that is going to help you burn fat, build muscle and become a healthier, happier and more confident you!

This challenge has been designed to fit into your daily life whilst keeping you inspired and looking forward to your next workout, no matter what level of fitness you're at. You'll feel energised, motivated and amazing!

Over the next 30 days we're going to be challenging you to 15 minute workouts made up of a mix of boxing, booty band exercises, weight lifting and bodyweight resistance sessions - so you'll never get bored!

Each class is ideal for an intermediate level and is easily adapted if you need to exercise at a beginner or advanced level, just follow the trainer that suits your level. Even if you're completely new to exercise or you haven't trained in a while, this challenge is for you.

Completing the challenge will help you create healthy habits that are easy to commit to way beyond the 30 days - they'll be healthy habits for life.

So, are you ready? You've got this, let's go...

SO WHAT'S INCLUDED

IN THIS GUIDE?



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HOW DOES THE **CHALLENGE WORK?**

Our Embodiment Challenge is super easy to follow! The first half of the challenge involves bodyweight workouts and during the second half we introduce dumbbells, kettlebells and a booty band.

We recommend exercising four times a week during the 30 days to get the most from this fun, fresh challenge. Always allow at least one rest day per week, so only exercise to a maximum of six times per week. This will give your muscles a chance to recover, during which time they repair and grow bigger and stronger.

Don't forget to use your [workout planner](#) to plan your workouts and rest days. Remember to always take things at your own pace and listen to your body, the exercise planner included is a guide, and will be dependent on your fitness level.

Make sure you're a part of our incredible [Embodiment community](#) to share your journey and get support throughout the challenge!



WHAT EQUIPMENT

WILL I NEED?

The first half of this 30 day challenge involves bodyweight exercises so you won't need anything other than a gym mat to take part. In the second half, we introduce the use of dumbbells, kettlebells and a booty band - so you have plenty of time to get these ready!

If you like, you can use two tins of food or two filled water bottles instead of dumbbells. But to get the most from this challenge, we recommend that you invest in the equipment.

WHAT WEIGHTS

SHOULD I USE?

Not sure what weight to go for when choosing dumbbells and kettlebells?

We recommend choosing weights that are a challenge, but still comfortable. This means that they should still push you and each set should feel like a challenge, but you should still be able to finish each set with good form.

Only the last two or three reps should really push you. If you feel halfway through (or earlier) that your form is starting to drop, opt for a slightly lighter weight. If you can complete all reps without it feeling like a challenge, then it's time to increase the weight slightly!

Most booty bands come in a range of resistance levels ranging from beginner to intermediate and advanced. We recommend starting with a beginner band and moving up to an intermediate if you don't feel challenged enough.



HOW TO TRACK ***YOUR PROGRESS***

Tracking your progress from the very start is one of the best ways of embarking on a fitness journey. Doing so will help you stay on track as well as recognise and celebrate the progress you've made and how far you've come.

On the days that you really don't feel like exercising, looking back at your progress will help to motivate you and allow you to be your own inspiration!

There are three different ways you can track your progress:

- ***Taking photos***
- ***Taking body measurements***
- ***Keeping a journal***



HOW TO TRACK ***YOUR PROGRESS***

Taking Photos

Taking photos gives you a physical record of the changes that will happen to your body as you progress and is the easiest way of tracking your progress. Quick and simple, photos will allow you to compare your pictures from when you start to where you end up - and you'll be amazed at how far you come.

We recommend taking photos from the front, side and back, wearing tight fitting clothes, underwear or a swimsuit. This will make sure you can see changes clearly without them being obscured by loose clothing.

Make sure you submit your pictures on day 1 of your challenge and day 30 of your challenge. You can do so by clicking below!



[Submit Pics Here](#)



You will need proof of the date when uploading your pictures. This would be a picture of you holding up an iPhone/iPad/newspaper clearly showing the day's date on it.

Please keep in mind you don't have to upload your before and after pictures

HOW TO TRACK ***YOUR PROGRESS***

Taking Measurements

We recommend taking measurements from key points around the body such as your chest, the tops of your arms, waist, stomach, hips, bottom, thighs and calves. Make sure you take your measurements from the same spot each time to ensure consistency.

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.

Arms

Measure around the narrowest part of your torso

Chest

Measure around your nipple line

Stomach

Measure around your belly button

Hips

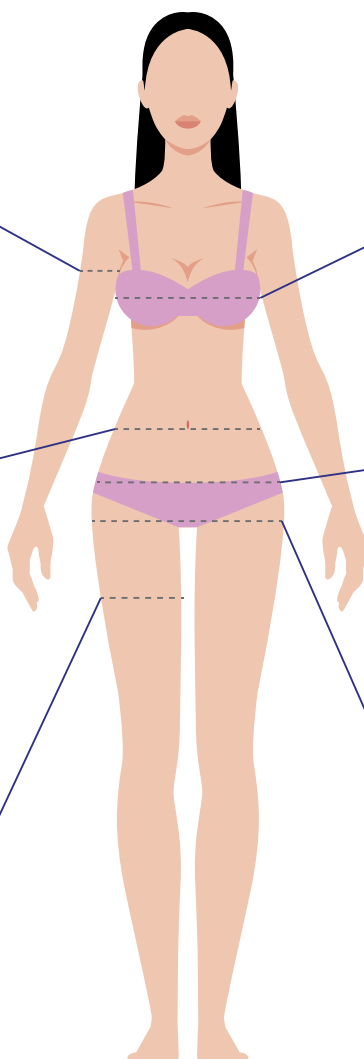
Measure around your hip bones

Thighs

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

Bottom

Measure around the largest part of your bottom



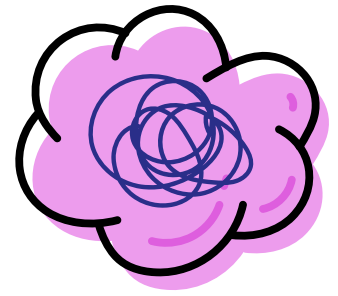
HOW TO TRACK ***YOUR PROGRESS***

Area	Day 1	Day 30
Waist		
Chest		
Stomach		
Hips		
Bottom		
Thighs		

And remember to ditch the scales!

Our weight regularly fluctuates from day to day (and even within the same day) due to reasons such as how much water we've had, how much we've eaten, our menstrual cycle and more. So weight measurements won't necessarily give you true readings and can leave you feeling disheartened. Remember, health and fitness is more than a number on a scale!



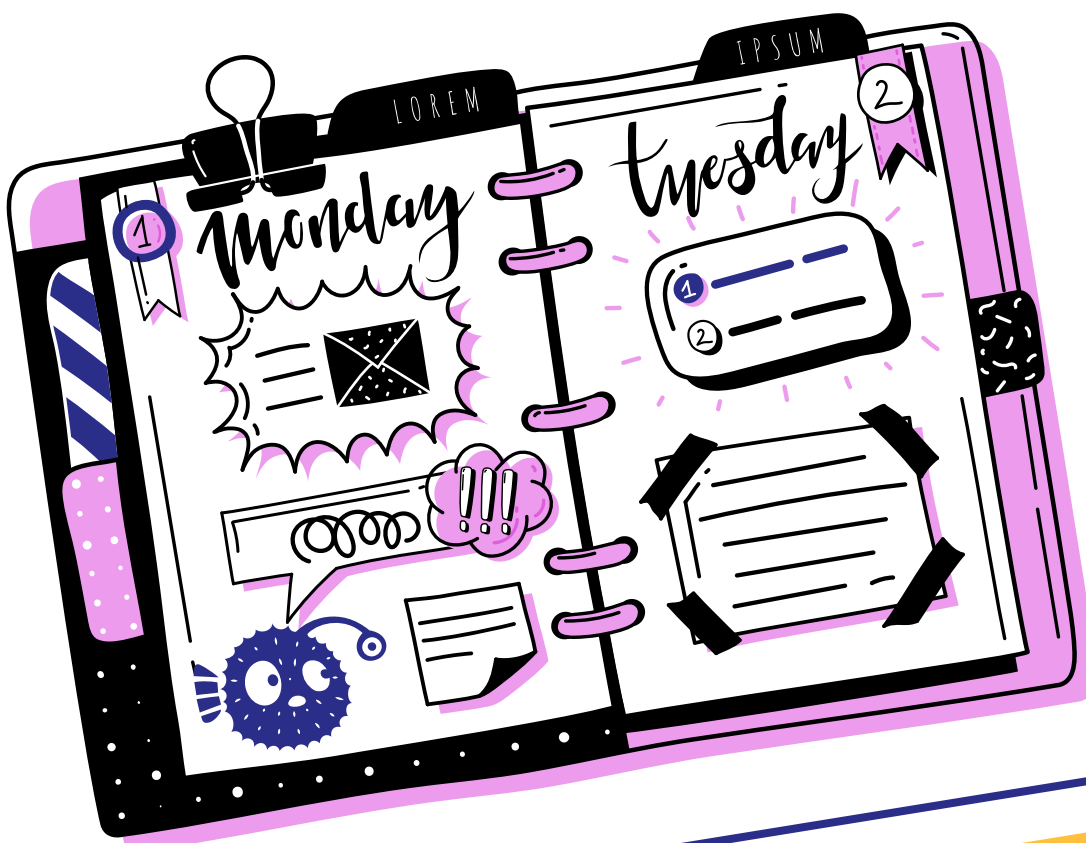


HOW TO TRACK ***YOUR PROGRESS***

Keeping a journal is a great way of tracking your emotional wellbeing and progress. Have a think about how you're feeling right now, before you begin the Embodiment Challenge. How well are you sleeping? How is your general mood on a daily basis? How positive do you feel?

Keeping a note of your thoughts and feelings before you start, throughout and at the end of the challenge may highlight mood changes that you'd never even considered before.

Journaling will also help you record progress in other ways, such as how much energy you have, improvements in your sleep and general wellbeing, clearer skin, making healthier food choices and feeling more body positive and empowered.



LIFESTYLE HABITS

TO HELP YOU STAY ON TRACK

Feeling empowered to embark on a health and fitness journey isn't just about exercise and making healthy food choices. There are other things you can do to support an all round healthy and happy life.

Reduce your screen time

The blue light from our electronic devices tricks the brain into thinking it's daytime, so avoid scrolling in the hour before bed. Also, spending too much time on social media can be damaging for our emotional wellbeing if we're following accounts that don't make us feel good.

Take care of your mental wellbeing

Exercise is great for releasing feel-good endorphins that boost the mood. Practising mindfulness is also beneficial for our mental health. If you're struggling with stress, depression, anxiety or any other form of mental ill health, speak to someone. This could be a close friend or relative, a colleague or someone in a medical profession.

Take stock of your finances and curb your spending

Never underestimate the power of a spreadsheet to keep your finances in check!

LIFESTYLE HABITS

TO HELP YOU STAY ON TRACK

Find a new hobby

New hobbies (or rekindling an old one) can help to relieve stress and anxiety, plus it can take your mind off the stresses and strains of life.

Travel more

Not necessarily abroad, but exploring the corners of the UK you haven't reached yet can be incredibly refreshing. Even a long weekend somewhere new is super nourishing for the mind, body and soul.

Consider work-life balance

If work is on your mind 24-7 or it's causing you considerable stress, perhaps it's time for a change, or at least a chat with your manager. It might feel like a big step, but even thinking about the possibility of a new job or position could be the first small step towards big change.

Become more eco-friendly

Choosing plastic-free items, reducing your food waste and opting for eco-friendly cleaning and beauty products can all help to make your world, and the world around you, a much greener place.

BEFORE YOU START

To make the most out of this challenge and get the best results make sure you follow these steps below!

- ✔ ***Join the Embodiment Facebook Community***
- ✔ ***Take & Submit Your Before Pictures***
- ✔ ***Take Your Measurements***
- ✔ ***Journal How You Feel Before Starting***
- ✔ ***Follow Us On Instagram @embodimentfit***
- ✔ ***Print Off Your Workout Planner & Plan Your Workouts***
- ✔ ***Remember! If at any time you feel any twinges or pain you must stop straight away***

If you feel as if you need to repeat for a few more days in order to perfect technique then it is fine to do so. Just move on to the next workout when you feel ready to.

Rest whenever you need to whilst performing the movements. Only start again when you feel ready to.

And most importantly - HAVE FUN! This is YOUR journey so have fun with the workouts and remember, don't compare yourself to anyone else.



EXAMPLE WORKOUT PLANNER

So let's get ready to start! Here's an example exercise planner that will see you through the next 30 days. This is a rough guide and doesn't have to be followed to the letter. Listen to your body, especially if you're new to exercise and take things at your own pace. Enjoy!

DAY 1 SUBMIT BEFORE PICS & BODYWEIGHT FULL BODY	DAY 2 REST	DAY 3 BODYWEIGHT LOWER BODY	DAY 4 BODYWEIGHT UPPER BODY	DAY 5 REST
DAY 6 BODYWEIGHT CORE	DAY 7 CHOOSE A WORKOUT OR REST	DAY 8 BODYWEIGHT FULL BODY	DAY 9 REST	DAY 10 BODYWEIGHT LOWER BODY
DAY 11 BODYWEIGHT UPPER BODY	DAY 12 REST	DAY 13 BODYWEIGHT CORE	DAY 14 CHOOSE A WORKOUT OR REST	DAY 15 WEIGHTS - FULL BODY
DAY 16 REST	DAY 17 WEIGHTS - LOWER BODY	DAY 18 WEIGHTS - UPPER BODY	DAY 19 REST	DAY 20 WEIGHTS - CORE
DAY 21 CHOOSE A WORKOUT OR REST	DAY 22 WEIGHTS - FULL BODY	DAY 23 REST	DAY 24 WEIGHTS - LOWER BODY	DAY 25 WEIGHTS - UPPER BODY
DAY 26 REST	DAY 27 WEIGHTS - CORE	DAY 28 CHOOSE A WORKOUT OR REST	DAY 29 BODYWEIGHT FULL BODY	DAY 30 FULL BODY WITH WEIGHTS & SUBMIT AFTER PICS

YOUR WORKOUT PLANNER

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30



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