

# Sxefit Machine 31-Day Detox Challenge

Welcome to the Sxefit Machine 31-Day Detox Challenge! This plan is designed to cleanse your body, reset your habits, and elevate your confidence inside and out. Let's focus on building strength, resilience, and radiance through holistic health and fitness.

## Rules of the Challenge:

No Alcohol – Clear your mind and body.  
No Straightening Your Hair – Embrace your natural beauty.

Hydrate – Minimum 2 liters of water daily.  
Drink Fruit Teas – Replace caffeine-heavy drinks with hydrating, antioxidant-rich options.

Balanced Meals – Include The 3 Keys:  
Protein: Repairs and builds muscles.  
Fats: Fuels and supports hormones.  
Carbs: Provides energy.

Pre-Breakfast Routine: Start your day with a glass of warm water and lemon or fruit tea to kickstart your metabolism.



# Daily Structure:

## Pre-Breakfast:

Warm water with lemon or fruit tea.

Banana, apple

10 minutes of light stretching or mobility exercises.

## Breakfast Ideas:

Greek yogurt, fresh berries, and a sprinkle of seeds.

Avocado on whole-grain toast with a boiled egg.

Protein smoothie with spinach, banana, almond milk, and protein powder.

## Morning Snack:

Handful of mixed nuts and an apple.

Rice cakes with almond butter.

## Lunch Ideas:

Grilled chicken salad with mixed greens, avocado, and olive oil dressing.

Quinoa bowl with roasted vegetables, chickpeas, and tahini drizzle.

Grilled salmon with steamed broccoli and sweet potato.

## Afternoon Snack:

Cottage cheese with cucumber slices.

Carrots, handful of almonds.

## Dinner Ideas:

Steak and vegetables over potatoes.

Baked cod with asparagus and rice.

Veggie mozzarella-packed frittata with a side salad.



# Sxefit Method Training Schedule:

Minimum 3 Workouts Per Week:

Option 1: Strength and Conditioning  
(Weights and resistance).

Option 2: Pole or Aerial Practice (For  
confidence, flexibility, and core).

Option 3: Cardio and Flex (Dance-inspired  
HIIT followed by stretching).

Weekly Focus:

Week 1: Build endurance and consistency.

Week 2: Increase intensity and challenge.

Week 3: Focus on form and mobility.

Week 4: Push your limits, reflecting on  
progress.

Self-Care Schedule:

Daily:

Moisturize after your shower to keep your  
skin glowing.

Incorporate mindfulness: 5 minutes of  
gratitude journaling or meditation.

Weekly:

Body scrub to exfoliate and rejuvenate.

Face mask to detoxify and hydrate.



## Exercise Minimum 3 Times Per Week

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Train using Sxefit Method classes to build strength, flexibility, and endurance.

Self-Care Routine – Weekly exfoliating scrubs, face masks, and daily moisturizing.

Progress Tracking:

Take a photo on Day 1 and Day 31.

Note changes in energy, mood, strength, and skin clarity.

Keep a journal to track meals, workouts, water intake, and reflections.

Challenge Yourself, Transform Yourself!  
Stick to the plan, and by Day 31, you'll feel stronger, more confident, and unstoppable.

Let's go, Sxefit Machines!