



stratusphere
by trish stratus

living



Welcome to the 30 day challenge

What's included:

1. stratusphere **fit test**

- 1 Flexibility
- 1 Core Strength
- 1 Balance
- 1 Stamina
- 1 Endurance

2. **nutr**ishment plan

- 1 Guidelines of the adjustments you will make to your diet
- 1 Your eating bible for the next month
- 1 30-day food journal to track your meals
- 1 Sample meal plans
- 1 Grocery list

3. get your **sweat** on

Get a 30-day workout plan that focuses on cardio and building both upper and lower body strength. The foundation of the workout is based on Trish Stratus' **stratusphere**yogaDVD. The intention of the progressive training plan is to get you fit and - as our fearless fitness leader says - get you to the **gun show**!

* for those not familiar with Trish-isms, the gun in '**gun show**' refers to killer arms.

4. get your **zen** on

Trish practices yoga daily. She begins her day with a 20 minute practice and feels that this is what lets her be at her best every day. In this program, we encourage you to incorporate yoga into your daily routine. You will notice your workout schedule calls for an a.m. yoga practice. Feel free to interpret this any way that works best for you. Whether that means doing 20 minutes of light stretching, meditating or breathing exercises. It is designed to make sure you schedule some 'me time'.

submit your
fit test &
before/after photos
for a chance to
WIN
prizes and a
1-on-1 call with
Trish Stratus

WARNING: Participation in this program may cause friends and family to be jealous, excessive staring, and will most likely result in front row tickets to the gun show and a general overall feeling of Stratusfaction.

DISCLAIMER: Please consult a physician or health care provider before starting this or any exercise program. Perform the exercises listed in this program at your own risk. If you experience any pain or difficulty with these exercises, stop and consult your health care provider.

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