

Don't Give Up on Yourself Just Yet

The STRYVE family hasn't given up on you, [Name]



We noticed your silence.
And your struggle too.

The fight to stay consistent, only to fall off track again.
The confusion from conflicting fitness advice.
The quiet regret after slipping up, or the moment you avoid the mirror.

We see you, [Name].
Because we've been there too...just like hundreds in the STRYVE community.

So how did we get through it?
We showed up for each other.
We stayed grounded together.
We cheered from the sidelines.
And caught one another when the motivation slipped.

Many of us have reached the goals we once thought were out of reach. You can too.

This isn't false hope—it's the belief we have in you.
The same belief you had when you first joined STRYVE:
Stronger. Healthier. Energized. More you.

That version of you still exists.
Bring that belief back. We're still here waiting.

Reignite Your Journey

P.S. We've added new workouts, community check-ins, and simple routines—made to meet you where you are.

See you soon,
STRYVE

10 Minutes of Sweat to Beat the Slump

Something doable to fire you up again.



Words without action are just empty promises.
Commitment without execution makes motivation pointless.

It's okay to rest, but it's not okay to quit, [Name].

So we created a simple Quick Start Challenge to make your comeback easy and worth it.

It's all sweat, endorphins, and that buzzing energy to get you back in the zone.

Just 10 minutes to feel bold, strong, and fully alive—the reason you joined STRYVE in the first place.

Start Your Comeback

P.S. We've added fresh playlists and progress tracking to make today's win even easier—and way more fun.

STRYVE

STRYVE's Door Is Closing

Take your space while it's still here



We've been hoping you'd make a comeback.

Because we truly believe the best of you is still ahead, just waiting to be unleashed.

But we're making space for active members, and your spot may be next.

Some inactive accounts have already been removed; however, the community is still holding space for you—one last time.

If you've been meaning to restart, this is your moment. It's now or never.

Let's secure your spot before the door finally closes.

Keep My Access Active

P.S. Need help picking up where you left off? We've got a fresh-start workout and playlist waiting for you.

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