

ABOUT

A 4 week Pilates challenge designed to strengthen and tone your whole body

Daily workouts that are 15-30 minutes

A mix of bodyweight Pilates classes and classes using (optional) small weights and resistance bands

Created for all levels, even beginners

On demand for convenience

All classes are fully guided by Katy

WEEK ONE

MONDAY Full Body Sculpt 30

TUESDAY Glutes & Core 17 (ankle weights optional)

WEDNESDAY Total Tone 20 (small weights optional)

THURSDAY Quickie Arms 9 (small weights optional)

FRIDAY Full Body in 15

SATURDAY Favourites full body 30

SUNDAY Realign Deep Hips 20

WEEK TWO

MONDAY Tone & Sculpt Full Body 30

TUESDAY Glutes & Core 20 (ankle weights optional)

WEDNESDAY Deep Core 20

THURSDAY Every Day Arms 15

FRIDAY Transform Full Body 15

SATURDAY Reformer on the Mat 30 (small weights opt)

SUNDAY Restore Full Body 20

WEEK THREE

MONDAY Complete Full Body 30

TUESDAY Glutes & Abs (small weights optional)

WEDNESDAY Full Body 30

THURSDAY Tone & Sculpt Upper Body 15

FRIDAY Full Body 15

SATURDAY Reformer on the Mat 20 (small weights opt)

SUNDAY Feel Better Favourites 22

WEEK FOUR

MONDAY Full Body in 30

TUESDAY Lower Body & Core (small weights opt)

WEDNESDAY Fresh Start Full Body 30

THURSDAY Upper Body 15 (small weights opt)

FRIDAY Full Body in 15

SATURDAY Reformer on the mat 28 (small weights &

band opt)

SUNDAY Realign Hips & Spine 30