



REBOOT 31

THE 31-DAY TOTAL RESET

Nutrition • Physical • Mental • Spiritual

Healing at every level — Body. Mind. Spirit.

August 2026 • For Joints n Motion Members

Guided by Dr. Sudarshan Singh & the Joints n Motion Team

A NOTE FROM DR. SUDARSHAN SINGH

Welcome to Reboot 31

Dear Member,

In 24 years of clinical practice, I have seen one truth repeat itself in every patient: **the body does not heal in isolation**. A knee, a spine, a shoulder — they belong to a person. And a person heals at all levels or not at all.

That is what Reboot 31 is. Not a fitness challenge. Not a diet. A **31-day total reset** across four dimensions — Nutrition & Detox, Physical, Mental and Spiritual. Your trainers will guide you daily, and I will meet you every week in our live Masterclass.

Read this guide slowly. Practice it daily. The exercises are simple on purpose; transformation comes from repetition, not complexity.

“You don't need a new body. You need to return to the one you were given — fully.”

— Dr. Sudarshan Singh, Founder, JointsMotion & Vital360

The Four Pillars of Reboot 31

NUTRITION & DETOX No sugar • No gluten • No dairy + a guided whole-body detox	PHYSICAL 4-min Plank • Headstand • First 10 KM Core, endurance & total-body tone
MENTAL Your solid WHY + daily mental practices	SPIRITUAL Knowing yourself — guided by your trainers

PILLAR ONE — NUTRITION & DETOX

The Sugar Reset: What Your Body Gets Back

When members hear “no sugar”, most think of tea, coffee and sweets. That is barely the beginning. The real story is what happens **inside your body** when sugar leaves — because removing sugar is not deprivation, it is **regeneration**.

The regenerative timeline

Days 1–3	The hardest phase. Cravings, low energy, irritability — this is withdrawal, and it is proof of how dependent the body had become. It passes.
Days 4–7	Blood sugar stops spiking and crashing. Energy becomes steady through the day. The 4 pm slump starts disappearing.
Week 2	Inflammation begins to settle — many members notice less joint stiffness, less bloating and lighter mornings. Taste buds reset: fruit starts tasting genuinely sweet.
Week 3	Deeper sleep and better skin. Insulin sensitivity improves, which means your body finally starts using stored fat for fuel instead of demanding quick sugar.
Week 4+	Stable mood and focus, reduced cravings, visible change in the mirror. This is your body's normal — you had just forgotten it.

Why gluten and dairy too?

For 31 days we also remove wheat and dairy — the two foods most commonly linked to bloating, heaviness, skin issues and low-grade inflammation in Indian diets. This is not forever. It is an **elimination window**: give the gut a month of rest, then reintroduce and observe what your own body tells you. Combined with the guided detox, this gives your digestive system its first real holiday in years.

PILLAR ONE — NUTRITION & DETOX

Hidden Sugar: The Indian Daily List

You may have already given up sweets and sugar in chai. But sugar hides in foods we eat every single day without thinking. During Reboot 31, all of these count. Read labels: sugar also appears as glucose, sucrose, fructose, corn syrup, maltodextrin, jaggery, honey and “fruit juice concentrate”.

Food	The hidden truth
Biscuits, rusk & khari with chai	2–3 biscuits ≈ 2 tsp sugar. The classic chai-time trap — even “digestive” and “marie” biscuits.
Health drinks (Bournvita, Horlicks, Complan)	Up to half the powder can be sugar. Marketed for children, loaded like dessert.
Breakfast cereals & cornflakes	Including “honey” and “multigrain” varieties — often 20–30% sugar.
Packaged fruit juices & soft drinks	One glass ≈ 5–7 tsp sugar. “No added sugar” juice is still concentrated fruit sugar without the fibre.
Tomato ketchup & packaged sauces	1 tbsp ketchup ≈ 1 tsp sugar. Chilli sauce, schezwan and salad dressings too.
Bread, pav & buns	Almost all commercial breads contain added sugar — including brown bread.
Flavoured curd, sweet lassi & packaged buttermilk	A cup of flavoured yogurt can carry 3–4 tsp sugar (also excluded as dairy this month).
Ready-made chutneys, jams & spreads	Jam is ~50% sugar. Tamarind-date chutney and tomato chutney are sugar-heavy.
Instant noodles, soups & masala mixes	Sugar and maltodextrin hide in the tastemaker sachets.
Energy bars, chikki & “protein” snacks	Jaggery and honey are still sugar to your bloodstream — check labels on granola and oat bars.

The simple rule for 31 days: if it comes in a packet with a label, check it. If it has sugar in any form — skip it. Eat food your grandmother would recognise: dal, sabzi, rice, millets, eggs, fruit, nuts.

PILLAR TWO — PHYSICAL

Why Plank, Headstand & 10K?

These three were not picked at random. Together they rebuild the three qualities that define a capable body at any age: **Core strength, Endurance, and overall Tone**. As a physiotherapist, these are exactly the qualities I see protect people from injury, back pain and early ageing.

THE 4-MINUTE PLANK — Your Core

CORE STRENGTH

The plank trains the deep muscles that wrap your spine like a natural belt — abdominals, back extensors, glutes and shoulders working as one unit. A strong core is the single best insurance against back pain, poor posture and injury. It improves how you sit, stand, lift and move all day. Four minutes is not about abs — it is about building a spine that can carry you for decades. *Progression: start at 40–60 seconds, add 15–20 seconds every few days, perfect form over time held.*

THE HEADSTAND — Your Control

BALANCE • STRENGTH • FEARLESSNESS

The headstand demands everything at once: shoulder and arm strength, core control, balance and a calm mind. It reverses the load gravity places on your body all day and teaches your nervous system precision. Most of all, it rebuilds something adults quietly lose — the confidence to attempt what looks impossible. *Strictly practised under trainer supervision, with wall-supported progressions first.*

YOUR FIRST 10K — Your Endurance

ENDURANCE • HEART • MIND

Ten kilometres transforms your heart, lungs and circulation — the engine behind every other goal, including fat loss and joint health. But the real distance covered is mental: a 10K is a negotiation with the voice that says stop, and every week you win that negotiation a little longer. Finishing your first 10K changes your identity: you become a person who does hard things. *Progression: walk-run intervals in week 1–2, continuous 5K by week 3, event pace on 10K day.*

Together: the plank builds the core that holds you, the 10K builds the engine that moves you, and the headstand builds the control that steadies you. The result — a stronger, leaner, better-toned body from head to toe.

PILLAR THREE — MENTAL TRAINING

Find Your Why: The Solid Reason

Motivation gets you to Day 3. A **reason** gets you to Day 31. Before you change what you eat or how you move, you must answer one question with complete honesty:

“Why am I really doing this?”

“To lose weight” is not a solid reason — it is a result. A solid reason is personal, emotional and specific. It is the thing you think of at 6 am when the bed is warm and the mat is cold.

Dig deeper with these questions

Write your answers by hand — pen and paper, not phone. Handwriting engages the brain differently and makes commitments stick.

1. What do I want to be able to DO in 12 months that I cannot do today?
2. Who besides me benefits when I become healthier? (children, spouse, parents, team)
3. What has my current lifestyle already cost me — energy, confidence, pain-free movement?
4. If nothing changes for 5 more years, what does my life honestly look like?
5. On Day 31, what one sentence do I want to be able to say about myself?

Now write your Solid Reason

Condense your answers into **one sentence** that begins with: *“I am doing Reboot 31 because...”* Write it on a card. Put it where you will see it every morning — mirror, fridge, phone lockscreen. Share it with your trainer in Week 1. This sentence is your anchor for the next 31 days.

PILLAR THREE — MENTAL TRAINING

Your Daily Mental Practices

Do these six practices every day of the challenge. Total time: about 25 minutes. They are deliberately simple — the power is in doing them **daily**, not perfectly.

1. Morning Intention (2 min, on waking)

How: Before touching your phone, sit up, take 3 slow breaths and say your Solid Reason. Then set ONE intention for the day: "Today I will ____."

Why it works: The first 10 minutes of your morning set the tone of the entire day. Starting with intention instead of notifications puts you in charge.

2. Box Breathing (5 min, morning or before workout)

How: Inhale through the nose for 4 counts → hold 4 → exhale 4 → hold 4. Repeat for 5 minutes. Keep shoulders relaxed, breathe into the belly.

Why it works: Slow, rhythmic breathing calms the nervous system, lowers stress hormones and improves focus — the same system we use in rehab to reduce pain sensitivity.

3. 3-Line Journal (3 min, morning)

How: Write exactly three lines: one thing you are grateful for, one thing that would make today great, one thing you will NOT do today (e.g., sugar, complaining, doom-scrolling).

Why it works: Naming a temptation in advance dramatically increases your chance of resisting it. Gratitude rewires attention toward what is working.

4. One Focus Block (25 min, any time)

How: Choose your most important task. Phone in another room. Work on only that task for 25 uninterrupted minutes.

Why it works: Attention is a muscle. Like the plank, it strengthens through timed, uncomfortable holds. A clear mind is a trained mind.

5. Digital Sunset (60 min before bed)

How: No screens in the last hour of the day. Replace with stretching, reading, family time or your spiritual practice.

Why it works: Screens at night disturb sleep quality — and sleep is when the body repairs tissue, consolidates memory and regulates appetite. Recovery is where the reset actually happens.

6. Evening Review (2 min, in bed)

How: Ask yourself: "Did I keep my word to myself today?" No guilt, no drama — just an honest yes or no, and one thing to do better tomorrow.

Why it works: Self-trust is built one kept promise at a time. This review turns each day into feedback instead of failure.

Rule of the month: Never miss twice. Missing one day is human. Missing two in a row is the start of quitting. If you slip, your only job is to show up the next day.

PILLAR FOUR — SPIRITUAL NOURISHMENT

Spirituality: Knowing Yourself

Let us clear the biggest misunderstanding first. **Spirituality is not religion.** It does not ask you to believe in any particular God, follow any ritual, or leave the faith you already have. Whatever your religion — or none at all — spirituality is available to you, because spirituality is simply this:

“The practice of knowing yourself.”

Religion looks outward — to scripture, tradition and community. Spirituality looks **inward** — to the one person you will spend your entire life with: you. Who are you beneath the job title, the roles, the opinions and the phone? What do you actually feel? What do you actually want? Most of us have never sat quietly enough to find out.

Why does this belong in a health challenge? Because in clinical practice we see it every day: unexamined stress shows up in the body — as tension, poor sleep, stubborn pain, emotional eating. You cannot fully heal a body run by a mind you have never met. Knowing yourself is not a luxury. It is the deepest layer of healing.

Your Spiritual Practices (choose at least one daily)

1. Ten Minutes of Stillness

Sit comfortably, eyes closed, and simply observe your breath. Thoughts will come — let them pass like traffic. You are not stopping thought; you are watching it. Start with 5 minutes, build to 10.

2. Self-Inquiry

Once a week, sit with one question and write freely for 10 minutes: “Who am I when nobody is watching?” • “What am I holding on to that is holding me back?” • “What would I do if I were not afraid?”

3. Mindful Movement in Nature

Walk 20 minutes without earphones. Feel your feet, notice the sky, the trees, the sounds. Movement done with full attention is meditation.

4. Seva — One Selfless Act

Each day, do one small act for someone with no expectation of return — a call to a parent, helping a colleague, feeding an animal. Nothing quiets the restless self like genuine giving.

5. Silence Before Meals

Pause 30 seconds before eating. One breath of genuine thankfulness for the food. This single pause transforms eating from consumption into nourishment — and supports your detox.

Your trainers will guide these practices through the month, and we will go deeper in the weekly Masterclass with Dr. Sudarshan.

GO DEEPER

Personalised Nutrition Support

The no-sugar, no-gluten, no-dairy protocol and detox in Reboot 31 are designed for the whole group. But no two bodies are the same — your age, medical history, medications, activity level and goals all change what **your** body needs this month.

REBOOT 31 MEMBER OFFER

Personalised Diet Plan + Supplement Guidance

One full month • Tailored to your body, goals and medical history

₹ 499 only

To enrol, WhatsApp “DIET 499” to 85756 00040

What you receive

A one-month personalised diet plan aligned with the Reboot 31 protocol, individual supplement guidance based on your needs, and adjustments through the month as your body responds. Ideal for members with specific conditions (diabetes, thyroid, joint pain, recovery from injury) or specific goals (fat loss, strength, energy).

Your Reboot 31 Rhythm

Daily	Nutrition protocol + detox • Physical training • 6 mental practices • 1 spiritual practice
Weekly	LIVE Masterclass with Dr. Sudarshan Singh • Self-inquiry journaling • Progress check with your trainer
Day 31	Plank 4 min • Headstand • 10 KM • A clear mind and a self you know better

See you on Day 1. And on Day 31 — a different you.

Disclaimer: This guide provides general wellness information and is not a substitute for individual medical advice. Members with medical conditions, on medication, or who are pregnant should consult Dr. Sudarshan or their physician before beginning the nutrition, detox or exercise protocols. Practices such as headstands should only be attempted under trainer supervision.