

A woman with long brown hair is shown in profile, performing a squat. She is wearing a black leotard with a back strap and white socks. Her hands are clasped together in front of her chest, holding a small black object. She is standing on a light-colored rug with a geometric pattern. The background is a textured, light-colored wall.

FULL BODY SCULPT

6 week strength x pilates challenge

TRAINING GUIDE

Meet your *trainer*



Hello and welcome! I'm Katy and I'm delighted you've chosen to join me in this program!

As a fully qualified Pilates Instructor as well as a level 3 Personal Trainer, I developed this plan to bring the very best of both worlds.

I developed the 3:2 method to effectively build lean muscle, strengthen deeply and feel your best. All designed to do at home or anywhere with just a set of dumbbells!

Let's go!

Katy xx

About The 6 week *challenge*

This is a 6 week plan combining strength workouts using dumbbells and bodyweight Pilates classes.

Using my 3:2 method, it's a low impact program, perfect for home, small spaces, travelling or in a crowded gym!

Sculpt lean muscle, tone & strengthen deeply, improve your mobility and feel better than ever!



The 3:2 method

My 3:2 method is a weekly structure

Each week you have:

- 3 fully guided dumbbell workouts
- 2 fully guided Pilates classes

All workouts are 20-30 minutes and pre recorded to watch on demand

Inclusive for all levels with modifications for beginners and ways to advance provided.



Progressive overload

To achieve long lasting, sustainable and effective results, we incorporate the principle of progressive overload into our strength sessions.

This means that during weeks 1-3, all your workouts are different. Then weeks 4-6, we repeat the workouts but aim to increase our weights.



Choosing weights

A rough guide for choosing your dumbbells

Beginner: 2-4kg set (4-8lbs) modify to bodyweight

Intermediate: 4-6kg set (8-12lbs)

Advanced: 6-8kg set (12-16lbs)

Katy often uses a set of 4kg dumbbells during the classes.

If you are more experienced, you may want to have a couple of sets to increase the resistance for lower body exercises and decrease for upper.



Your Pilates classes

You have 2 Pilates classes each week that are between 20-30 minutes long, equipment free and suitable for all levels.

These classes will strengthen your whole body evenly, with an emphasis on core. We integrate mobility and stretch that will leave you feeling energised, develop better balance and flexibility.

You'll need an exercise mat. If you need a little extra support under your joints, you can choose a mat with around 10mm thickness or add a towel or two for some cushioning.





3, 4 or 5 days

The challenge is set to 5 classes a week, however if you want to adjust this to 3 or 4 days, here's how:

4 days per week

Remove 1 of the Pilates classes from the plan

3 days per week

Remove 1 of the Pilates classes from the plan
Combine the strength lower and upper body workouts and perform these on the same day

Your Checklist

- ☐ Choose your weights
- ☐ Watch the intro video
- ☐ Plan your first week ahead





Ultimate *strength x* *pilates* program

Get ready to:

- ✓ build muscle and strength
- ✓ boost your metabolism
- ✓ strengthen deeply
- ✓ achieve long lasting results
- ✓ feel better than ever