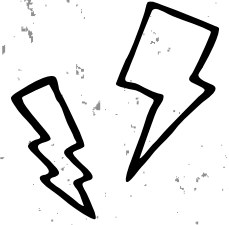
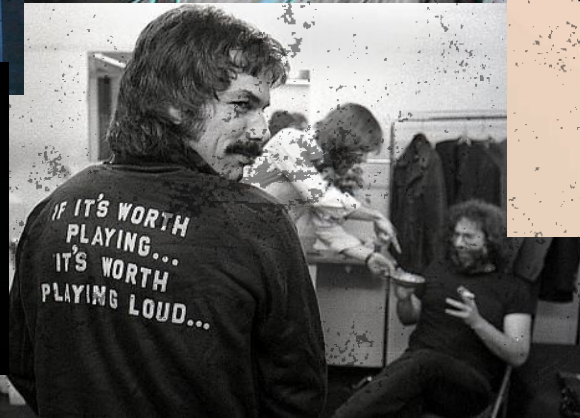
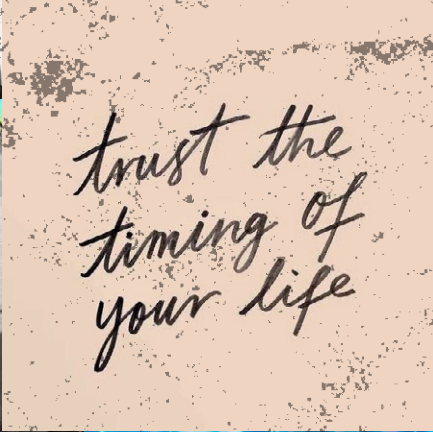
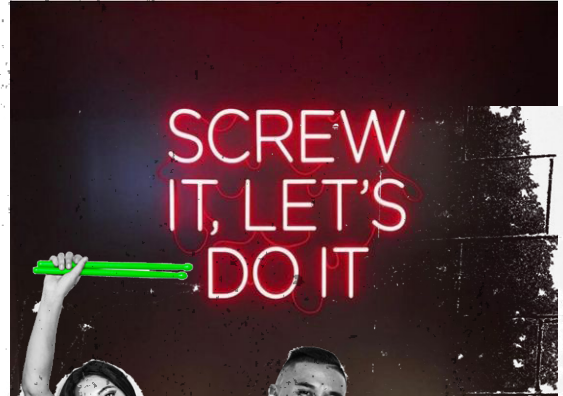


# [HIGH VOLTAGE TOUR ROAD MAP]



Life should not be a journey to the grave with the intention of arriving safely in a pretty and well preserved body, but rather to skid in broadside in a cloud of smoke, thoroughly used up, totally worn out, and loudly proclaiming "Wow! What a Ride!"

- Hunter S. Thompson



# [RULES OF THE ROAD]



We're on a collective mission to re-discover, re-center, and re-ignite our BADASS INNER ROCKSTARS. While this is a movement + wellness challenge, the most important 'rule' is to meet yourself where you're at. If you're burnt out, use this as a non stressful way to find motivation and re-energize. If you have a good movement + wellness practice and are excited about the future, use this to take stock of all that you're grateful for and connect with others in the community to support them on their journey.

## MOVE

Move for at least 15 minutes, 6 days a week. This could be any of the below—just let that energy flow!

- ⚡ Take a local or virtual **POUND class** from Pros all over the world!
- ⚡ Use the free **TOUR workouts** on the 'Workouts' tab
- ⚡ Rockout on-demand with the **POUND Backstage APP**
- ⚡ Go for a walk, do some yoga or even have a DANCE PARTY!

## FUEL

Fuel your body with balanced, whole foods and commit to drinking at least 2 liters of water a day.

We believe that eating well doesn't have to be complicated—with thoughtful grocery trips, proper preparation, and a curious spirit, any meal can be enjoyable to cook, healthy to eat, and absolutely delicious.

Use our Mixtape Meals Cookbook to help guide your meals and check out the TOUR PORTAL each week for our suggested recipes!



## IGNITE

Ignite your inner fire with daily prompts and tasks from our weekly TOUR SCHEDULES—we'll be taking you on a journey of self-discovery to find what truly lights you up. LET'S GET LIT.

# YOUR TOUR JOURNAL



One of our favorite tools for self-reflection and growth is a journal. Something both cathartic and revealing happens when we put pen to paper and document our thoughts without the potential judgement or bias of others. It's a form of therapy that doesn't require much time, money, or another human!

Each week we're releasing a HIGH VOLTAGE TOUR SCHEDULE with a daily journal prompt, question or activity for you to complete—this is a journey to your high vibin' self and your journal is your travel diary.

Whether you've been journaling for a while or the thought of this scares you, we promise it will be insightful, FUN, and something for you to return to whenever you're starting to feel like your sails have lost their wind.

You can use a bound journal OR you can print out our blank worksheets and make your own!



In addition to the blank journal pages, we've included additional templates to plan out your weekly Mixtape Meals and workouts, as well as a 30-day calendar to schedule and track progress.

Print them out or draw your own versions directly in your journal!  
[hint: creativity is an energizer!]



To us, HIGH VOLTAGE aka ENERGIZED aka high vibin' means your inner flame is burning bright. You have physical energy, mental clarity, and your soul is ON FIRE. At the most basic level, to achieve this state we need to do more of what gives us energy, and less of what depletes it.

Here's a little cheat sheet of some of our favorite, tried and true ENERGIZERS. Use the right side (or your journal!) to write down some of the things that put the fun and joy in YOUR day so you can reference throughout the next 30 days + beyond!



- Make a playlist (and then turn it up)
- Drink water! (we love making our water 'pretty' with lemon + mint!)
- Make a mood board
- Go on a mini adventure (!)
- Do a digital detox
- Make a gratitude list
- Declutter and/or reorganize a space
- Meditate
- Watch the sunrise or set
- Try something new
- Journal (!!!)
- Breath some fresh air
- Do something nice for someone
- Water your plants
- Draw your fav Rock Star
- Eat a colorful meal (taste the rainbow!)
- Spend time in nature

- Play with your favorite munchkin or puppy
- Put on a face mask
- Celebrate a small win
- Call a friend
- Stretch for 10 minutes
- Complete an old task
- Light it up with your favorite candle or essential oils
- HAVE A DANCE PARTY!
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**WELL YOU ASK ME WHY I LIKE TO DANCE  
AND YOU ASK ME WHY I LIKE TO SING  
AND YOU ASK ME WHY I LIKE TO PLAY  
I GOT TO GET MY KICKS SOME WAY  
AND YOU ASK ME WHAT I'M ALL ABOUT  
COME AND LET ME HEAR YOU SHOUT HIGH**

**I SAID HIGH  
HIGH VOLTAGE ROCK 'N' ROLL  
HIGH VOLTAGE ROCK 'N' ROLL  
HIGH VOLTAGE, HIGH VOLTAGE  
HIGH VOLTAGE ROCK 'N' ROLL  
ROCK 'N' ROLL**

***—ACDC, HIGH VOLTAGE***