

redeemed
Health Solutions

The
RESET
movement
METHOD

**GENTLE, GRACE-FILLED WORKOUTS TO
DETOX, STRENGTHEN, AND RESTORE YOUR TEMPLE**

The Reset Movement Method

Your body was designed to move—not just for the sake of fitness, but for the sake of freedom, restoration, and worship. During a cleanse, gentle movement becomes a divine tool. It helps your body flush out toxins, supports the lymphatic and digestive systems, boosts circulation, and restores energy—without overtaxing your already-cleansing body.

The Reset Movement Method isn't about burning calories or chasing perfection. It's about partnering with your body and the Holy Spirit in healing. Each movement becomes a declaration of truth: "I honor this temple. I choose life. I move with purpose."

Inside this guide, you'll find faith-rooted, low-impact movement routines designed to complement your cleanse and support your journey into deeper wholeness—spirit, soul, and body.

"For in him, we live, and move, and have our being;"
—Acts 17:28a KJV

Let's Pray

Lord, thank You for this body, this temple You've given me. Teach me how to care for it with joy, discipline, and grace. May every step I take, every breath I breathe, be an act of worship that brings You glory. Strengthen me, guide me, and help me walk in wholeness. In Jesus' name, amen.

Why Movement Matters *During the Reset*

Supports the lymphatic system in flushing out toxins

Stimulates circulation and oxygen flow to organs

Aids in digestion and elimination

Boosts energy and reduces fatigue

Keeps the mind clear and the spirit engaged

Honors your body as God's temple through action

"Concentrate! Learn it by heart! Those who discover these words live, really live; body and soul, they're busting with health."

-Proverbs 4:22-22 MSG

7 GENTLE RESET Movement Methods

These low-impact exercises help the body eliminate toxins, reduce inflammation, and restore energy—all while keeping you grounded in grace, not performance.

1 Lymphatic Activation Circuit #1 **Rise & Release** Great for mornings or mid-day energy resets.

5-Minute Flow

Heel Drops with Arm Swings – 1 min

Gently raise up on toes, drop heels down while swinging arms forward & back. Stimulates lymph flow through gravity and movement.

Torso Twists – 1 min

Stand tall, twist gently side to side, letting arms swing with you. Keep knees soft. Encourages lymph movement along the spine.

Knee Lifts with Opposite Arm Reach – 1 min

March in place, lifting knees and reaching opposite hand overhead. Adds core engagement and supports gut mobility.

Neck & Jaw Release – 1 min

Slowly roll the neck side to side, gently massage the jaw hinge and behind ears (where many lymph nodes are).

Forward Fold with Deep Breaths – 1 min

Hinge forward at the hips, let arms dangle, and take deep belly breaths. This helps move stagnant lymph in the lower body.

7 GENTLE RESET Movement Methods

2 Lymphatic Activation Circuit #2
Evening Wind Down Perfect before bed to calm the nervous system and support overnight detox.

5-Minute Flow

Seated or Standing Shoulder Rolls – 1 min

Slow backward and forward circles, breathing deeply as you roll. Focus on relaxing tension.

Chest Opener Stretch with Breath – 1 min

Clasp hands behind back (or grab a towel), open the chest wide, and inhale deeply 4–5 times. Opens up lung space and lymph channels.

Gentle Side Reaches – 1 min

Reach one arm overhead, bend to the side, inhale; switch sides. This creates space in the ribs and torso for lymph drainage.

Slow Step-Touches – 1 min

Step side to side slowly, tapping opposite foot in. Add arm reaches if desired. This keeps blood and lymph gently flowing.

Face & Collarbone Massage– 1 min

Use fingertips to gently massage under the jaw, down the sides of the neck, and over the collarbone. Stimulates drainage near major lymph nodes.

7 GENTLE RESET redeemed HEALTH SOLUTIONS

Movement Methods

3 Rebounding (Mini Trampoline Bounces)

Do for 5–10 minutes daily.

A fun, effective way to stimulate the lymphatic system, improve circulation, and boost energy.

4 Prayer Walks (Brisk Walking + Prayer in the Spirit)

Invite God into your movement—walk with Him, literally.

A 15–30 minute walk outside, paired with prayer, worship music, or Scripture meditation. Supports circulation, digestion, and mental clarity. **Bonus:** stair stepping or incline walking on a treadmill. Try 5–10 minutes of slow incline walking. It activates your muscles, boosts blood flow, and helps flush toxins.

5 Gentle Strength Training (Bodyweight Only)

Aim for 10–15 mins, focusing on form and breath.

Low-impact, full-body movements like:

Wall push-ups, Chair squats, Standing leg lifts,
Seated core pulses

6 Detox Dance (Joyful Movement Session!)

Make it a celebration of your body, not a punishment.

Put on uplifting music and dance freely for 10–20 mins. Movement and sweating release toxins + elevate mood.

7 Stretching with Deep Core & Breathwork Activation

Simple core engagement paired with deep diaphragmatic breathing supports digestion and lymph movement.

Try: Seated breathing with hands on belly, Supine (on your back) core holds with lifted legs, Gentle pelvic tilts.

Use intentional stretches like:

Arm circles, Standing side bends, Cat-cow (on all fours or seated), Hamstring stretches, Ankle and wrist rolls

the RESET movement METHOD

TIPS FOR STAYING CONSISTENT

- Invite God into your movement. Ask: “What does my body need today?”
- Keep it short and doable. 5–15 minutes is enough.
 - Focus on function, not appearance.
- Pair movement with worship, Scripture, or declarations.
- Give yourself grace on slower days. Movement is a form of worship, not works.

BENEFITS OF EACH METHOD

Movement Type	Detox Benefit + Spiritual Benefit
Walking	Boosts circulation + digestion Prayer & Presence
Rebounding	Activates lymph flow Joyful movement = praise!
Stretching + Deep Breath	Opens lungs + calms nervous system Invites rest & restoration
Strength Circuits	Stimulates metabolism Builds endurance & discipline
Dance	Encourages sweating + expression Releases joy & freedom

the RESET movement METHOD

Use this schedule to easily integrate The Reset Movement Method into your Reset Cleanse routine each week.

Day	Movement Type	Focus
Monday	Lymphatic Circuit #1	Rise + Reset
Tuesday	Prayer Walk (20 mins)	Mental clarity + faith
Wednesday	Detox Dance (15 mins)	Joy + release
Thursday	Strength + Breath (10 mins)	Endurance + grounding
Friday	Lymphatic Circuit #2	Circulation boost
Saturday	Holy Spirit-Led Movement (Free)	Worship + reflection
Sunday	Rest or gentle stretching	Sabbath + reset