

TBT30 WEIGHT LOSS, FITNESS, & METABOLISM TURBOBOOST CHALLENGE



“It’s been hard for me to find the time or motivation to workout but now I do your videos (almost) every day. I’ve lost almost 15 pounds and really enjoy moving and working my body again!”

~Mary Beth



DAY 1: Love is All You Need.

Welcome to the first day of your Yoga Shred™ Challenge!

I can’t wait for you to do your first Shred with me today.

Woohooo!! Can you tell I’m psyched for you?

These workouts are meant for you to have room to grow and see progress as you move through the 30 days. I can’t wait to see how you’ve transformed from beginning to end.

That’s why here on the program I give you some new Yoga Shred™ sequences and importantly, I also want you to revisit some of them 2 or 3 times during the month—so you can both cross-train and

experience yourself getting stronger, more confident, and flexible on all levels, through the right kind of repetition.

Let's begin with the first session!

Remember to stay attentive, have fun, work hard. Science tells us that transformation comes not when you work out longer, but when you work out harder, and for a shorter duration.

Push yourself lovingly, and play that edge where you're still healthy but you're definitely feeling something new. Only you know where that is.

Today, we begin your Sensitivity Training.

TODAY'S ACTIONS:

#1

Make sure you watch the **Modification Video: Cardio Blaster** for this workout before you begin, it will help you do the workout to the best of your ability.

#2

Then do the **Yoga Shred™ Workout: Cardio Blaster**. This will help you spark your body to raise your heart rate, optimize your cardio, and target excess weight and fat to burn, baby, burn!!!

Chip away at it—if it's super hard, you don't have to do all the 20-second rounds. Do one round, and work up to 2 next time, then 3 the next. Resting out is always a choice you can make.

Do whatever you can do, and next time maybe it's a little more.

This first step on your Challenge journey is about the powerful statement you make by simply beginning something that's next-level good for you.

You are ready to step up even more into your practice of Self-Love.

This is the source of all other great things, and great changes.

And really, whether you want to lose some weight, tone and trim up, become happier, or whatever your goals are, the main shift will come as you deepen into the heart, and core strength you hold...and start to believe, more than ever, that you are worthy and amazing just as you are now.

Then the rest is icing on this heart-shaped cake. ❤️

Have fun with your workout today, and remember to B R E A T H E!

xo*Sadie*