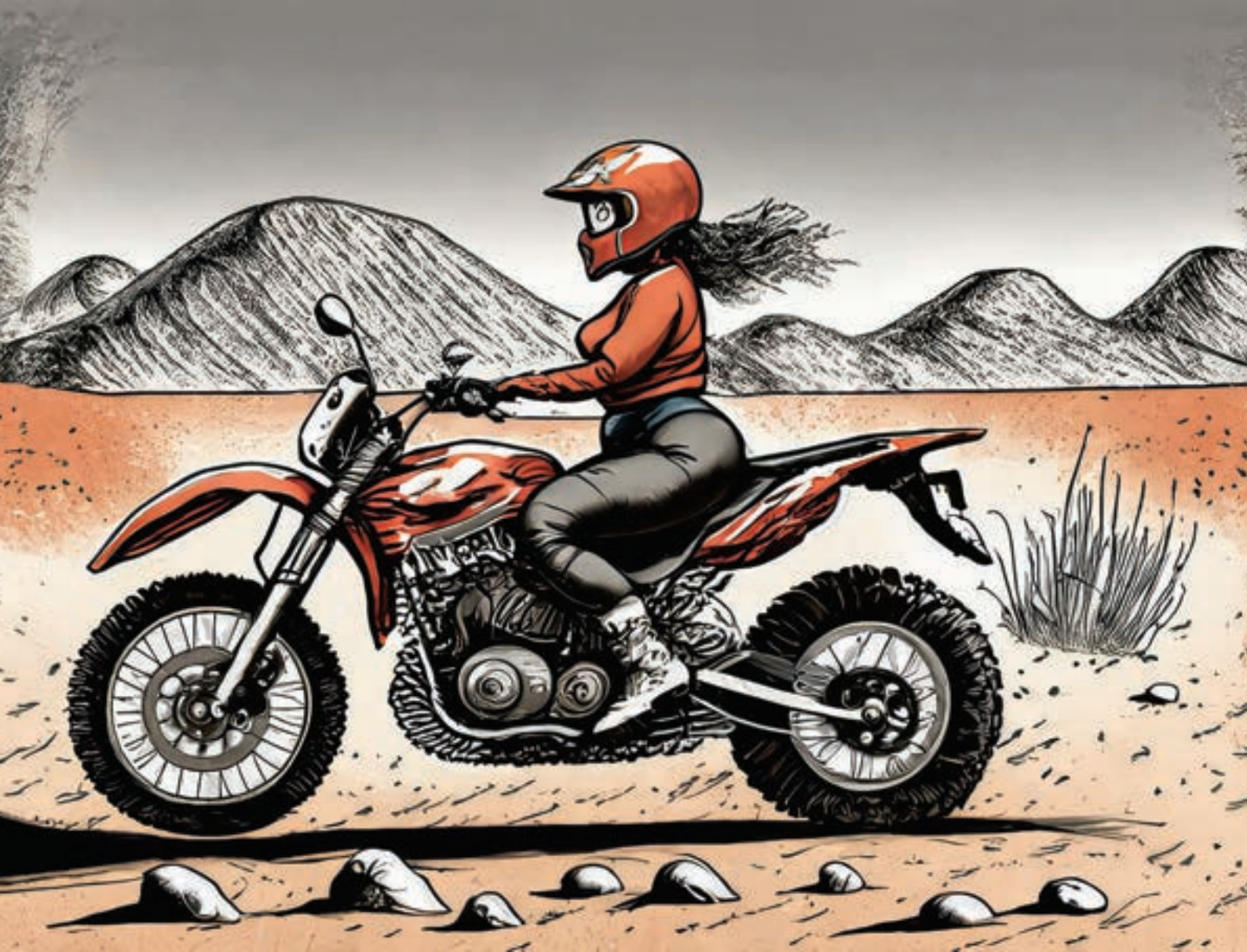


She ADVantage

A 30-DAY MIND, BODY, &
MOTO FITNESS
PROGRAM
FOR AN AMAZING
RIDING YEAR AHEAD!



She  ADV
Women Exploring on Two Wheels



Welcome to the SheADVantage 2024 Fitness Challenge!

This program is tailor-made for our community of women adventure riders to prepare us for the riding season ahead. We hope this guide will help you set goals, challenge yourself, and celebrate your progress as you aim for new riding goals with confidence and determination.

First and foremost, this is NOT about the scale and how much you weigh. The SheADVantage Program is about dedication to being a better rider. As we move through the month, we'll be focusing on mind, body, and moto fitness to lay the groundwork for an awesome riding year ahead.

She  **ADV**
Women Exploring on Two Wheels

TAP INTO YOUR HIGHEST POTENTIAL

Choose a few focused goals to commit to for the next 30 days...

Body

- Stay hydrated
- Eat nourishing foods
- Daily movement practice
- Take steps outside everyday
- Get good sleep
- Notice your breathing

Mind

- Connect with your community
- Limit your time online
- Step out of your comfort zone
- Notice your feelings without judgment

Moto

- Put a trip on your calendar
- Sign up for a training class
- Service your bike
- Inspect your gear & replace worn out stuff
- Make time for your passions

I commit to doing good things for my body, mind, and moto day after day.

Signature

Date



DAILY CHECK-IN

For the next 30 days, write one thing each morning and night...
don't overcomplicate it, but be specific.

Morning:

What would make today great?

Evening:

What are you grateful for?

DAY

1

2

3

4

5

6

7

8

9

10

11

12

13

14

15

DAILY CHECK-IN

You're half way there! Keep up the good work!

Morning:

What would make today great?

Evening:

What are you grateful for?

DAY

1 6

1 7

1 8

1 9

2 0

2 1

2 2

2 3

2 4

2 5

2 6

2 7

2 8

2 9

3 0

Fitness Challenge

For the next 30 days, we'll be doing a progressive series of bodyweight exercises. Whether you already have a strength training routine in place or are just getting started with working out, bodyweight exercises are a great foundation to build the fitness necessary for adventure riding.

Modifications: As you move through the program, maintaining good form in all of the exercises is essential. You may want to modify the movements to make them accessible to your level of fitness. Please reach out on Slack if you have questions about form or technique! Here are some suggestions:

- Pushups and planks can be done on your knees
- Squats can be done by sitting on a chair and standing up
- Situps can be done with your hands pulling behind your knees for a boost

Sets: This program progresses quickly over the course of the month. At some point you won't be able to complete the prescribed number of exercises without stopping. No sweat! Just split them into sets— here are some suggestions:

- 50/30/20: do 50% of the reps and take a little break, then do 30%, then 20% with a break in between each set (don't worry, perfect math doesn't matter!)
- Do sets of 5 or 10 at a time until you've done them all
- Make it a circuit: ramp up the cardio and work different body parts by doing 5-10 of one exercise, followed by 5-10 of another, and so on, until you've done them all



Habit Tracking

The habits we put into play in our daily life translate directly to when we're out on the bike. It's much easier to be calm when the going gets tough in the dirt, if you've built a foundation back at home. The goal is to develop both mental and physical strength so you're better prepared to tackle the challenges that are inherent to adventure riding.

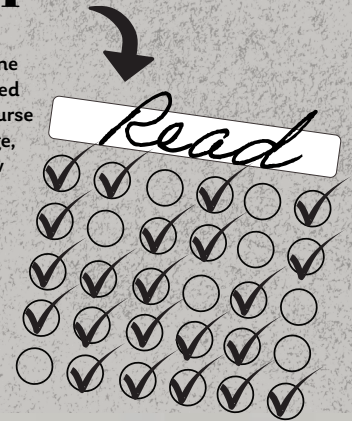
To create consistency and build a well-rounded routine, in addition to the daily workout tracker, you've got six habit trackers to fill out and check off for the next 30 days. Write your goal into the space above the tracker and check a box every day you meet your goal. If you miss a day here and there, go easy on yourself and prioritize that for tomorrow!

Here are a few habit suggestions, but feel free to create your own. Print out the next page, write your goals, check off your habits and workouts, and give yourself a high five for showing up for this!

- Stretch
- Elevate your heart rate
- Meditate
- Breathwork
- Try something new
- Rest & recover
- Self care
- Creativity
- Read
- Gratitude
- Spread kindness
- Healthy eating
- Drink water
- Journal
- Sleep-prep
- Go outside
- Call a friend
- Give a compliment
- Do yoga
- Meal-prep

Example

We chose reading as one of our habits. We missed a few days over the course of the 30 day challenge, but we're proud of how many days we read!



30 Day Fitness & Habit Tracker

DAY 1
10 SQUATS
5 PUSH UPS
10 CRUNCHES
15 SEC PLANK

DAY 2
15 SQUATS
8 PUSH UPS
15 CRUNCHES
20 SEC PLANK

DAY 3
REST

DAY 4
15 SQUATS
10 PUSH UPS
20 CRUNCHES
25 SEC PLANK

DAY 5
20 SQUATS
12 PUSH UPS
20 CRUNCHES
30 SEC PLANK

DAY 6
20 SQUATS
15 PUSH UPS
25 CRUNCHES
35 SEC PLANK

DAY 7
REST

DAY 8
25 SQUATS
15 PUSH UPS
25 CRUNCHES
40 SEC PLANK

DAY 9
25 SQUATS
15 PUSH UPS
25 CRUNCHES
45 SEC PLANK

DAY 10
25 SQUATS
17 PUSH UPS
30 CRUNCHES
45 SEC PLANK

DAY 11
30 SQUATS
17 PUSH UPS
30 CRUNCHES
50 SEC PLANK

DAY 12
REST

DAY 13
30 SQUATS
18 PUSH UPS
30 CRUNCHES
50 SEC PLANK

DAY 14
35 SQUATS
18 PUSH UPS
30 CRUNCHES
1 MIN PLANK

DAY 15
35 SQUATS
20 PUSH UPS
35 CRUNCHES
1 MIN PLANK

DAY 16
35 SQUATS
20 PUSH UPS
35 CRUNCHES
1:10 MIN PLANK

DAY 17
REST

DAY 18
40 SQUATS
22 PUSH UPS
35 CRUNCHES
1:15 MIN PLANK

DAY 19
40 SQUATS
22 PUSH UPS
40 CRUNCHES
1:20 MIN PLANK

DAY 20
40 SQUATS
22 PUSH UPS
40 CRUNCHES
1:25 MIN PLANK

DAY 21
42 SQUATS
25 PUSH UPS
40 CRUNCHES
1:30 MIN PLANK

DAY 22
REST

DAY 23
45 SQUATS
25 PUSH UPS
45 CRUNCHES
1:35 MIN PLANK

DAY 24
45 SQUATS
25 PUSH UPS
45 CRUNCHES
1:40 MIN PLANK

DAY 25
45 SQUATS
25 PUSH UPS
45 CRUNCHES
1:45 MIN PLANK

DAY 26
50 SQUATS
30 PUSH UPS
50 CRUNCHES
1:50 MIN PLANK

DAY 27
REST

DAY 28
50 SQUATS
30 PUSH UPS
50 CRUNCHES
2:00 MIN PLANK

DAY 29
55 SQUATS
35 PUSH UPS
55 CRUNCHES
2:15 MIN PLANK

DAY 30
55 SQUATS
35 PUSH UPS
55 CRUNCHES
2:30 MIN PLANK

Choose your goals, check them off, celebrate your success, brush off the misses... You've got this!

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SheADVantage

We're beyond thrilled that you're joining us for our first 30-Day SheADVantage challenge! If you have questions or need support and virtual high-fives during the challenge, just reach out to us on the Slack channel or social media. We've got your back and are looking forward to tackling this challenge right alongside you!

For more information, visit [SheADV.com](https://www.SheADV.com)

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