



28 DAY
CHALLENGE

Body Love

SHOW YOUR BODY *love*
WITH MOVEMENT

Welcome to Body Love, 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.

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.

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		Perfect Pair	27 min		
	TUES		Rock Hard Abs	20 min		
	WED		Smile Lines Booty Burn	20 min		
	THURS	OR	Signature Full Body	50 min		
			Express Arms & Posture	13 min		
	FRI	OR	Upper Body	15 min		
			Core	15 min		
			Lower Body	13 min		
	SAT		Rest			
	SUN		Optional: Stretch & Mobility	20 min		

WEEK 2

					HYDRATION	1 Glass
	MON		Happy Spine, Balanced Body	20 min		
	TUES		Abs, Obliques, Side Booty	30 min		
	WED		Glute Ass-assination	26 min		
	THURS	OR	Abs & Arms Full Body	40 min		
			Express Abs Edit	17 min		
	FRI	OR	Chill	17 min		
			Medium	30 min		
			Spicy	28 min		
	SAT		Rest			
	SUN		Optional: Yin Yoga	25 min		

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WEEK 3

					HYDRATION	1 Glass
	MON		Ocean Beach Body Love	30 min		
	TUES		Prawn Rockstar	30 min		
	WED		Holiday Arms & Abs	20 min		
	THURS	OR	Full Body Ball Bliss	46 min		
			Express Abs & Back	20 min		
	FRI	OR	Mat	14 min		
			Standing	20 min		
			Combo	22 min		
	SAT		Rest			
	SUN		Optional: Holiday Yoga	24 min		

WEEK 4

					HYDRATION	1 Glass
	MON		Reformer Legs	30 min		
	TUES		Abs & Inner Thighs	28 min		
	WED		Reformer Arms	30 min		
	THURS	OR	Signature Full Body	60 min		
			Express Arms & Ass	20 min		
	FRI	OR	Sculpt	34 min		
			Yoga	25 min		
			LIIT	20 min		
	SAT		Rest			
	SUN		Optional: Feel Good Stretch	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.
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 www.mvmtsociety.com.au/body-love-2024

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

WORKOUT DIRECT LINKS

WEEK 1	Perfect Pair	https://mvmtsociety.com.au/videos/perfect-pair
	Rock Hard Abs	https://mvmtsociety.com.au/videos/rock-solid-core
	Smile Lines Booty Burn	https://mvmtsociety.com.au/videos/smile-lines
	Signature Full Body	https://mvmtsociety.com.au/videos/in-studio-10/
	Express Arms & Posture	https://mvmtsociety.com.au/videos/arms-quickie-2-2/
	Upper Body	https://mvmtsociety.com.au/videos/liit-arms/
	Core	https://mvmtsociety.com.au/videos/side-abs/
	Lower Body	https://mvmtsociety.com.au/videos/holiday-glutes-2/
	Stretch & Mobility	https://www.mvmtsociety.com.au/videos/delicious-stretch-mobility-mat

WEEK 2	Happy Spine Balanced Body	https://mvmtsociety.com.au/videos/nimble-spine
	Abs, Obliques, Side Booty	https://mvmtsociety.com.au/videos/abs-obliques-side-booty/
	Glutes Ass-assination	https://mvmtsociety.com.au/videos/glute-ass-assination
	Extra Abs & Arms Full Body	https://mvmtsociety.com.au/videos/in-studio-4-ball/
	Express Abs Edit	https://mvmtsociety.com.au/videos/abs-edit
	Chill	https://mvmtsociety.com.au/videos/inner-outer-thighs-gentle/
	Medium	https://mvmtsociety.com.au/videos/full-body-ball-love/
	Spicy	https://mvmtsociety.com.au/videos/sculpt-1/
	Yin Yoga	https://mvmtsociety.com.au/videos/yin-yoga-1/

WEEK 3	Ocean Beach Body Love	https://mvmtsociety.com.au/videos/ocean-beach-body-love/
	Prawn Rockstar	https://mvmtsociety.com.au/videos/denmark-2/
	Holiday Arms & Abs Combo	https://mvmtsociety.com.au/videos/stack-holiday-arms-abs
	Full Body Ball Bliss	https://mvmtsociety.com.au/videos/in-studio-7/
	Express Abs & Back	https://mvmtsociety.com.au/videos/gliding-abs-back-better-posture/
	Mat	https://mvmtsociety.com.au/videos/full-body-in-25/
	Standing	https://mvmtsociety.com.au/videos/barre-full-body-burner/
	Combo	https://mvmtsociety.com.au/videos/sculpt-trio/
	Holiday Yoga	https://mvmtsociety.com.au/videos/holiday-yoga/

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WORKOUT DIRECT LINKS

WEEK 3	Reformer Legs	https://mvmtsociety.com.au/videos/reformer-legs-standing
	Abs and Inner thighs	https://mvmtsociety.com.au/videos/30-minute-abs-inner-thighs/
	Reformer Arms	https://mvmtsociety.com.au/videos/reformer-arms-shoulders
	Signature Full Body	https://mvmtsociety.com.au/videos/signature-mix-full-body/
	Express Arms & Ass	https://mvmtsociety.com.au/videos/reformer-arms-ass/
	Sculpt	https://mvmtsociety.com.au/videos/sculpt-2/
	Yoga	https://mvmtsociety.com.au/videos/dynamic-yoga-1/
	LIIT	https://mvmtsociety.com.au/videos/liit-legs/
	Feel Good Stretch	https://mvmtsociety.com.au/videos/recovery-feel-good-stretch