

SPRING TRANSFORM

PILATES CHALLENGE

Week 1

- 1 Flow full body 23
- 2 Glutes & Core optional ankle weights 17
- 3 Cardio Pilates 25
- 4 Active Rest
- 5 Full Body 43
- 6 Pilates & Small Weights (optional) 18
- 7 Restore: Nervous System Calm 14

Week 2

- 8 Pilates Full Body 24
- 9 Glutes & Core optional ankle weights 20
- 10 Dynamic Pilates 20
- 11 Active Rest
- 12 Favourites Full Body 35
- 13 Transform with mini ball optional 30
- 14 Happy Hips restore 20

Week 3

- 15 Pilates Full Body 25
- 16 Lower Body & Core with optional small weights 18
- 17 Dynamic Pilates 23
- 18 Active Rest
- 19 Tone & Sculpt Full Body 35
- 20 Reformer on the Mat with optional weights 20
- 21 Favourites Feel Better Restore 22

Week 4

- 22 Transform Full Body 25
- 23 Glutes & Core with optional mini ball
- 24 Favourites Full Body 23
- 25 Active Rest
- 26 Morning Flow 43
- 27 Reformer on the mat optional band & weights 28
- 28 Full Body Restore 20

A woman with long blonde hair, wearing a white sports bra and white shorts, is lying on her back on a light-colored mat. She is performing a Pilates exercise, with her right leg extended straight up towards the ceiling. Her left arm is bent at the elbow, with her hand resting near her head. The background is a plain, light-colored wall.

WELCOME to the first ever SPRING TRANSFORM Challenge!

This is a 4 week challenge like no other - while we will still be following our signature and effective Pilates weekly programming structure, each week we will have optional small equipment classes!

EACH WEEK you'll complete 5 Pilates classes between 17-45 minutes. Your weekly structure includes 4 full body classes and 1 targeted lower body workout.

Each full body class has a different focus: energising to start the week, higher intensity mid week, a longer length class to deepen your practice and an express workout to end the week.

This approach maximises our results to build lasting strength and improve body composition.

EQUIPMENT Some classes include optional equipment that increase the resistance of exercises such as small weights, a resistance band or a small pilates ball. You can use filled water bottles or food cans if you don't have weights and a small cushion if you don't have a pilates ball. All classes can be done without equipment.

FOR EVERYBODY Every class in this challenge has been created with ways to modify and advance the exercises - making it accessible for any level. I'd recommend that if you are at the more foundational level that you complete the classes using just bodyweight without equipment. You can add ankle/wrist weights any time to further advance any class.

BEYOND THE MAT

A woman with long blonde hair, wearing a white tank top and white shorts, is performing a yoga pose on a mat. She is lying on her side, with her right arm extended upwards and her left arm resting on the floor. Her legs are bent at the knees, and she is looking towards the right side of the frame. The background is a plain, light-colored wall.

NUTRITION

This method is not just about the workouts - it's about building sustainable habits that support your body and mind. Make sure to download your Nutrition Essentials ebook for guidance on how you can optimise your health with food.

RECOVERY

Your results from your workouts will be maximised when you treat your recovery with equal importance.

Some simple science backed tools to consider are

- aim for 7-8 hours sleep, limiting screens 90 minutes before bed and keeping your sleep/wake times to a regular schedule
- drink water! I recommend a couple of glasses before a meal or keeping a bottle with you to sip throughout the day.
- Keep moving during your day aiming for 8k-10k steps
- Adopt an activity that helps you to reduce stress and anxiety such as mediation, breathwork, journalling or stretching

CHECKLIST

RECOMMENDED EQUIPMENT

- A non slip mat
- A Pilates mini ball or small cushion
- A set of bracelet weights to use on your ankles or wrists
- A set of small dumbbells (0.5-1.5kg) or filled water bottles/food cans

RESOURCES TO SUPPORT

- Get your workout schedule to plan your workouts in your week ahead of time
- Download the Nutrition Ebook
- Use the goal setting tool to get clear on what is most important to you
- Take some progress pictures to document your journey!

SHARE YOUR JOURNEY Please tag me on social media, email katy@sculptpilates.co.uk with your updates and join the Facebook community group!

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