

A BACK RESET BONUS

The 30-Day Challenge

Your whole reset on paper. Print it, put it where you will see it, and tick off each of the thirty days as you go.

PRINT

TICK OFF

30 DAYS

HOW TO USE

Your printable challenge

This is the 30 day reset in printable form, so you can follow it without a screen and watch your progress build day by day.

Print the tracker on the next page and stick it somewhere you cannot miss it, on the fridge, by your desk, or on the bathroom mirror. Each day you move, tick the box and write your morning pain score. Rest days are marked, so you always know what today is.

The four weekly cards that follow show exactly what to do in each week of the challenge. They match the daily pages in your 30 day reset one to one, so the card and the program never disagree. For the full explanation of any movement, go back to the weekly exercise guides.



Scan this code for the video guides to every movement in the challenge. The same code works for all of them, so keep it handy.

THE CHALLENGE

Your 30 days

Tick a box for each day you finish. Write your morning pain score, 0 to 10.

☐ Exercise day ☐ Rest day Follow the matching weekly card for what to do each day.

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

When you finish day 30, repeat the five self check tests and compare to day one. That is your result.

WEEK 1 • RECONNECT

Week 1

Wake the glutes, open the hips. About 8 to 10 minutes a day.

- Pelvic Tilt 2 x 10
- Hip Flexor Lunge Stretch 2 x 30 to 45s each side
- Slow Glute Bridge 3 x 10, slow
- Backward Walk (from day 5) 5 minutes

FIVE MINUTE VERSION

One set of the hip flexor stretch and one set of the glute bridge. Five minutes, and it still counts.

TICK EACH DAY YOU MOVE



Week 2

Find your weaker side, free up your spine. About 12 to 15 minutes a day.

- **Backward Walk** 5 minutes
- **Hip Flexor Lunge Stretch** 2 x 30 to 45s each side
- **Single Leg Glute Bridge** 3 x 8 each side
- **Cat Cow** 3 x 10 cycles

FIVE MINUTE VERSION

One set of the hip flexor stretch and one set of the glute bridge. Five minutes, and it still counts.

TICK EACH DAY YOU MOVE



WEEK 3 • LOAD

Week 3

Add a little load. About 15 to 20 minutes a day.

- **Backward Walk** 5 minutes
- **Elevated Hip Flexor Stretch** 3 x 30 to 45s each side
- **Single Leg Glute Bridge** 3 x 10 each side
- **Seated Cat Cow** 3 x 12, light weight
- **Side Lying Hip Abduction (day 17+)** 3 x 12 each side

FIVE MINUTE VERSION

One set of the hip flexor stretch and one set of the glute bridge. Five minutes, and it still counts.

TICK EACH DAY YOU MOVE



WEEK 4 • CEMENT

Week 4

Pauses and tempo. About 15 to 20 minutes, with rest days on 24, 27 and 29.

- **Backward Walk** 5 minutes
- **Elevated Hip Flexor Stretch** 3 x 45s, with pause
- **Single Leg Glute Bridge** 3 x 10, 2s pause
- **Seated Cat Cow** 3 x 12, with holds
- **Side Lying Hip Abduction** 3 x 12 each side

FIVE MINUTE VERSION

One set of the hip flexor stretch and one set of the glute bridge. Five minutes, and it still counts.

TICK EACH DAY YOU MOVE



ANY DAY

Five minute version

For your busiest, hardest days. This still counts as a full day of the challenge.

- **Hip Flexor Lunge Stretch** 1 x 30 to 45s each side
- **Slow Glute Bridge** 1 x 8

TICK EACH DAY YOU MOVE



AT YOUR DESK

Desk reset

Every 30 minutes of sitting. Stand up and run through this.

- **Sit to Stands** **5 reps**
- **Standing Hip Flexor Stretch** **15s each side**
- **Standing Back Extension** **5 reps**
- **Glute Squeezes** **10 reps**
- **Short Walk** **1 minute**

TICK EACH DAY YOU MOVE

