

THE MOVEMENT SOCIETY
ONLINE PILATES CHALLENGE



Welcome to Body Love 2023, a workout plan to inspire you to make long-lasting, achievable habits and help you prioritise feeling great in your body... inside and out.

Show your body love and appreciation,
with feel good movement.

THE MOVEMENT SOCIETY

WELCOME

We're so happy to have you as part of the Body Love Challenge.

We've settled back into life after a busy and relaxing holiday period. Now let's set our intention; to incorporate movement into our daily routine, with classes that will ignite your love of pilates, challenge your body and focus the mind.

I promise you will love the time spent nurturing your body with movement. If you need a program to follow to stay accountable, classes that make your body look and feel better, and a reminder to prioritise yourself

WHAT'S NEW? CHOOSE YOUR OWN ADVENTURE

Over the next few weeks, we will be offering workouts for each day with options to customise to suit your lifestyle. I want you to honour your body and reflect on how you are feeling. There is the option to take a short or long class each Thursday and Choose Your Own Adventure each Friday. These will range in intensity so push yourself, or take it slow, as needed. The important thing is consistency and commitment to daily movement.

I have invited Sophie to guide us through an optional Yoga class on Sundays or complete a body scan to help set your intention for the following week.

And of course, we are here for you every step of the way. Reach out through the Facebook Community if you have any questions or need a gentle nudge to get back on the mat.

xo *Elise*

YOUR PLAN

Get ready for one month of amazing workouts!
These are all accessible via the Body Love page.



WEEK 1

					HYDRATION	= 1 Glass
	MON		Ocean Beach Body Love	30 min		
	TUES		TNT Glutes	30 min		
	WED		Back Body Love Affair	20 min		
	THURS	OR	Express Full Body	18 min		
			Signature Full Body	60 min		
	FRI	OR	Pilates	16 min		
			Barre	20 min		
			Sculpt	34 min		
	SAT		Rest			
	SUN		Optional: Yin Yoga	25 min		

WEEK 2








					HYDRATION	= 1 Glass
	MON		Full Body Ball Love	30 min		
	TUES		Gliding Abs, Back & Better Posture	20 min		
	WED		Red Hot Arms and Abs	23 min		
	THURS	OR	Express Arms	15 min		
			Extra Arms Full Body	48 min		
	FRI	OR	Glutes and Obliques	25 min		
			Legs	25 min		
			Arms & Posture	18 min		
	SAT		Rest			
	SUN		Optional: Body Gratitude Scan	12 min		

YOUR PLAN









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*Body
Love*

WEEK 3

					HYDRATION	 = 1 Glass
	MON		Adore your Core	26 min		
	TUES		Extra Abs and Inner thighs	30 min		
	WED		Love Triangle	25 min		
	THURS	OR	Express Peach	15 min		
			Extra Peachy Full Body	60 min		
	FRI	OR	Quick Core	7 min		
			Spicy Core	24 min		
			Advanced Core	27 min		
	SAT		Rest			
	SUN		Optional: Dynamic Yoga	25 min		

WEEK 4

					HYDRATION	 = 1 Glass
	MON		Prawn Rockstar	30 min		
	TUES		Tech Neck	23 min		
	WED		Core and Peach	25 min		
	THURS	OR	Express Side Abs	15 min		
			Extra Abs Full Body	46 min		
	FRI	OR	Mat Pilates	24 min		
			HIIT	27 min		
			Stretch	20 min		
	SAT		Rest			
	SUN		Optional: Yin Yoga 2	20 min		

SELF CARE LIST

Show yourself some love. Weave these throughout your 4 weeks, aiming for 2 each week.

Wake up earlier one morning

Find a positive affirmation or sentence that really resonates with you. Memorise it and repeat it to yourself if you want to stop a workout

Choose a day to add extra vegetables to every meal

De-clutter your life, donate something that you don't need anymore

Write down 5 things you want to achieve this year

Give someone a compliment that is not about physical appearance

Give yourself a compliment that is not about physical appearance

Decide a length of time that you think is achievable and turn your phone on airplane mode and do something you love!

Do you have some great self-care tips?

Share them with our Facebook community and inspire those around you to make a positive change.

NEED MOTIVATION?

Here are our top tips to help you
get those workouts done

Schedule your time and space in on Sunday
for the week ahead and stick to it

Select your Friday 'choose your own adventure' workouts the
night before. Stumped? Look to our Facebook community to
see what other people in the community have chosen

Roll your mat out and find the link ready to go for later
(eg If you like to workout in the morning,
set up your zone the night before)

Don't be too hard on yourself! if you miss a day,
do that workout on a rest day or double up if you have the time

Turn your phone on airplane mode while you work out
to minimise any distractions

Use Playlists.
The power music has to motivate you is more than you know!
Check out The Movement Society on Spotify

Buddy Up
Find a friend or family member to take the challenge along side
you. You will both be able to hold each other accountable,
and have fun doing it!

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The challenge can be accessed at all times via www.mvmtsociety.com.au/body-love

To quickly access any of the classes, click the links below, or copy and paste into your browser.

WORKOUT DIRECT LINKS

WEEK 1	Ocean Beach Body Love	https://mvmtsociety.com.au/videos/denmark-1
	TnT Glutes	https://mvmtsociety.com.au/videos/tnt-glutes/
	Back Body Love Affair	https://mvmtsociety.com.au/videos/guns-and-back/
	Express Full Body	https://mvmtsociety.com.au/videos/loop-full-body/
	Signature Full Body	https://mvmtsociety.com.au/videos/signature-mix-full-body/
	Pilates	https://mvmtsociety.com.au/videos/no-squat-leg-toning/
	Barre	https://mvmtsociety.com.au/videos/that-barre-glow/
	Sculpt	https://mvmtsociety.com.au/videos/sculpt-2/
	Yin Yoga	https://mvmtsociety.com.au/videos/yin-yoga-1/

WEEK 2	Full Body Ball Love	https://mvmtsociety.com.au/videos/full-body-ball-love/
	Gliding Abs, Back and ...	https://mvmtsociety.com.au/.../gliding-abs-back-better...
	Red Hot Arms and Abs	https://mvmtsociety.com.au/videos/23-minute-abs-abs/
	Express Arms	https://mvmtsociety.com.au/videos/long-band-balanced-arms
	Extra Arms Full Body	https://mvmtsociety.com.au/videos/in-studio3/
	Glutes and Obliques	https://mvmtsociety.com.au/videos/glutes-obliques/
	Legs	https://mvmtsociety.com.au/videos/tnt-legs/
	Arms & Posture	https://mvmtsociety.com.au/videos/better-not-pout-arms/
	Body Gratitude Scan	https://mvmtsociety.com.au/videos/body-gratitude-guided-body-scan/

WEEK 3	Adore your Core	https://mvmtsociety.com.au/videos/adore-your-core
	Extra Abs and Inner thighs	https://mvmtsociety.com.au/videos/30-minute-abs-inner-thighs/
	Love Triangle	https://mvmtsociety.com.au/videos/sculpt-trio/
	Express Peach	https://mvmtsociety.com.au/videos/oh-my-glutes/
	Extra Peachy Full Body	https://mvmtsociety.com.au/videos/the-full-in-studio-experience-from-home/
	Quick Core	https://mvmtsociety.com.au/videos/overball-abs-quick-burn/
	Spicy Core	https://mvmtsociety.com.au/videos/tnt-abs/
	Advanced Core	https://mvmtsociety.com.au/videos/extra-spicy-advanced-ball-flow/
	Dynamic Yoga	https://mvmtsociety.com.au/videos/dynamic-yoga-1/

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	Extra Abs and Inner thighs	https://mvmtsociety.com.au/videos/30-minute-abs-inner-thighs/
	Love Triangle	https://mvmtsociety.com.au/videos/sculpt-trio/
	Express Peach	https://mvmtsociety.com.au/videos/oh-my-glutes/
	Extra Peachy Full Body	https://mvmtsociety.com.au/videos/the-full-in-studio-experience-from-home/
	Mat Pilates	https://mvmtsociety.com.au/videos/full-body-in-25/
	HIIT	https://mvmtsociety.com.au/videos/hiit-3-quickie/
	Stretch	https://mvmtsociety.com.au/videos/the-mindful-series-invigorating-stretch/
	Dynamic Yoga	https://mvmtsociety.com.au/videos/dynamic-yoga-1/