FREE · FOR HER · BY YOU FLOW WELLNESS CLUB

3 *Days*

The 3-Day *Reset*

Feel lighter, calmer and more snatched in just 3 days

Body, mind and spirit 💅

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Hey *Gorgeous!*

Welcome to your free 3-Day Reset! These are the exact rituals I use to feel light, calm my belly and get my glow back. Turn to today's page and check off each box as you go.

Morning: My Debloat Belly Massage

Right after your warm lemon water. About 2 minutes, gentle pressure only.

1. Warm a little castor oil or coconut oil between your hands and spread it over your belly.
2. Make a soft fist and massage your belly in slow clockwise circles.
3. Glide your thumbs down along the sides of your belly, from under your ribs toward your hips.

Night: My Castor Oil Wrap (Optional)

A few drops of castor oil in your belly button, a little rubbed over your belly and up under your right ribs, then a wrap overnight. Wear old PJs, it can stain! Patch test first, and skip it if you are pregnant.

Tap to check off! Save this guide to your Files app or open it in the free Adobe Acrobat Reader app, then tap any box.

Xo, Alexis

CEO, YOU FLOW WELLNESS CLUB

Day 1

Water goal: 80 oz today (two and a half 32 oz bottles). Start gentle and calm your belly.

- [ ] **Morning Ritual: Lemon Water + Belly Massage**
  Warm water with ½ lemon, then your morning ritual (page 2).
- [ ] **Morning Core: 15 Pilates Crunches**
- [ ] **Flow: Debloat + Reset + 10-Minute Walk**

Cat-Cow	1 min
Seated Twist	30 sec each side
Knees To Chest	1 min
Supine Twist	30 sec each side
Legs Up The Wall	2 min

- [ ] **Today's Plate: Protein Yogurt Bowl**
  1 cup Greek yogurt (or a high-protein dairy-free yogurt) with berries, 1 tbsp chia seeds, a sprinkle of granola and a drizzle of honey.
- [ ] **Debloat Drink: Ginger Tonic**
  Steep a 1-inch piece of sliced fresh ginger in 1½ cups hot water for 5–10 minutes, until pale gold and spicy. Add the juice of ½ lemon. Sip after a meal.
- [ ] **Journal**
  How do I want to feel 3 days from now?
- [ ] **Night: 15 Bicycle Crunches Each Side**
  Then your castor oil wrap if you like, and 7–8 hours of sleep.

Day 2

Water goal: 80 oz today (two and a half 32 oz bottles). Wake up your core.

- [ ] **Morning Ritual: Lemon Water + Belly Massage**
  Warm water with ½ lemon, then your morning ritual (page 2).
- [ ] **Morning Core: 15 Pilates Crunches**
- [ ] **Flow: Core + Strength + 10-Minute Walk**

Forearm Plank	30 sec
Bird Dog	5 each side
Boat Pose (Knees Bent Is Fine)	3 × 15 sec
Bridge Pose	5 slow lifts
Child's Pose	1 min

- [ ] **Today's Plate: Lemon Herb Lentil Bowl**
  Toss 1 cup cooked lentils and 1 cup cooked quinoa with diced cucumber, halved cherry tomatoes, spinach and thin-sliced red onion. Whisk 2 tbsp olive oil, juice of 1 lemon, 1 tsp Dijon, 1 grated garlic clove, parsley, salt and pepper until creamy, then toss until glossy. Makes 2.
- [ ] **Debloat Drink: Peppermint Tea**
  After dinner. Want something bubbly? A Poppi or Olipop.
- [ ] **Journal**
  What drains my energy, and what fills it up?
- [ ] **Night: 15 Bicycle Crunches Each Side**
  Then your castor oil wrap if you like, and 7–8 hours of sleep.

Day 3

Water goal: 80 oz today. Last day! Notice how your body feels compared to Day 1.

- [ ] **Morning Ritual: Lemon Water + Belly Massage**
  Warm water with ½ lemon, then your morning ritual (page 2).

- [ ] **Morning Core: 15 Pilates Crunches**

- [ ] **Flow: Snatched + Glow + 10-Minute Walk**

Downward Dog	1 min
Low Lunge Twist	30 sec each side
Chair Pose Twist	20 sec each side
Side Plank	15 sec each side
Savasana	2 min

- [ ] **Today's Plate: Overnight Protein Oats**
  The night before, stir ½ cup rolled oats, ½ cup oat or almond milk, ½ cup Greek yogurt (or a high-protein dairy-free yogurt), 1 scoop vanilla protein powder, 1 tbsp chia seeds and ½ tsp cinnamon in a jar. Chill overnight until thick and creamy, then top with berries.

- [ ] **My RYZE Coffee Swap**
  Stir or froth 1 scoop RYZE Mushroom Coffee into 8 oz hot water, then add a splash of non-dairy oat milk caramel creamer. Use my code **YOUFLOW_WELLNESSCLUB15** at get.aspr.app/SH28TE.
  Affiliate link: I earn a small commission at no extra cost to you.

- [ ] **Journal**
  Which habit from these 3 days do I want to keep?

- [ ] **Night: 15 Bicycle Crunches Each Side**
  Then your castor oil wrap if you like, and 7–8 hours of sleep.

YOU DID IT!

Loved 3 Days?
Imagine 21.

The No Waist Club — $21

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Your own 7-day wellness plan for body, mind and spirit, with recipes, juices, movement and a 7-day check-in. 2 bonus founding spots at $27, then $37.

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This guide is for general wellness and is not medical advice. If you have a medical condition, are pregnant or take medication, check with your doctor before changing your routine. Stop anything that causes pain.