

28 DAY PRENATAL
CHALLENGE



Body Love

SHOW YOUR BODY *love*
WITH MOVEMENT

Welcome to Body Love, a 28-day Prenatal online 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 amazing body love and appreciation, with feel-good movement safe for every trimester.

MOVEMENT SOCIETY

WELCOME

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

Let's set our intention; to incorporate movement into our daily routine, with prenatal-specific classes that will ignite your love of movement, strengthen your changing body, and support you through pregnancy and beyond.

Body Love can be tailored to suit your time constraints and goals by letting you choose the duration of workouts and their focus. I promise you will love the time spent nurturing your body with movement.

HOW TO MAKE THIS CHALLENGE UNIQUELY YOURS

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 stretch and reset, to help refocus 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.

Xx 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		Strong Mumma Mat	25 min		
	TUES		Strong Mumma Standing	23 min		
	WED		Smile Lines Booty Burn	20 min		
	THURS	OR	Prenatal Full Body	55 min		
			Express Arms & Posture	13 min		
	FRI	OR	Upper Body	11 min		
			Glutes	17 min		
			Core	17 min		
	SAT		Rest			
	SUN		Optional: Meditation	9 min		

WEEK 2

					HYDRATION	1 Glass
	MON		Holiday Upper Body	21 min		
	TUES		Holiday Lower Body	17 min		
	WED		Yoga Happy Hips	19 min		
	THURS	OR	Yoga Dynamic Hips	33 min		
			Yoga Bun Salutations	13 min		
	FRI	OR	Chill	25 min		
			Medium	25 min		
			Spicy	22 min		
	SAT		Rest			
	SUN		Optional: Yin Yoga	25 min		

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WEEK 3

					HYDRATION	1 Glass
	MON		Ball & Bump Full Body	15 min		
	TUES		Strong Mumma Standing	26 min		
	WED		Upper Body & Posture Duo	30 min		
	THURS	OR	Full Body Yoga Reset	28 min		
			Wall Squat Quickie	7 min		
	FRI	OR	Mat	25 min		
			Standing	22 min		
			Combo	23 min		
	SAT		Rest			
	SUN		Optional: Restorative Yoga Reset	28 min		

WEEK 4

					HYDRATION	1 Glass
	MON		Reformer Legs	30 min		
	TUES		Strong Mumma Mat	19 min		
	WED		Reformer Arms	30 min		
	THURS	OR	Pilates Power Flow	45 min		
			Express Standing Arms	13 min		
	FRI	OR	Barre	20 min		
			LIIT	27 min		
			Yoga	32 min		
	SAT		Rest			
	SUN		Optional: Heart Opening Yoga	25 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.
Music is a powerful motivator. Got a great playlist?
I'm always looking for recommendations

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 <https://mvmtsociety.com.au/body-love-prenatal-2024/>

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

WORKOUT DIRECT LINKS

WEEK 1	Strong Mumma Mat	https://mvmtsociety.com.au/videos/prenatal-pilates-mat-1/
	Strong Mumma Standing	https://mvmtsociety.com.au/videos/strong-mumma-standing-1/
	Smile Lines Booty Burn	https://mvmtsociety.com.au/videos/smile-lines
	Prenatal Full Body	https://mvmtsociety.com.au/videos/in-studio-12/
	Express Arms & Posture	https://mvmtsociety.com.au/videos/bite-size-burn-posture-arms-inner-thighs/
	Upper Body	https://mvmtsociety.com.au/videos/prenatal-upper-body/
	Glutes	https://mvmtsociety.com.au/videos/prenatal-pilates-glutes/
	Core	https://mvmtsociety.com.au/videos/pre-postnatal-core
	Meditation	https://mvmtsociety.com.au/videos/prenatal-meditation-calming-breath/

WEEK 2	Holiday Upper Body	https://mvmtsociety.com.au/videos/holiday-prenatal-upper/
	Holiday Lower Body	https://mvmtsociety.com.au/videos/holiday-prenatal-lower/
	Yoga Happy Hips	https://mvmtsociety.com.au/videos/prenatal-yoga-happy-hips-happy-baby/
	Yoga Dynamic Hips	https://mvmtsociety.com.au/videos/prenatal-yoga-dynamic/
	Yoga Bun Salutations	https://mvmtsociety.com.au/videos/prenatal-yoga-bun-salutations/
	Chill	https://mvmtsociety.com.au/videos/prenatal-yoga-wall-chair-chill/
	Medium	https://mvmtsociety.com.au/videos/glutes-pregnancy-edition/
	Spicy	https://mvmtsociety.com.au/videos/strong-mumma-standing-1/
	Yin Yoga	https://mvmtsociety.com.au/videos/yin-yoga-1/

WEEK 3	Ball & Bump Full Body	https://mvmtsociety.com.au/videos/prenatal-pilates-ball-quickie/
	Strong Mumma Standing	https://mvmtsociety.com.au/videos/strong-mumma-standing-2/
	Upper Body & Posture Duo	https://mvmtsociety.com.au/videos/prenatal-upper-body-posture/
	Full Body Yoga Reset	https://www.mvmtsociety.com.au/videos/prenatal-yoga-restorative-reset
	Wall Squat Quickie	https://mvmtsociety.com.au/videos/prenatal-wall-squats/
	Mat	https://mvmtsociety.com.au/videos/prenatal-pilates-mat-2/
	Standing	https://mvmtsociety.com.au/videos/strong-mumma-standing-1/
	Combo	https://mvmtsociety.com.au/videos/sculpt-trio/
	Restorative Yoga Reset	https://mvmtsociety.com.au/videos/prenatal-yoga-restorative-reset/

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WORKOUT DIRECT LINKS

WEEK 3	Reformer Legs	https://mvmtsociety.com.au/videos/reformer-legs-standing
	Strong Mumma Mat	https://mvmtsociety.com.au/videos/prenatal-pilates-mat-2/
	Reformer Arms	https://mvmtsociety.com.au/videos/reformer-arms-shoulders
	Pilates Power Flow	https://mvmtsociety.com.au/videos/pilates-power-flow-pregnancy-friendly/
	Express Standing Arms	https://mvmtsociety.com.au/videos/standing-arms-3/
	Barre	https://mvmtsociety.com.au/videos/barre-full-body-burner/
	LIIT	https://mvmtsociety.com.au/videos/liit-legs/
	Yoga	https://mvmtsociety.com.au/videos/prenatal-yoga-slow-flow/
	Heart Opening Yoga	https://mvmtsociety.com.au/videos/prenatal-yoga-heart-opening-practice/