

BLOOM *YOUR* OWN STORY

A Guide to Your
Main Character Era



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• I AM INVINCIBLE •

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Introduction

What is Your "Main Character Era"?



Devil Wears Prada

Have you ever watched a movie and wished you could live with that same unapologetic confidence, purpose, and joy as the protagonist?

That feeling of being fully in control of your narrative, making bold choices, and radiating an energy that draws others in?

That, my friend, is your "Main Character Era." It's not about being perfect or living a fairytale; it's about taking ownership of your story, embracing every facet of who you are, and flourishing into your most authentic self.

Introduction

Why Now Is Your Time To Flourish?

In a world that often encourages us to dim our light or fit into predefined boxes, stepping into your Main Character Era is an act of rebellion and profound self-love. It's about recognizing that you are the star of your own life, and it's time to live it with intention, power, and genuine joy.

How This Guide Will Help You Bloom

This guide is designed to help you do just that. Inspired by the natural, beautiful process of a plant's growth, we'll explore a framework that nurtures your journey from the ground up. Just like a tiny seed blossoms into a magnificent flower, you too can cultivate the strength, resilience, and vibrant energy to truly bloom. Each part of this framework represents a crucial aspect of your transformation, leading you towards a life where you are not just living, but truly flourishing.

Are you ready to plant the seeds, nurture your growth, and watch your own story bloom? Let's begin.

Chapter One

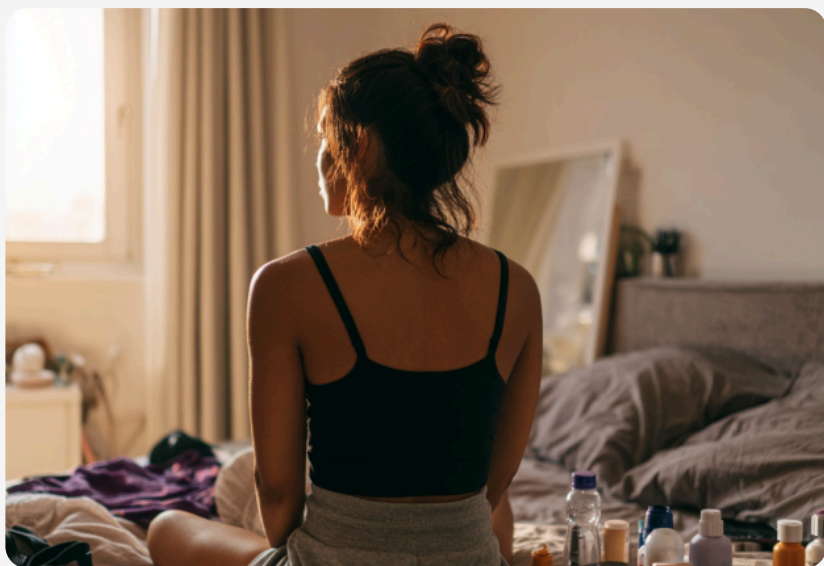
The GLOW UP ERA (The Roots)



Your journey to becoming the main character starts deep within. The Glow Up Era is all about nurturing your roots – focusing on self-improvement, boosting your confidence, and truly feeling amazing in your own skin. This is where you lay the groundwork for everything else to bloom.

Are you stuck in the “quick-fix” cycle?

Imagine **Sarah**. She's always chasing the next big thing for her "glow up"—a new diet, a trendy workout, a fancy skincare product. She spends a lot of time and money on these external fixes, hoping they'll finally make her feel confident. But deep down, she still feels insecure.



She skips sleep to fit everything in, often feels drained, and constantly compares herself to others online. Her efforts are like trying to grow a flower in shallow soil; it looks okay for a bit, but it lacks true stability and a deeper why.

She's working hard, but she's not truly glowing because her roots aren't being nourished.

Key Actions to Grow Your Roots

Strengthen Your Core, Lift for Confidence:

Engage in strength training, particularly lifting weights, does wonders beyond just physical appearance. It builds tangible strength, teaches you resilience, and shows you what your body is capable of. This physical empowerment often translates into a significant boost in mental confidence, helping you carry yourself with a newfound sense of power and self-assurance. Start small, focus on form, and celebrate every personal best.

The Power of Rest, Getting Deep Sleep for Radiance:

In our fast-paced world, sleep is often seen as a luxury, but it's a non-negotiable for true glow. Prioritizing deep, restorative sleep is essential not just for physical recovery, but for mental clarity, emotional regulation, and yes, that radiant glow. When you're well-rested, you look and feel refreshed, your skin is healthier, and your energy levels are optimized, contributing significantly to your overall "glow-up."

Nourish from Within: Whole Foods for Vibrance:

What you put into your body directly impacts how you feel and look. Focusing on nourishing your body with whole, unprocessed foods provides the essential nutrients for optimal health, vibrant skin, consistent energy levels, and overall radiance.

This isn't about restrictive diets, but about making conscious choices that fuel your body and mind, making you feel good from the inside out.

Rituals for Renewal: Daily Self-Care Practices:

Dedicating time for self-care is not selfish; it's fundamental to building your confidence and feeling good. Whether it's a relaxing bath, a quiet journaling session, a skincare routine, or simply enjoying a cup of tea in peace, these regular rituals enhance your self-esteem and make you feel cherished. These moments are about connecting with yourself and recharging, ensuring your inner well is full.



Deep Dive: Habit Stacking for Effortless Growth

Want to make those "Glow Up" actions stick without feeling like a huge chore? Try Habit Stacking!

It's super simple: just add a new habit onto an existing one you already do automatically.

How it works:

- **Identify an existing habit:** "After I brush my teeth..."
- **Stack your new habit:** "I'll do 5 squats."
- Another example: "When I finish my morning coffee, I'll write down one thing I'm grateful for."

This makes building new routines almost effortless, because you're leveraging the power of what you already do. It's like giving your roots a little extra boost every day!

Chapter Two

MONEY MOVES (The Stem)

If your roots provide the foundation, your Money Moves act as the sturdy stem.

The stem is the lifeblood of the plant, transporting vital nutrients from the roots to the leaves and flowers, allowing for continued growth and ensuring the flower stands tall and proud.

In your "Main Character Era," Money Moves are about strategically investing in your well-being, making smart choices for your physical, mental and emotional health.

Whether that's through quality tools, expert guidance, or nourishing foods - you're not just spending; you're investing in the longevity and vibrancy of your Main Character Era

It's about recognizing that your health and happiness are your greatest assets.



The "Penny Pincher" vs. The "Splurge Trap"

Meet **Lynn**. She's either constantly "scrimping and saving" every penny, even if it means buying the cheapest, least nutritious food, or she's caught in the "splurge trap," buying every trendy fitness gadget but never investing in consistent coaching or quality recovery tools.

In both cases, her health and well-being suffer. She's either feeling deprived and stressed about money, or she's spending without truly fueling her long-term growth. Her stem is wobbly – it's not consistently providing the right nourishment for her flower to thrive.



Key Actions to Strengthen Your Stem

Invest in Quality Workout Gear:

While it's tempting to opt for the cheapest options, investing in quality fit/gear, comfortable shoes, or reliable equipment is a smart move.

Prioritize comfort, functionality, and durability over fleeting trends. When you feel good in what you're wearing and using, it enhances your experience, boosts your confidence, and supports your training, making you more likely to stick with it.

The Value of Being Coached:

Sometimes, the fastest way to level up your knowledge, technique, and progress is to seek expert guidance. Hiring a coach or trainer can provide personalized insights, prevent potential injuries, and accelerate your learning curve.

Everything could technically be a cost; or an investment (of knowledge/personal development) that serves you for years to come. Consider it an education in yourself.

Key Actions to Strengthen Your Stem

Prioritizing Healthy Fuel to Nourish Your Body:

Healthy food choices can sometimes seem more expensive upfront, but recognize the profound long-term value of good nutrition for your health, energy levels, and overall flourishing. Prioritize whole, unprocessed foods that fuel your body efficiently.

This "money move" reduces future health costs, boosts your daily energy, and supports your physical and mental performance, allowing you to show up as your best self.

Time is Gold, So Make Workouts Non-Negotiable:

Your time is one of your most valuable assets. A powerful "money move" is to treat your workouts and self-care appointments with the same importance as any other crucial meeting. Schedule them in your calendar, protect that time, and show up for yourself.

This commitment signals to yourself and others that your well-being is a priority, and it's an investment that pays dividends in energy, focus, and overall life satisfaction.



Deep Dive: Value-Based Investing in YOU!

When it comes to "Money Moves," it's not just about dollars and cents, but about Value-Based Investing. This means making choices that align with what truly matters to you and your well-being.

How it works:

1. **Identify Your Core Values** - What's super important for your Main Character Era? (e.g., health, freedom, peace of mind, growth).
2. **Align Your Spending** - Before you spend, ask: "Does this purchase/investment genuinely support my values and help me flourish?"

Example: If "health" is a top value, investing in quality running shoes or a personal training session makes perfect sense. If "peace of mind" is key, maybe it's investing in a meditation app or a quiet space at home.

By consciously linking your spending to your values, you're not just spending money, you're investing in the life you truly want to live!

Chapter Three

BOLD MOVES (The Petals - Outward Actions)

Stepping Out & Radiating Your Power: Your Petals Unfurl
As your roots deepen...

And your stem strengthens...

It's time for your petals to unfurl.

Your Bold Moves are the vibrant, outward actions you take to truly express your "Main Character Era" energy. Just like a flower's petals are meant to be seen, these moves are about bravely stepping outside your comfort zone, taking initiative, and embracing challenges that showcase your strength and determination to the world. This is where you translate your inner growth into visible impact.





The “What If” Trap

Meet **Chloe**. She dreams of running a marathon, joining a new fitness community, and even speaking up more at work. But every time an opportunity arises, she gets caught in the "what if" trap: "What if I'm not fast enough?", "What if they don't like me?", "What if I fail and everyone sees?" She ends up staying in her comfort zone, doing the same workouts, and keeping her opinions to herself. Her petals remain tightly furled, never fully showing their vibrant color to the world. She feels a constant ache of unfulfilled potential.

In our busy, hyper-connected world, it's easy to fall into another trap: doing all the things at once. We get influenced by social media to join every new challenge, try every trendy workout, or take on countless commitments. While these might seem like "bold moves" on the surface, without a clear purpose, we end up spreading ourselves thin, not truly excelling at anything, and feeling lost and drained. This isn't about shying away from challenges; it's about making intentional bold moves. To avoid this, we need to lean back on our strong roots (Chapter 1) – knowing our true self and what genuinely aligns with us – and our sturdy stem (Chapter 2) – making value-based investments of our time and energy, not just money. This foundational work ensures our bold actions are purposeful, not just reactive, allowing our petals to unfurl with true impact.

Key Actions to Dare to Shine Brightly

Challenge Yourself: Sign Up for That Event

Whether it's a 5K, a new fitness competition, or a challenging hike, signing up for an event that pushes your limits (even just a little!) is a powerful bold move. It creates a tangible goal, motivates you to train, and offers an incredible sense of accomplishment when you complete it. Celebrate your courage for even signing up!

Explore New Horizons: Trying New Classes

Break free from your routine and try a fitness class completely outside your norm – perhaps a dance class, martial arts, or a different style of yoga. This embraces novelty, challenges your body and mind in new ways, and can help you discover hidden strengths or passions you never knew you had. It's a bold step into the unknown.

Build Your Tribe: Connecting with Aligned Souls

Your "Main Character Era" thrives with a supportive cast. Join a social group, club, or community that aligns with the new identity and values you are building for yourself. This could be a running club, a book club, or an online community. Connecting with like-minded individuals who uplift and inspire you is a bold step towards creating an environment where you can truly flourish.

Key Actions to Dare to Shine Brightly

Accountability & Amplification: Sharing Your Goals

Take a bold step by sharing your fitness or personal goals publicly, even if it's just with a close friend or a small, trusted group. This act of vocalizing your intentions creates accountability and can invite support and encouragement from others. It's a way of owning your journey and inviting others to witness your growth.

Choosing Your Bold Wisely: Intentionality Over Busyness

Before saying “yes” to a new challenge, class, or commitment, pause. Ask yourself: Does this truly align with my core values (from your Glow Up Era)? Does it serve my long-term growth and well-being (from your Money Moves)? Choose quality over quantity, ensuring your bold moves are purposeful, not just reactive to external pressures.

Beyond Fitness: Applying Boldness in All Areas of Life

The courage you build in your fitness journey can ripple into other areas of your life. Apply your "bold moves" mindset to your career, relationships, and personal aspirations. This could mean speaking up for what you want at work, asking for that raise you deserve, or feeling less nervous presenting at a client meeting. Your Main Character energy isn't confined to the gym; it's a way of living.



Deep Dive: "Fear Setting" to Conquer What Holds You Back (and Choose Wisely!)

Feeling a bit scared to make those bold moves? Totally normal! That's where Fear Setting comes in. It's a powerful exercise that helps you analyze your fears, so they don't stop you from taking action.

How it works:

1. **Define Your Worst-Case Scenario:** What's the absolute worst thing that could happen if you take this bold step? Really dig into it.
2. **Prevent It:** What could you do to prevent that worst-case scenario from happening, or at least reduce its likelihood
3. **Repair It:** If the worst does happen, what steps could you take to fix it or recover?
4. **Benefits of Action:** What are all the amazing benefits if you do take this bold step?
5. **Cost of Inaction:** What's the cost (emotional, missed opportunities) if you don't take this step?

Often, when you write it all out, you'll see that your fears aren't as big as they seem, and the benefits of action far outweigh the risks. This clarity also helps you choose which bold moves are truly worth facing your fears for, ensuring you're not just busy, but purposeful.

Go on, be bold!

Chapter Four

SOFT GIRL MOMENTS (The Fragrance - Inward Actions)



While your bold moves are visible like vibrant petals, your Soft Girl Moments are like the subtle, captivating fragrance of the flower.

They are the gentle, inward actions that nurture your soul, find peace, and embrace tender self-care.

This inner essence is crucial for sustainable growth and true well-being, reminding us that true strength isn't just about pushing harder, but also about the profound power of rest, recovery, and self-compassion.

These moments are your quiet acts of rebellion against a world that often demands constant output.

They allow you to replenish your energy, listen to your body's wisdom, and connect with your inner self.

Just as a flower's fragrance emanates from its core, these moments of nurturing maintain your vibrancy from within, ensuring your "Unfiltered Energy" can truly bloom.

Embracing your soft side is a sign of deep self-respect and maturity in your Main Character Era.



The "Hustle Culture" Trap

Consider ***Maria***. She's caught in the "hustle culture" trap, believing that to be successful, she must constantly push, train harder, and always be "on." She skips rest days, ignores her body's signals of fatigue, and feels guilty for taking time for herself.

She's always striving, but she's also constantly on the verge of burnout, feeling emotionally drained and losing the joy in her fitness journey. Her inner fragrance is fading because she's not allowing herself the gentle care needed to truly thrive from within.

Key Actions to Cultivate Inner Peace & Resilience

Unwind and Restore:

Dedicate time for a gentle stretching session, perhaps with calming music, soft lighting, or the soothing scent of aromatherapy. This isn't about pushing your limits, but about releasing tension, improving flexibility, and creating a peaceful space for your body and mind to unwind. It's a beautiful way to show your body care and appreciation.

Permission to Pause:

In a culture that often glorifies constant hustle, taking a rest day without guilt is a radical act of self-care. Truly allowing your body to recover, repair, and rejuvenate is essential for preventing burnout, reducing injury risk, and ensuring long-term progress. Embrace these days as vital components of your training and overall well-being, not as a sign of weakness.

Dressing for Your Authentic Self:

When choosing workout clothes, prioritize comfort and how they make you feel over chasing the latest trends. Wear clothes that allow you to move freely, feel confident, and express your personal style. When you feel good in what you're wearing and using, it enhances your workout experience and reinforces a positive body image.

Key Actions to Cultivate Inner Peace & Resilience

Tuning into your body as it moves:

Instead of rigidly following a plan, take moments to truly focus on how your body feels during a workout. Pay attention to sensations, energy levels, and any signals of discomfort. This practice of intuitive movement helps you build a stronger mind-body connection, allowing you to adjust your workout intensity or type based on your body's needs, rather than just numbers or external expectations.

Treat Yourself:

Nourishing Post-Workout Rituals. Make your post-workout recovery a delightful ritual. Prepare a nourishing and delicious meal or snack that feels like a treat, not just fuel. This intentional act acknowledges your body's hard work and reinforces a positive, caring relationship with yourself.

Embracing Free-Flow Movement:

Sometimes, the best movement is simply joyful movement. Put on your favorite music and dance freely around your room, without worrying about looking silly or performing. This light, uninhibited movement releases endorphins, reduces stress, and reminds you that movement can be a source of pure happiness, disconnected from performance goals.

Key Actions to Cultivate Inner Peace & Resilience

Radical Acceptance of Your Body's Capabilities:

Instead of focusing on perceived flaws or what your body can't do, take moments to acknowledge and appreciate all that your body can do. Celebrate its strength, resilience, and ability to carry you through life. This practice of gratitude fosters a kinder, more loving relationship with your physical self, which is fundamental to your "Soft Girl Moments."



Deep Dive: The Power of a Digital Detox

In our busy world, it's easy to get caught up in endless scrolling. That's where a Digital Detox comes in handy for your Soft Girl Moments! It's about intentionally stepping away from screens to reconnect with yourself and the real world.

How it works:

1. **Set Boundaries:** Pick specific times or days when you'll put your phone/laptop away. Maybe no screens an hour before bed, or a "no phone Sunday."
2. **Replace with Nurturing Activities:** Instead of scrolling, try reading a book, going for a walk, meditating, journaling, or simply sitting in silence.
3. **Notice the Shift:** Pay attention to how you feel – less anxious, more present, more creative?

Giving yourself these breaks helps calm your mind, reduces comparison, and truly allows for that inner bloom to flourish. It's a super gentle but powerful way to care for your mental space!

Chapter Five

UNFILTERED ENERGY (The Flower)



Blooming Authentically:
The Full Expression of You

Living Fully,
Unapologetically, and
Vibrantly

And now, the grand finale: your Unfiltered Energy – the magnificent flower that blooms when you fully embrace all the layers beneath.

This is the authentic result of nurturing your roots, strengthening your stem, and unfurling both your bold petals and your soft fragrance.

It's about feeling vibrantly alive, expressing your true self in every aspect of your fitness journey and beyond, without holding back or seeking external approval.

This is you, fully in your power, radiating your unique essence.

Unfiltered Energy means shedding the need to conform, to apologize for your passion, or to dim your light for others.

It's about finding joy in movement that genuinely resonates with you, celebrating your progress loudly, and allowing yourself to feel the full spectrum of emotions that come with growth.

When you operate with unfiltered energy, you become a magnet for what truly serves you, inspiring others not by trying to be someone else, but by being gloriously, unapologetically you.

This is the ultimate expression of your Main Character Era.



The "People-Pleaser" Trap

Think of **Alex**. She's always trying to fit in, to please others, and to present a "perfect" version of herself. In her workouts, she only does what's trendy, even if it doesn't feel good to her body. She holds back her natural enthusiasm, fearing she'll be "too much." In life, she rarely voices her true opinions, always adapting to what she thinks others want.

The consequence? She feels drained, disconnected from her true self, and like she's constantly performing. Her flower is beautiful, but its true vibrant essence is hidden, never fully radiating its unique light.

Key Actions to Unleash Your True Self

Your Workout, Your Rules:

Forget what's trendy or what everyone else is doing. Workout in a way that feels genuinely good, energizing, and fulfilling to you. If you love dancing, dance. If you love long walks, walk. If you love heavy lifting, lift! This authenticity ensures your fitness journey is sustainable and deeply satisfying, because it's truly yours.

Express Yourself:

During a tough lift, a challenging run, or an intense moment, allow yourself to let out a grunt, a yell, or a sigh of effort if that's what feels natural. Don't worry about looking silly or being judged. This raw, unfiltered expression of effort and emotion is a powerful release and a sign of being fully present in your body and your workout.

Style That Speaks You:

Your workout clothes are another canvas for your authentic self. Wear activewear that expresses your personality, even if it's unconventional or not what's currently "in style." Choose colors, patterns, and fits that make you feel confident, comfortable, and uniquely you. When you dress authentically, you show up more authentically.

Key Actions to Unleash Your True Self

Embrace “Joyful & Unrestrained” Movement:

During your warm-up, cool-down, or even just a moment of spontaneous energy, allow yourself to dance, stretch, or move freely without worrying about looking silly or being observed. This uninhibited, joyful movement connects you to the pure pleasure of being in your body, free from performance anxiety or self-consciousness.

Honest & Real:

Vulnerability in Your Journey. Be honest about your struggles, limitations, and off-days in your fitness journey, without feeling ashamed. Sharing your authentic experience, including the challenges, fosters deeper connection with others and reinforces self-acceptance. Vulnerability is a powerful form of unfiltered energy, showing your humanity and strength.

Celebrate & Amplifying Every Triumph:

Don't hold back when it comes to celebrating your progress, even the small wins! Whether it's hitting a new personal best, consistently showing up, or simply feeling stronger, celebrate loudly and enthusiastically. Share your triumphs, acknowledge your efforts, and allow yourself to bask in the joy of your accomplishments. This amplifies your positive energy and motivates you further.

Feel the Full Spectrum of Emotions:

Your Main Character Era isn't about being positive all the time. It's about allowing yourself to feel the full range of emotions during a workout – frustration, joy, exhaustion, triumph, even moments of doubt. Embrace these feelings as part of the human experience, process them, and let them fuel your journey. This emotional authenticity is a core component of your unfiltered energy.



Deep Dive: Living Your "Ikigai"

Ready to truly radiate your Unfiltered Energy? Let's talk about Ikigai (pronounced "ee-kee-guy")! It's a Japanese concept that basically means "your reason for being" or "a reason to jump out of bed each morning." When you find your Ikigai, your energy becomes truly authentic and magnetic.

How it works:

Ask yourself these four questions:

1. **What do you love?** (Your passions, what brings you joy)
2. **What are you good at?** (Your strengths, skills, talents)
3. **What does the world need?** (How can you contribute, what problems can you solve?)
4. **What can you be paid for?** (How can you make a living doing what you love?)

Where these four circles overlap, that's your Ikigai!

When your fitness journey (and life!) aligns with your Ikigai, your energy isn't just "unfiltered," it's truly purposeful and powerful. It's about finding that sweet spot where your authentic self meets your contribution to the world. So cool!

Congratulations, incredible woman!

You've just explored the framework for stepping into your "Main Character Era," inspired by the beautiful, resilient journey of a plant.

From the deep, nourishing **Roots of your Glow Up Era**, through the supportive **Stem of your Money Moves**, and out into the expressive **Petals of your Bold Moves** and the subtle **Fragrance of your Soft Girl Moments**, you are cultivating a life designed by you.

The ultimate goal is to bloom into your **Unfiltered Energy** – that radiant, authentic, and unapologetic version of yourself who lives with purpose and joy. Remember, this isn't a one-time transformation; it's an ever-blooming cycle. As you grow, you'll find yourself revisiting these stages, deepening your roots, strengthening your stem, and unfurling new petals.

Your Main Character Era is not a destination, but a continuous journey of self-discovery, empowerment, and vibrant living. Embrace every step, every challenge, and every triumph. You are the author, the director, and the star of your own magnificent story.

Main Character Era

Unlocked

Now, go forth and bloom. The world is waiting for your unfiltered energy.



4-Strap Design for the perfect balance of security and freedom

Back Pockets for more storage (gels/keys)

Subtle **Butt-Lifting** construction

Deep Side Pockets for gym or run or running errands

