

EMPWR Fit: Your 12-Day Journey to Strength & Confidence

Transform Your Relationship with Movement

Feeling lost in your fitness journey? You're not alone. The world of fitness can feel overwhelming, with conflicting advice and intimidating gym environments leaving you stuck in a cycle of starting and stopping. But what if you could discover a completely different approach to movement - one that builds both physical strength and inner confidence?

This **12-day challenge** isn't just another workout program. It's your first step toward sustainable strength, designed by someone who understands your struggles and has helped hundreds of individuals just like you find their power through movement. My clients find themselves feeling stronger and more confident with less aches and pains. Grab some dumbbells and let's get going!

Breaking Through Fitness Myths

Before we dive into your transformation journey, let's address some common beliefs that might be holding you back:

Myth #1: "You need to be fit before starting a fitness program"

X Your journey starts exactly where you are. Every exercise includes modifications, allowing you to build confidence progressively and safely.

Myth #2: "Getting stronger means spending hours in the gym"

X Strategic, structured exercise creates real change. These focused, efficient workouts respect your time while delivering results.

Myth #3: "Exercise is all about weight loss"

X Movement is about feeling capable, energized, and confident in your daily life. This program prioritizes functional strength that translates to real-life activities. Whether it is picking up your child or carrying groceries, purposeful movement helps activities of daily living feel easier.



Your Path to Empowered Movement

This scientifically-designed 12-day program alternates between strength, cardio, and recovery to:

- Build lasting strength without burnout
- Enhance your body's natural movement patterns
- Create sustainable habits that fit your life
- Boost your energy and confidence

Your 12-Day Transformation Plan

Pull Focus (Strength)

*Why This Day Matters: Pull movements strengthen your back, improve posture, and build functional strength for everyday activities like lifting and carrying. These exercises also engage your core, helping create a strong foundation.

Push Day (Strength)

*Why This Day Matters: Push movements balance your pull work, strengthen your chest, shoulders, and triceps, while improving upper body pushing power for daily activities.

Zone 2 Cardio:

*Why This Day Matters: Zone 2 cardio builds your aerobic base, improves heart health, and enhances recovery without overtaxing your system. This steady-state work helps build endurance and burn fat efficiently.

Lengthen:

*Why This Day Matters: Active recovery and mobility work are crucial for preventing injuries, improving flexibility, and ensuring your body can move efficiently through all planes of motion.

Rest and Reflect:

*Why This Day Matters: Rest is when your body rebuilds and grows stronger. These days are crucial for preventing burnout and ensuring long-term success.

Day 1 - Foundational Pull (3 rounds)

- DB single arm row (10x each side)
- DB romanian deadlift (RDL) (10x)
- DB hammer curl (10x)
- DB single leg bridge (12x each side)
- DB renegade row (12x total)
- Spiderman plank (10x each side)

Day 2 - Zone 2 Cardio

45-60 minutes of steady movement

Examples:

- Walking
- Jogging
- Hiking
- Swimming
- Biking

Day 3 - Foundational Push (3 rounds)

- DB shoulder press (10x)
- DB overhead tricep extension (10x)
- DB chest press (10x)
- Pushups (knees or toes) (8-10x)
- DB goblet squats (10-12x)
- Jump squats (10x)
- Cross-body mountain climbers (20x total)

Day 4: Lengthen

45-60 minutes of one of the following:

- Yoga
- Pilates
- Stretch class
- Mobility work

Day 5 - Foundational Full Body (3 rounds)

- Body weight squat (15x)
- DB alternating reverse lunge (8x each side)
- DB push press (8-10x)
- Bench tricep dips (10-12x)
- DB back fly (10x)
- DB sumo squat and curl (10x)
- Frog crunch or situp (10-12x)

Day 6 - Rest and Reflect

- Be proud of your progress
- Do something fun
- Relax
- Stretch
- Foam roll
- Meditate

Day 7 - Intermediate Pull (3 rounds)

- DB bentover row (10x)
- DB single leg deadlift (8-10x each side)
- DB tempo bicep curl (8x, 3 seconds down/1 second up)
- DB lateral lunge (8x each side)
- DB plank drag (8x each side)
- Suitcase crunch (10-12x)

Day 8 - Zone 2 Cardio

45-60 minutes of steady movement

Examples:

- Walking
- Jogging
- Hiking
- Swimming
- Biking

Day 9 - Intermediate Push (3 rounds)

- DB arnold press (10x)
- DB bentover tricep extension (10x)
- DB chest fly (10x)
- Pushups (knees or toes) (8-10x)
- DB front squats (10-12x)
- Pop squats (20x)
- Burpee/Modified burpee (8x)

Day 10: Lengthen

45-60 minutes of one of the following:

- Yoga
- Pilates
- Stretch class
- Mobility work

Day 11 - Intermediate Full Body (3 rounds):

- DB forward lunge (8 each side) - Challenges balance and leg strength
- DB lateral raise (10-12 reps) - Isolates shoulder strength
- DB alternating row (20 total) - Builds unilateral back strength
- DB squat thruster - Integrates full-body power
- DB glute bridge (12 reps) - Enhances hip strength
- Knee up crunches (20 reps) - Targets upper abs
- Bear plank hold (30-45s) - Builds integrated core strength

Day 12 - Rest and Reflect

- Be proud of your progress
- Do something fun
- Relax
- Stretch
- Foam roll
- Meditate

Why This Works

Each component of this program has been carefully selected to:

1. Progressive Strength Building: Build confidence through achievable challenges
2. Strategic Recovery: Allow your body to adapt and grow stronger
3. Balanced Approach: Prevent burnout while maintaining momentum
4. Sustainable Progress: Create habits that last beyond these 12 days

Your Steps to Success

1. Download your workout guide
2. Join our supportive community on Instagram @arielle__hope
3. Schedule your workouts for the next 12 days
4. Take your "before" measurements (optional but recommended, and this includes how you feel!)

Ready for More?

After completing your 12-day challenge, continue your strength journey with:

- EMPWR Fit online training programs at [EMPWRwellness.net](https://empwrwellness.net)
- Personalized nutrition guidance
- Advanced movement programs

For questions or support: ariellecpt@empwrwellness.net

About Your Trainer



Arielle Creager isn't just another fitness trainer - she's a transformation specialist who understands the science behind sustainable strength. Arielle holds a Bachelor's in Psychobiology from UCLA and a Master's in Human Nutrition from the University of Bridgeport. She combines her deep understanding of human physiology with practical experience as a Certified Personal Trainer, Pre/Postnatal Training Specialist, and nutritionist..

After overcoming her own health challenges through movement and nutrition, Arielle founded EMPWR Wellness with a mission to help individuals build strength, confidence, and vitality. Her unique approach combines evidence-based training methods with empathetic coaching, helping hundreds of clients transform their relationship with fitness.

As a Los Angeles-based expert in women's fitness and nutrition, Arielle specializes in creating accessible, effective programs that fit real life. Her pre/postnatal expertise and nutritionist background ensure you're not just getting workouts, but comprehensive guidance for total body wellness.

Join hundreds of women who've discovered their strength through Arielle's guidance. Your transformation starts now.

Let's do this together! 💪

Follow me on Instagram: @arielle__hope

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