

30-DAY MOVEMENT

Challenge

BY GTB COACHING

HI THERE!

I'm Haley (a.k.a. Bird) - owner of GTB Coaching. I'm so glad you've picked up this 30 Day Movement Challenge to help you begin (or begin again) your own regular movement practice.

A quick "30 day fitness challenge" search online will yield hundreds of results, all focusing on weight loss, booty shaping, or core sculpting. That's why I created this challenge - to help you increase your daily activity without focusing on changing your body shape and size. As you move through the next 30 days I encourage you to pay attention to how you feel physically and mentally and use those as measures of progress rather than stepping on a scale, measuring your waist, or taking a before and after photo.

Questions about that? Find my info below and let's chat. :)

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ABOUT GTB COACHING

GTB Coaching was created to encourage people to rethink traditional approaches to health and fitness that prioritize weight loss and instead embrace a weight-neutral lifestyle. In my coaching, I utilize evidence-based behavior change theories, positive psychology, and intuitive eating counseling to help my clients create lasting habits while prioritizing their relationship with food, movement, & their body.



BEFORE YOU BEGIN...

***Disclaimer:** The purpose of this disclaimer is to make you conscious of the potential risks connected with activity in any exercise, physical fitness or training program and to help you make an informed decision about whether you should participate in these activities.*

You should understand that participating in any exercise or exercise program carries the possibility of physical injury. You should be in good physical condition and able to participate in the exercise. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, and assume all risk of injury to yourself.

Important Reminders:

- *Modify exercises to better suit you and your body. Need assistance? DM me @haley_gtbcoaching.*
- *There is no requirement to complete this in any order. Feel free to skip around.*
- *Not feeling like doing what is “prescribed” on a certain day? No worries, ask yourself what movement feels good and do that instead. You might also try out the 5-minute guide - give yourself 5 minutes to do what is prescribed and if after those 5 minutes you still don’t want to be doing it, stop and choose something else OR come back to it later in the day.*

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DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<p>Complete 2-4 sets: <u>incline push ups</u> x 10 <u>supermans</u> x 10 <u>bird dogs</u> x 10 <u>triceps dips</u> x 10 <u>plank</u> x 30 sec.</p>	<p>Upper Body Stretch: <u>neck nods + turns</u> x 10 <u>thread the needle</u> x 10 <u>triceps stretch</u> x 30 sec <u>pec stretch</u> x 30 sec <u>wall downdog</u> x 10</p>	<p>15 minute brisk walk or cardio of your choice</p>	<p>Put on music and dance around for at least 3 songs</p>	<p>Complete 2-4 sets: <u>wall sit</u> x 30 sec <u>calf raises</u> x 10 <u>split squat</u> x 10 ea. <u>glute bridge</u> x 10 <u>supine march</u> x 10</p>
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
<p>Lower Body Stretch <u>quad stretch</u> x 30 sec <u>calf stretch</u> x 30 sec <u>hamstring rock</u> x 10 <u>butterfly stretch</u> x 30 sec <u>pigeon stretch</u> x 30 sec</p>	<p>Rest</p>	<p>Complete 2-4 sets: <u>squats</u> x 10 <u>incline push ups</u> x 10 <u>single leg RDL</u> x 10 <u>shoulder taps</u> x 10 <u>hip raise clamshells</u> x 10</p>	<p>Full Body Stretch: <u>cat cow</u> x 10 <u>90/90 hip switches</u> x 10 <u>side lying sweep</u> x 10 <u>squat pry</u> x 30 sec <u>hip flexor stretch</u> x 30 sec</p>	<p>20 minute brisk walk or cardio of your choice</p>
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
<p>Make something active that is usually sedentary (i.e. talking on the phone, listening to a podcast, etc.).</p>	<p>Complete 2-4 sets: <u>incline push ups</u> x 10 <u>supermans</u> x 10 <u>bird dogs</u> x 10 <u>triceps dips</u> x 10 <u>plank</u> x 30 sec.</p>	<p>Upper Body Stretch: <u>neck nods + turns</u> x 10 <u>thread the needle</u> x 10 <u>triceps stretch</u> x 30 sec <u>pec stretch</u> x 30 sec <u>wall downdog</u> x 10</p>	<p>Rest</p>	<p>Complete 2-4 sets: <u>wall sit</u> x 30 sec <u>calf raises</u> x 10 <u>split squat</u> x 10 ea. <u>glute bridge</u> x 10 <u>supine march</u> x 10</p>
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
<p>Lower Body Stretch <u>quad stretch</u> x 30 sec <u>calf stretch</u> x 30 sec <u>hamstring rock</u> x 10 <u>butterfly stretch</u> x 30 sec <u>pigeon stretch</u> x 30 sec</p>	<p>25 minute brisk walk or cardio of your choice</p>	<p>Get moving with a game - hacky sack, hop scotch, tag, hoola hoop, soccer. You choose!</p>	<p>Complete 2-4 sets: <u>squats</u> x 10 <u>incline push ups</u> x 10 <u>single leg RDL</u> x 10 <u>shoulder taps</u> x 10 <u>hip raise clamshells</u> x 10</p>	<p>Full Body Stretch: <u>cat cow</u> x 10 <u>90/90 hip switches</u> x 10 <u>side lying sweep</u> x 10 <u>squat pry</u> x 30 sec <u>hip flexor stretch</u> x 30 sec</p>
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
<p>Rest</p>	<p>Complete 2-4 sets: <u>incline push ups</u> x 10 <u>supermans</u> x 10 <u>bird dogs</u> x 10 <u>triceps dips</u> x 10 <u>plank</u> x 30 sec.</p>	<p>Upper Body Stretch: <u>neck nods + turns</u> x 10 <u>thread the needle</u> x 10 <u>triceps stretch</u> x 30 sec <u>pec stretch</u> x 30 sec <u>wall downdog</u> x 10</p>	<p>30+ minute brisk walk or cardio of your choice</p>	<p>Try out a new gym or movement based event in your community! Check Facebook for ideas.</p>
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
<p>Complete 2-4 sets: <u>wall sit</u> x 30 sec <u>calf raises</u> x 10 <u>split squat</u> x 10 ea. <u>glute bridge</u> x 10 <u>supine march</u> x 10</p>	<p>Lower Body Stretch <u>quad stretch</u> x 30 sec <u>calf stretch</u> x 30 sec <u>hamstring rock</u> x 10 <u>butterfly stretch</u> x 30 sec <u>pigeon stretch</u> x 30 sec</p>	<p>Rest</p>	<p>Complete 2-4 sets: <u>squats</u> x 10 <u>incline push ups</u> x 10 <u>single leg RDL</u> x 10 <u>shoulder taps</u> x 10 <u>hip raise clamshells</u> x 10</p>	<p>Full Body Stretch: <u>cat cow</u> x 10 <u>90/90 hip switches</u> x 10 <u>side lying sweep</u> x 10 <u>squat pry</u> x 30 sec <u>hip flexor stretch</u> x 30 sec</p>