

# 30 DAY RIDER FITNESS CHALLENGE

A woman wearing a blue riding helmet, a grey tank top, and white breeches is riding a brown horse. The horse is galloping through a grassy field with trees in the background. The image is slightly faded to allow text to be overlaid.

## WEEK 1 WORKOUTS & SCHEDULE

stretches, exercises  
& accountability Journal

# NOTE *from* LORNA

## FIRST STEPS ON A NEW JOURNEY

Welcome to the 30 Day Rider Fitness Challenge...

Are you ready to push yourself over the next 30 days so both you and your horse can reap the benefits afterwards?

We created this challenge for horse riders who would like to increase their fitness levels in order to specifically benefit their riding. The muscle groups that are targeted are the ones that are most important to your stability and balance in the saddle, which if that is taken care of, means that you can concentrate on actually improving your riding technique rather than just staying on board.

**This is only a guideline, I am not a fitness instructor or coach, nor am I a medical professional. All exercises are done at your own risk and we highly recommend consulting with your healthcare practitioner before starting any fitness plan.**

Along with this accountability schedule, you should have your 'Workout' guide and have set up the audio programs that will help keep you inspired and motivated during the coming 30 days.

The exercises themselves are to be completed 5 days a week in order to get the best out of your next 30 days. There are also a few daily exercises, along with a daily 'cardio' goal that you should try and reach...

So are you ready to go? Let's begin!





# LET'S *get some* CLARITY

WHERE WILL YOU BE 30 DAYS FROM NOW?

So, before you begin, I think it is really important to have something to motivate you to keep going - particularly when things get a little tough...

Here is an exercise you can do to help keep you moving forward and reaching for what you initially wanted when you started...

You joined this challenge for a reason - what is it?

What is it when you ride that hints to you that things could be better?

Imagine what would change if you were a stronger, more flexible, toned, fitter version of yourself in the saddle...

How would that look and feel? What would it mean for your horse?

Now - pull this page out of your workbook and put it somewhere you will see it EVERYDAY!! Use it as motivation on those days when life tries to get in your way :)

# YOUR JOURNEY

MAKING TIME FOR WHAT MATTERS

*your map*

## WEEK 1

monday

tuesday

wednesday

thursday

friday

saturday

sunday

Choose your  
days and  
schedule your  
workouts

## THIS WEEK'S WORKOUTS...

*Day 1, 3 and 5*

Workout 1  
(Eleanore)

3 circuits  
12 reps each

*Day 2 and 4*

Workout 2  
(Erin)

3 circuits  
12 reps each

*Everyday*

Plank

twice a day  
25 seconds each

*Everyday*

Squats

twice a day  
20 reps each

*5 days of the week*

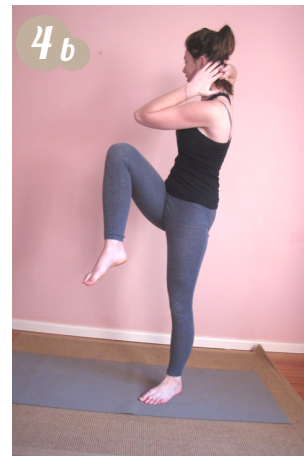
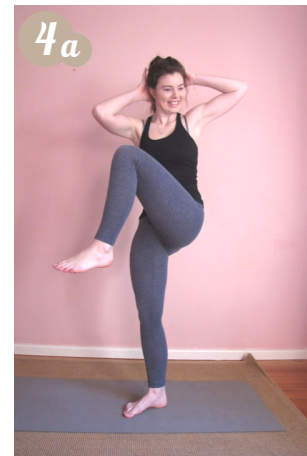
Walk

3km  
brisk walk

# YOUR WARM UP

*Week 1*

STRETCHES TO BEGIN MOVING YOUR BODY

*hold the stretch & then repeat on other side*

Gently hug the leg you are holding closer to you, without over straining or exerting excess strain or discomfort on your body.

Hold all the stretches for 10 seconds initially, building to 30 seconds as the month progresses





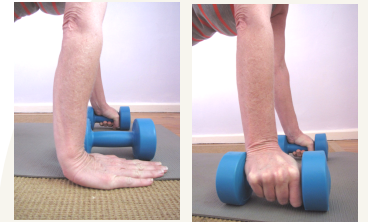
# CORE & LEGS

CHOOSE YOUR EXERCISES...

Week 1

## PLANKS

25 seconds



Choose which type of 'plank' you feel you can do, keeping in mind that its quality over quantity.

you can also begin on your knees if it makes things easier for you...

## SQUATS

20 Reps



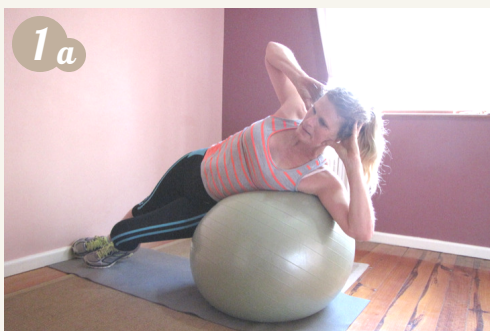
Think of the squat as being a workout for both your legs and your hips... Focus on your form; not just going up and down!

# WORKOUT#1

LEVEL OF DIFFICULTY ★★ ★

'Eleanore'  
Equipment Needed  
Exercise Ball

Exercise 1 - Side Flexions      Exercise 2 - Core Twists



Exercise 5 -  
Donkey Kick

Exercise 3 - Squat & Side Lifts



Exercise 4 - inline crunch





# WORKOUT#2

LEVEL OF DIFFICULTY ★★☆☆

'Erin'

Equipment Needed  
Exercise Ball

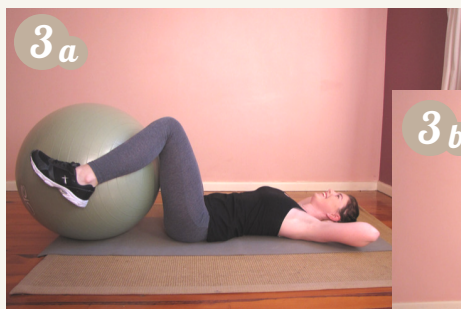
Exercise 1 -  
Side Squat



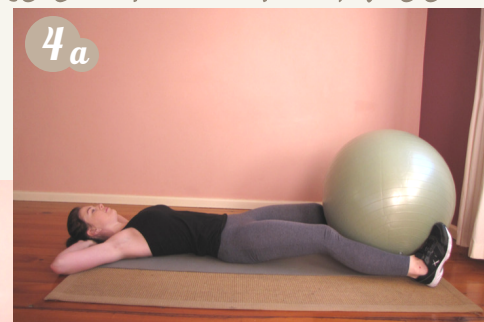
Exercise 2 - cross crunch



Exercise 3 - Extended leg  
lifts



Exercise 4 - V Pass



Exercise 5 - rotation plank





# YOUR JOURNAL

HOLDING YOURSELF ACCOUNTABLE

Week 1

## DAY 1

12

12

12

Eleanore

Side Flexions  
*both sides*☐☐☐Core Twists  
*both sides*☐☐☐Squat & Side Lifts  
*both sides*☐☐☐Inline Crunch  
*both sides*☐☐☐Donkey Kicks  
*both sides*☐☐☐SCHEDULED  
DAY & TIME

## DAY 2

12

12

12

Erin

Side Squat  
*both sides*☐☐☐Cross Crunch  
*both sides*☐☐☐

Extended Lifts

☐☐☐Rotation Plank  
*both sides*☐☐☐

'V' Pass

☐☐☐SCHEDULED  
DAY & TIME

# YOUR JOURNAL

HOLDING YOURSELF ACCOUNTABLE

Week 1

DAY 3

12

12

12

Eleanore

Side Flexions  
both sides

☐
☐
☐

Core Twists  
both sides

☐
☐
☐

Squat & Side Lifts  
both sides

☐
☐
☐

Inline Crunch  
both sides

☐
☐
☐

Donkey Kicks  
both sides

☐
☐
☐

SCHEDULED  
DAY & TIME

The distance between your  
dreams and your reality...  
is called Action!

and you are taking some serious action...

# CREATING *your* WEEK

## YOUR DECISIONS AFFECT YOUR OUTCOME

So, 3 days in and the biggest challenge most riders have at this point is finding the time to keep their commitment to the challenge...

Where can you 'barter' some of your time, so your 'me-time' can be as non-negotiable as you need it to be?

Who can you delegate some of your responsibilities to, so you can free up more time to invest in your riding?

What chores or tasks can you 'batch' that will allow you more time to dedicate and focus on you and your riding?

I know, I know; it all seems pretty simple when it's written down. It's the 'doing' that proves a bit of a problem for most riders.

I suggest choosing one of each of the above answers you gave and taking action on it immediately.

Your horse will thank you!



# YOUR JOURNAL

HOLDING YOURSELF ACCOUNTABLE

Week 1

DAY 4

12

12

12

Erin

Side Squat  
*both sides*

☐☐☐

Cross Crunch  
*both sides*

☐☐☐

Extended Lifts

☐☐☐

Rotation Plank  
*both sides*

☐☐☐

'V' Pass

☐☐☐

SCHEDULED  
DAY & TIME

DAY 5

12

12

12

Eleanore

Side Flexions  
*both sides*

☐☐☐

Core Twists  
*both sides*

☐☐☐

Squat & Side Lifts  
*both sides*

☐☐☐

Inline Crunch  
*both sides*

☐☐☐

Donkey Kicks  
*both sides*

☐☐☐

SCHEDULED  
DAY & TIME

# YOUR PLANKS

AND SQUATS! EVERY DAY...

Week 1

## PLANKS

25

25

25 seconds

Day 1

☐☐

Day 2

☐☐

Day 3

☐☐

Day 4

☐☐

Day 5

☐☐

Day 6

☐☐

Day 7

☐☐

## SQUATS

20

20

20 Reps

Day 1

☐☐

Day 2

☐☐

Day 3

☐☐

Day 4

☐☐

Day 5

☐☐

Day 6

☐☐

Day 7

☐☐

# CARDIO TRACKER

HOW FAR WILL YOU WALK THIS WEEK?

Week 1

	Distance	Terrain	Speed	Notes
M				
T				
W				
T				
F				
S				
S				



# YOUR LIFESTYLE

## A BETTER EQUESTRIAN EXPERIENCE

*Week 1*

### THE EXTRA MILE...

So, this week you are began a 'challenge' that will last 30 days... However I would love if this challenge can impact your life on day 31 and far beyond...

To help make this happen, I have created daily audio programs to accompany the workouts in the hope that they will inspire you to really make lasting change in your lifestyle and mind set.

Use the prompts below (coupled with the audio programs) to get inspired about your equestrian journey again.

And, if you like, share your goals, upgrades and positive shifts with us in the Facebook group or by posting online using the hashtags.

Of course, I really enjoy receiving your emails as well :)

What do you want from the challenge?

























































What healthy snacks can you prepare?

What upgrades can you make to next week?

# YOUR BODY'S FUEL

ARE YOU MAKING THE BEST CHOICES?

Week 1

	Breakfast	Lunch	Dinner	snacks
M				       
T				       
W				       
T				       
F				       
S				       
S				       

# YOU MADE IT!!

WEEK 1 IS DONE AND DUSTED...

week 1 

If you managed to get all the boxes check off, Well Done!

I am impressed and even though you are possibly feeling a little sore right now, it will be well worth it in at the end

Next weeks workbook will include new exercises along with variations of this weeks workouts.

There will also be a few bits and bobs to help upgrade' your equestrian lifestyle as well :)

However, before you kick off Week 2, let's get clear on a few things...

What is your end goal? What do you want to ride like?

If you could magically click your fingers and ride exactly as you really wanted to... What would that look like?

Always remember,  
your focus determines  
your reality

*George Lucas*

# YOUR COMMUNITY *inspire*

SHARING YOUR JOURNEY WITH OTHERS



search the  
hashtags  
& post your  
own updates

“ what does your  
'30 Day Rider Fitness  
challenge' look like? ”

#30DayRiderFitnessChallenge  
#MakeEveryRideGreat  
#FitForRidingFitForLife