



THE 3 DAY RESET

RECONNECT WITH YOUR BODY

I'VE SPENT YEARS in fitness, training, competing, and pushing my body to perform. From the outside, it looked like strength came naturally. But what most people don't see is that I was later diagnosed with scoliosis. And that changed everything.

Because I had to stop pushing through my body...and learn how to actually work with it. I had to rebuild my strength with intention. With control. With awareness.

Over time, I started seeing the same pattern in the women I worked with. Strong women. Capable women.

But overwhelmed. Inconsistent. Starting over again and again.

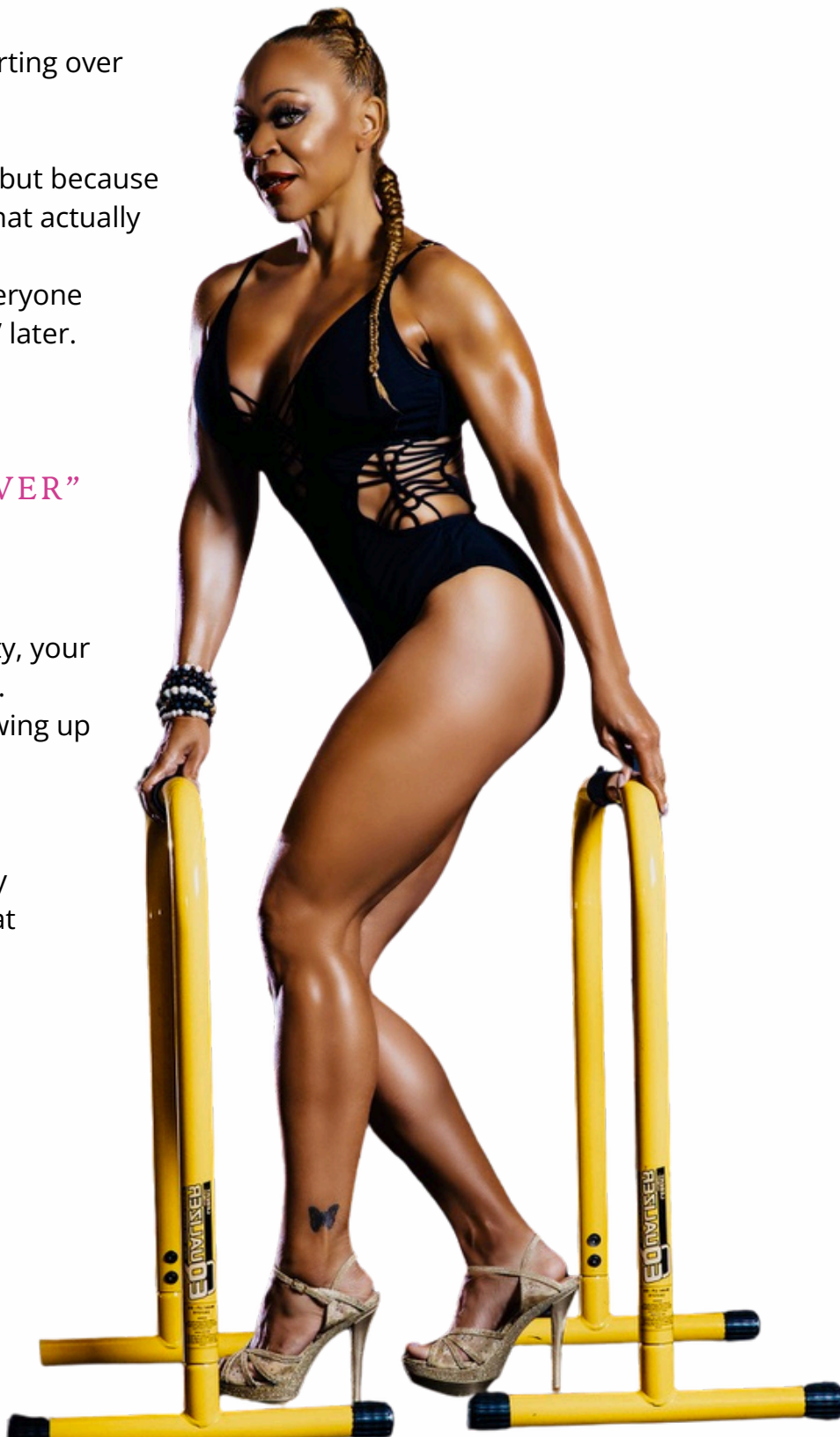
Not because they lacked discipline, but because they were never given a structure that actually supported their lives. Women who put everything and everyone first...and tried to "fit themselves in" later.

**“STRENGTH SHOULDN'T
FEEL LIKE STARTING OVER”**

That's why I coach the way I do. Because your strength, your mobility, your ability to move well, that's not extra. That's what allows you to keep showing up for your life.

This reset isn't about doing more. It's about reconnecting to your body and rebuilding strength in a way that actually lasts.

— Sherri





This Is Your Reset



A moment to reflect, reconnect with your body, and begin building again, but with intention.

Most women don't struggle because they're not trying hard enough.

They struggle because what they've been doing doesn't give their body anything consistent to respond to.

So things start... stop... and eventually feel like they have to be restarted all over again.

This is where we change that.

Over the next three days, you're going to come back to the basics in a way that actually supports your body.

As you move through this, you'll start to notice a shift.

You'll feel more aware of how your body moves.

More in control of your strength.

More steady in how you show up for it.

Not overwhelmed.

Just grounded again.

Set aside **15-20 minutes** each day.

Choose a time where you can be present; morning before your day begins, or later when things quiet down.

This isn't something to rush through.

It's something to actually experience.

HOW TO MOVE THROUGH THIS RESET

This is a three-day process, and each day is designed to build on the one before it. You don't need to rush it or try to get ahead. Just stay with each step, and let it unfold the way it's meant to. We'll move through this together:



DAY 1 — AWARENESS

This is where we begin.

You'll slow things down and check in with your body not to judge it, but to understand it. Pay attention to how things feel.

Where you feel tension.

Where things feel disconnected or unfamiliar.

Nothing needs to be fixed yet.

This day is simply about noticing what's been overlooked or pushed past.



DAY 2 — EMOTIONAL + MENTAL REGULATION

This is where things start to connect.

You'll take a step back and look at what's been affecting your consistency mentally and emotionally.

Not just what you've been doing... but what's been getting in the way.

This part requires honesty, not pressure.

There's no right answer here, just awareness that helps you move forward differently.



DAY 3 — STRUCTURED MOVEMENT

Now we bring it all together.

You'll move through intentional, supported exercises designed to help you rebuild strength with control.

This isn't about pushing yourself.

It's about moving in a way that feels clear, steady, and repeatable.

Something your body can actually respond to.

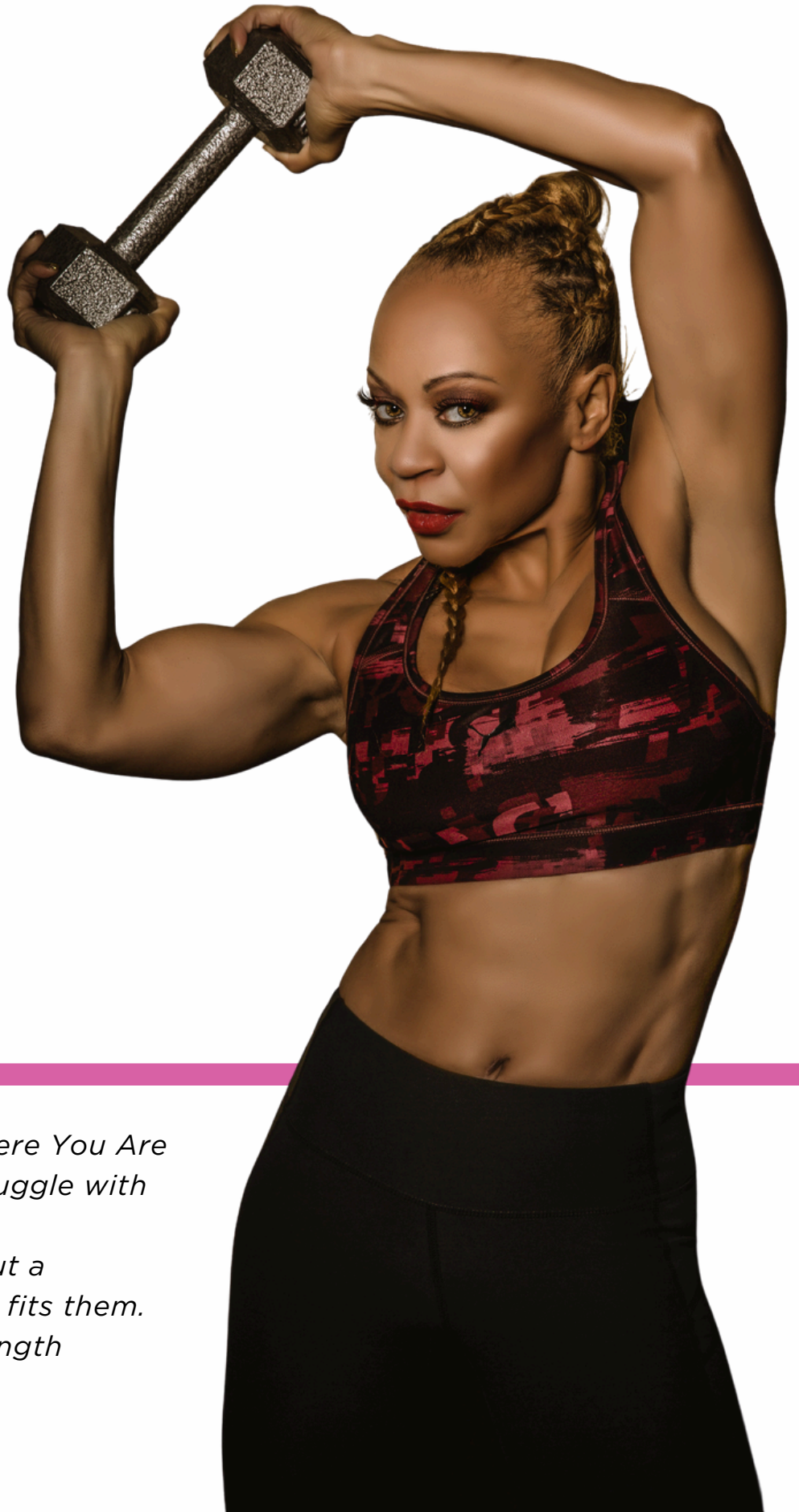
As you go through each day, take your time.

*Everything is designed to **flow in order**, so try not to skip ahead.*

You don't need to figure anything out on your own here.

*Just stay present, follow along, and let the **process support you**.*

DAY 1



*Let's Get Clear on Where You Are
Most women don't struggle with
discipline.*

*They're moving without a
structure that actually fits them.
And this is where Strength
Identity comes in.*



Day 1 — Awareness



Let's Get Clear on Where You Are

Most women don't struggle with discipline.

They're moving without a structure that actually fits them.

And this is where Strength Identity comes in.

Your **Strength Identity** is the pattern behind how you approach movement.

It's how you:

- start
- stop
- push
- avoid
- stay consistent or don't

It's not random. And it's not a personality trait. **It's a pattern.**

And once you understand your pattern, you stop guessing what you need.

You train differently. You move differently. You stay consistent differently.

This is how I approach every client I work with.

Before we ever build a plan, we identify how they actually show up.

Because without that? Even the best workout won't stick.

You're going to walk through a series of statements. Read each statement slowly.

As you read, think about:

- your real schedule
- your real habits
- what you've been doing consistently or not doing

For each statement, choose:

A — This is me right now

B — This shows up sometimes

C — This isn't really me

Write your answer next to each statement before moving on. Don't overthink it.

This isn't about getting a "good" result. It's about seeing your pattern clearly.

This is where things start to click.

Because you're not just going to get a result.

You're going to see:

- why things haven't been sticking
- where your pattern breaks down
- what you actually need moving forward

Not more motivation. Not more pressure. Structure that fits you.



Day 1 — Awareness



Read each statement slowly.

Think about your real life, your schedule, your habits, your patterns.

For each one, choose:

A — This is me right now

B — This shows up sometimes

C — This isn't really me

Write your answer next to each statement.

- I start workouts strong, but within a few weeks, I fall off
- I hesitate to start because I already feel behind
- When life gets busy, working out is the first thing I drop
- I tell myself I'll get back into it, but it takes longer than I expect
- I know what I should be doing, but I don't follow through consistently
- My body doesn't respond the way it used to, and that frustrates me
- Certain movements feel tighter, weaker, or less controlled than they should
- I push through workouts even when something feels off
- I feel like I'm constantly starting over
- I don't need more motivation, I need something that actually works long-term

Your Score

A = 2

B = 1

C = 0

Total Score: _____



Day 1 — Awareness



This isn't a label.

It's a pattern and patterns can change.

0-6 → The Former Athlete

You've experienced strength before.

Your body has a reference point, but right now, things don't feel as natural or as strong as they used to.

You may notice:

- movements feel less controlled than you expect
- frustration when your body doesn't perform like it once did
- a tendency to push based on what you used to be able to do

Your challenge isn't starting.

It's learning how to rebuild without relying on old standards.

7-12 → The Strong but Inconsistent

You're capable.

When you're on, you're on.

But there's no real system holding it together.

You may notice:

- cycles of being "all in" followed by falling off
- relying on motivation instead of structure
- knowing what to do, but not doing it consistently

Your challenge isn't ability.

It's creating something you can actually return to.



Day 1 — Awareness



13-17 → The Overwhelmed Achiever

You're disciplined in many areas of your life.
But your time and energy are constantly divided.

You may notice:

- workouts getting pushed aside when life gets busy
- feeling mentally drained before you even start
- trying to “fit it in” instead of having a clear plan

Your challenge isn't effort.

It's building a rhythm that works within your life, not against it.

18-20 → The Restarting Woman

Right now, everything feels like a reset.
You're ready to begin again but you don't want to repeat the same cycle.

You may notice:

- hesitation to start because you feel behind
- disconnection from your body
- uncertainty about where to begin

Your challenge isn't motivation.

It's rebuilding in a way that feels safe, clear, and sustainable.

Now you have a clearer picture of where you're starting.
Next, we're going to look at how this shows up in your body,
so you can move forward with awareness, not guesswork.

DAY 2



Now we take what you just uncovered in your Strength Identity and we look at how it's showing up in your body.

Because your pattern doesn't just live in your habits. It shows up in how you move.



Day 2 — Emotional + Mental Regulation



Now we take what you just uncovered in your Strength Identity and we look at how it's showing up in your body.

Because your pattern doesn't just live in your habits.

It shows up in how you move. How you stabilize. Where you hold tension.

Where you compensate.

This is where most people miss it. They try to fix their routine... without ever understanding what their body is actually doing.

This is how we connect your pattern → to your physical reality.

Move slowly through this section. You're not trying to perform.

You're learning how your body responds right now.

Posture Awareness

Find a wall and stand with your back against it.

Let your:

- heels
- hips
- upper back
- head

rest lightly against the wall.

Don't force yourself into position.

Just let your body settle.

Stay here for 20–30 seconds.

Now pay attention:

- Does this feel natural or does something feel off?
- Do you feel tension building anywhere (neck, shoulders, lower back)?
- Does one area feel like it's working harder just to hold you here?

What This Tells You

Your posture reflects what your body has been adapting to.

If something feels tight, strained, or uneven; that's not random.

That's your body compensating.

Write what you notice:



Day 2 — Emotional + Mental Regulation



Mobility Awareness

Now we bring in movement.

Because this is where your Strength Identity becomes even clearer.

Move slowly through each:

1. Bodyweight Squat

Lower down and come back up with control.

Notice:

- Do your knees track evenly?
- Do your hips feel tight or restricted?
- Do you shift your weight to one side?

2. Arms Overhead

Raise both arms straight overhead.

Notice:

- Do your arms move freely or feel restricted?
- Does your lower back arch to compensate?
- Do your shoulders feel tight or uneven?

3. 15-Second Plank

Hold a plank.

Notice:

- Does your core feel stable or shaky?
- Do your hips drop or shift?
- Do you feel strain in your shoulders or lower back?

What This Tells You

This is where your pattern shows up physically.

If you:

- rush through movement → you lose control
- avoid consistency → you lose stability
- push through anyway → you build compensation

This is why your results feel inconsistent.

Not because you're not trying.

Because your body hasn't had consistent, structured input to respond to.

Write what you notice:



Day 2 — Emotional + Mental Regulation



Confidence Check-In

Now rate where you are; based on what you just felt, not what you assume.

Energy: 1 — 5

Strength Confidence: 1 — 5

Consistency: 1 — 5

What This Means

Now you've connected the full picture. Your pattern. And how it shows up in your body.

You can feel:

- where your body is stable
- where it needs support
- where it's compensating instead of controlling

This is why structure matters.

Because your body doesn't respond to random effort.

It responds to consistent, controlled input over time.

And without that? You stay in the same cycle, even if you keep trying.

This is your starting point now.

Not something to judge.

Something to build from, correctly.

Tomorrow, we're going to look at what's been pulling you out of consistency, so you can stop repeating the same cycle and start moving forward with clarity.

DAYS 3



The first two days gave you awareness.

You noticed your patterns.

You checked in with your body.

You got honest about what's been affecting your consistency.

Now we move.



Day 3 — Structured Movement



Put It Into Practice

The first two days gave you awareness.

You noticed your patterns.

You checked in with your body.

You got honest about what's been affecting your consistency.

Now we move.

Not to prove anything.

Not to push past yourself.

But to take everything you've just learned and put it into motion.

You do not need an extreme workout to reset your body.

You need intentional movement your body can actually respond to.

That's what today is.

A simple, structured reset you can return to.

Your **15-Minute Reset Protocol**

Move through each section slowly and with control.

This is not about speed.

This is not about burnout.

This is about reconnecting to your body through movement that feels clear, supported, and repeatable.

If something feels too intense, modify it.

If something feels unfamiliar, slow it down.

If something feels unstable, pay attention to that.

You are not trying to dominate this workout.

You are learning how to work with your body again.

3-Minute Mobility Sequence

Open the body before asking it to work
We begin here because mobility creates access.

If your body is tight, guarded, or carrying tension, strength work will feel harder than it needs to.

Spend 3 minutes moving through:

- shoulder rolls or arm circles
- gentle hip openers
- spinal twists or standing rotation
- ankle or calf mobility
- slow marching or controlled knee lifts

As you move, focus on:

- where your body feels stiff
- which side feels tighter
- where movement starts to feel smoother with repetition

Reminder:

Do not rush through this part.

This is not filler. This is how you prepare your body to move with more control in the next section.

Modification Note:

If standing movements feel uncomfortable, complete this seated or holding onto a wall or chair for support.

5-Minute Controlled Lower-Body Block

Rebuild strength from the ground up. Your lower body is where a lot of your daily strength lives. This section is not about doing a lot.

It is about moving with intention.

Choose 2-3 lower-body movements such as:

- bodyweight squats
- supported squats to a chair
- reverse lunges or split stance holds
- glute bridges
- step-backs or heel taps

Move slowly.

Tempo Cue:

Use a simple count:

- 3 counts down
- 1 pause
- 2 counts up

This keeps you from rushing and helps your body build control.

As you move, **notice:**

- Are you shifting more to one side?
- Do your knees track evenly?
- Are you using momentum, or are you actually controlling the movement?
- Does one leg feel stronger or steadier?

Form Reminders:

- Keep your chest lifted
- Press evenly through your feet
- Let your core stay active
- Move through the full range you can control

Modification Note:

If balance feels shaky, use a chair, wall, or countertop for support.

If range feels limited, make the movement smaller and focus on control first.

5-Minute Upper-Body Strength Block

Build support, not strain. This section helps you reconnect to your upper body in a way that feels grounded instead of tense.

Choose 2-3 upper-body movements such as:

- wall push-ups
- incline push-ups
- light dumbbell presses
- resistance band rows
- shoulder raises
- overhead holds with light weight

The goal here is not to lift heavy. **The goal is to *feel*:**

- stable
- supported
- connected through the movement

Tempo Cue:

Use the same count:

- 2 counts to press or lift
- 1 pause
- 3 counts to lower

That slower return matters.

It helps you feel whether you are in control or just rushing through.

As you move, **notice:**

- Are your shoulders doing too much work?
- Can you keep your neck relaxed?
- Does one arm fatigue faster?
- Do you feel steady, or tense?

Form Reminders:

- Keep shoulders down and away from your ears
- Brace your core lightly
- Move through a range that feels controlled
- Stop before you lose form

Modification Note:

If overhead work doesn't feel good, keep movements lower and in front of the body.

If push-ups are too much, use a wall or countertop and reduce the angle.

2-Minute Breath-Based Reset

Finish by bringing your body back down

We close here because your nervous system matters.

You don't want to leave this reset feeling scattered.

You want to leave feeling clear.

Take 2 minutes to:

- stand or sit comfortably
- place one hand on your chest and one on your stomach
- breathe in slowly through your nose
- exhale longer than you inhale

Try:

- 4 counts in
- 6 counts out

Repeat for 2 minutes.

As you breathe, **ask yourself:**

- What feels different than it did before I started?
- Do I feel more steady?
- What part of my body feels more awake or connected?

This is part of the reset too. Not just the movement.

The recovery.

The regulation.

The return.

What To Pay Attention To Today

Today is not about how impressive the workout looks.

It's about what you notice when you move with intention.

Pay attention to:

- where you felt more stable
- where you needed more support
- which movements felt natural
- which ones exposed tightness or imbalance
- how your body responded when you slowed down

That information matters.

Because now you're not just moving.

You're learning.

RHYTHM MAP



*This is where your Strength
Identity matters.
You do not need the same next
step as everyone else.
You need the one that fits where
you are right now.*



Your Rhythm Map



Now that you've completed the reset, the next step is not to do more.
It's to repeat what works.

This is where your Strength Identity matters.
You do not need the same next step as everyone else.
You need the one that fits where you are right now.

If you are The Restarting Woman

Your next step is repetition without pressure.
You do not need intensity right now.
You need rhythm and safety.

Recommended next move:

Repeat this reset protocol **2 times** per week.

Focus on:

- learning the movements
- building confidence
- noticing what feels steadier each time

Your goal is not to "level up" quickly.
Your goal is to stop disappearing from your own routine.

If you are The Strong but Inconsistent

Your next step is structure.
You already have ability.
What you need now is a *repeatable system*.

Recommended next move:

Commit to consistency before intensity.

Repeat this reset and schedule your next sessions before the week begins.

Focus on:

- repeating the protocol
- keeping the same training days
- resisting the urge to jump into something harder too soon

Your breakthrough is not in finding a better workout.
It is in following through with the one that works.



Your Rhythm Map



If you are The Overwhelmed Achiever

Your next step is *protecting your consistency*.

Your challenge is not discipline.

Your challenge is making structure real enough to survive your schedule.

Recommended next move:

Choose **3 fixed time slots** each week for movement and put them on your calendar now.

Treat them like appointments.

Focus on:

- showing up at the same times
- reducing decision fatigue
- making movement part of your week instead of an afterthought

Your win is not doing more.

Your win is not negotiating with yourself every day.

If you are The Former Athlete

Your next step is rebuilding with control, not comparison.

You may feel tempted to speed this up because your body remembers what strength used to feel like.

But this season requires intention, not ego.

Recommended next move:

Repeat this reset protocol and add tempo progression before adding intensity.

That means:

- move slower on the lowering phase
- pause before pressing or standing
- focus on control first

Your job is not to prove what you can still do.

It is to rebuild strength in a way that lasts.



Reset + Reflect



Take one minute and write this down:

What felt clearer today than it did on Day 1?

What is one thing I can repeat next week?

*That is where strength starts to become sustainable.
Not in doing everything. In repeating what works.*

You Can Feel The Difference

You felt it. The moment things slowed down.
The moment your body started responding.
The moment it stopped feeling chaotic and started feeling clear.
That wasn't random. That was structure.

And this is the part most people get wrong:
They feel this shift...
and then they go back to doing what wasn't working.

Don't Do That This Time

Because what you felt over these three days?

That's what happens when your body has:

- clear movement
- controlled pacing
- intentional structure

And that only builds when you stay with it.

Your Next Step Is Not Optional If You Want This To Last

You have two ways to move forward.

Both are built around the same thing you just experienced:
Structure.

Train With Me Online

You show up. I guide you.

No guessing.

No wondering if you're doing it right.

Just clear, structured training your body
can trust.

[→ View Class Schedule & Book Your
Session](#)

The Rebuild Strength Series

If you're not in the room, you still need
structure.

This gives you:

- 3 guided sessions you can follow
- a clear progression to build from
- something you can return to without
starting over

This is how you stay consistent, even on
your own.

[→ Start the Rebuild Strength Series](#)

