

*Inova*

# 7-Day Reset

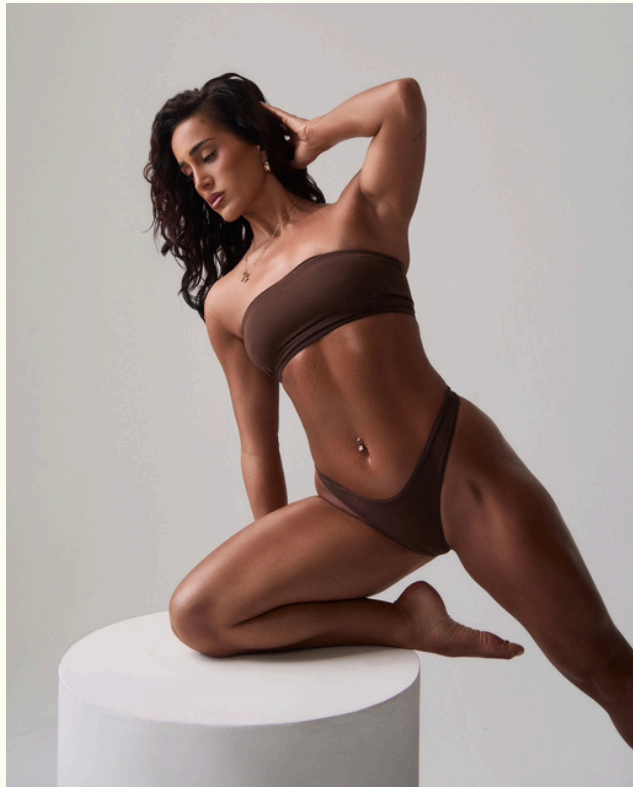
Workout, Nutrition  
& Self-Care Plan

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# Welcome from Isabell



I'm so glad you're here.

This 7-Day Reset is more than a plan, it's a powerful first step in showing up for yourself.

I created this from a place of deep personal experience.

I've been through it all, the constant cycle of dieting, chasing extremes, and feeling completely disconnected from my body.

I've been the girl who went from one fitness phase to the next: from overweight, to underweight, and then trying to control everything around food.

I know what it's like to feel like your body is never "right."

I struggled for years with disordered eating, using exercise as punishment, and dealing with the emotional weight of PMDD, breakups, and all the ups and downs life throws at you.

But through it all, I found something that saved me: movement.

Fitness became my anchor, my medicine, and my reminder of how strong I really am.

And over time, I stopped chasing a smaller body and started nourishing and training my body with love. That mindset changed everything.

This Reset is built from that place, a balance of workouts, nourishment, and daily rituals that help you reconnect with your body and self-worth.

Whether you're rebuilding from burnout or simply need structure and support, these next 7 days are for YOU.

You're not alone on this journey. I'm with you every step.

Let's glow.

With love,

Isabell

# What to Expect This Week



- Daily gym or home-friendly workouts (2x 8–10 reps + 2x 10–15 reps per move)
  - Easy, nourishing meals to support your energy and hormones
  - Self-care prompts and mindset shifts
  - Daily affirmation to start strong
- Let's reset, realign, and feel our best—inside and out. 🌟

# DAY 1: RESET & RECONNECT

 Focus: Begin with intention. Start strong.

## **Workout: Push Day (Upper Body Focus)**

- Incline Dumbbell Press – 2x 8–10, 2x 10–15 (heaviest first)
- Shoulder Press – 2x 8–10, 2x 10–15
- Cable Lateral Raises – 2x 8–10, 2x 10–15
- Tricep Dips – 2x 8–10, 2x 10–15
- 10-minute incline walk

## **Meal Focus: Protein & Energy**

- Breakfast: Greek yogurt + berries + honey + chia seeds
- Lunch: Chicken or tuna wrap with spinach & avocado
- Dinner: Baked salmon, sweet potato, asparagus
- Snack: Protein smoothie or eggs + hummus

## **Self-Care Prompt:**

What's one thing I'm proud of myself for recently?

## **Affirmation:**

“I am grounded, capable, and worthy of progress.”

## DAY 2: BUILD & NOURISH

 Focus: Let go. Make space for more light

### **Workout: Full Body Sweat**

- Bodyweight Squats – 2x 8–10, 2x 10–15
- Push-ups (or knees) – 2x 8–10, 2x 10–15
- Jumping Jacks – 2x 50 reps
- Plank – 3x 30 sec
- 20-min walk or light jog

### **Meal Focus: Clean & Whole**

- Breakfast: Green smoothie (spinach, banana, flax, protein)
- Lunch: Salmon stir-fry on brown rice
- Dinner: Grilled chicken + kale salad + tahini
- Snack: Carrots + hummus

### **Self-Care Prompt:**

Declutter one small space. Clear space = clear mind.

### **Affirmation:**

“I release what no longer serves me and make space for peace.”

# DAY 4: STRENGTH & STILLNESS

 Focus: Slow down. Find peace in your progress.

## **Workout: Pull Day (Back + Biceps)**

- Lat Pulldown – 2x 8–10, 2x 10–15
- Seated Rows – 2x 8–10, 2x 10–15
- Dumbbell Bicep Curls – 2x 8–10, 2x 10–15
- Face Pulls – 2x 8–10, 2x 10–15
- 5-min deep stretch

## **Meal Focus: Mindful Eating**

- Breakfast: Overnight oats + almond butter + banana
- Lunch: Lentil pasta + spinach + feta
- Dinner: Grilled halloumi, quinoa, roasted carrots
- Snack: Medjool dates + walnuts

## **Self-Care Prompt:**

Sit in stillness for 5 minutes. Breathe.

## **Affirmation:**

“I find strength in stillness and clarity in calm.”

## DAY 5: BURN & BALANCE

 Focus: Fire up your energy. Balance the burn with care.

### **Workout: Full Body Conditioning**

- Jump Squats – 3x 15
- Push-Ups – 3x 10–12
- Walking Lunges – 3x 12 each leg
- Dumbbell Shoulder Press – 3x 10
- Plank Hold – 3x 30–60 sec
- 10-min incline treadmill walk or outdoor walk

### **Meal Focus: Light & Energising**

Breakfast: Greek yogurt + berries + chia seeds

Lunch: Grilled chicken salad with avocado + vinaigrette

Dinner: Baked salmon, sweet potato, green beans

Snack: Apple slices + almond butter


### **Self-Care Prompt:**

Declutter a space — physical or digital. Reset your energy.

### **Affirmation:**

“I create space for energy, clarity, and joy.”

# DAY 6: LENGTHEN & LOVE

 Focus: Go gently. Restore through movement and self-love.

## **Workout: Mobility & Stretch Flow**

- Cat-Cow Stretch – 3x 10
- World's Greatest Stretch – 3x each side
- Hip Openers – 3x 30 sec each
- Downward Dog to Cobra Flow – 3x 8
- Child's Pose Hold – 2 min
- Optional: 20-min walk outside

## **Meal Focus: Anti-Inflammatory**

Breakfast: Warm oats + blueberries + flaxseed

Lunch: Quinoa bowl with greens, chickem, tahini drizzle

Dinner: Miso soup + steamed veggies + tofu

Snack: Cucumber slices + hummus

## **Self-Care Prompt:**

Dry brush before your shower. Reconnect to your body.

## **Affirmation:**

“My body is worthy of care, softness, and healing.”



## DAY 7: REFLECT & RISE

 Focus: Celebrate your week. Realign with your vision.

### **Workout: Your Choice + Core Finisher**

Pick your favorite workout from this week

+

Core Finisher:

Russian Twists – 3x 20

Leg Raises – 3x 15

Forearm Plank – 3x 30–60 sec

### **Meal Focus: Balanced Reset**

Breakfast: Protein smoothie with banana, oats, and peanut butter

Lunch: Turkey or tempeh wrap + side salad

Dinner: Grilled prawns or tofu + coconut rice + broccoli

Snack: Dark chocolate + handful of almonds

### **Self-Care Prompt:**

Write down 3 wins from this week. Acknowledge your growth.

### **Affirmation:**

“I am proud of how I showed up for myself this week.”

# Your 7-Day Reset Is Complete

Take a moment to breathe it in: you showed up for yourself.

This week wasn't about being perfect.

It was about intention about choosing to care for your body, your mind, and your energy, even in small ways.

You moved. You nourished.

You grounded. You remembered what it feels like to come back to you.

And that matters.

This reset was designed to reconnect you with your power. to remind you that balance, beauty, and strength already live within you.

**You didn't "start over." You realigned.**

Let this be your foundation not your finish line.

Imagine what 30 days of this energy could create.

Imagine what happens when you make space for your glow daily not just for a week.

✨ **Continue your journey with daily workouts, affirmations, beauty & wellness rituals, all waiting for you inside the app.**

Because this isn't about a challenge.

It's a lifestyle. And you're ready.

💬 **Final affirmation:**

"I am becoming the version of me I've always dreamed of — and she feels more real every day."

*Love Isabell xx*