KATY BATH PILATES

PILATES X STRENGTH

Programme guide

Build a stronger, leaner, more defined body at home, with a plan that tells you exactly what to do each week.



About the programme

This is my 3:2 method: a structured four week plan that combines Pilates with strength training, so you can build lean muscle, feel stronger and see real changes in your body.

20–30 MINUTES
Short, focused workouts that fit into a busy day.

NO GUESSWORK
Every week is planned for you. Follow the plan and press play.

AT HOME
All you need is a mat and some dumbbells.

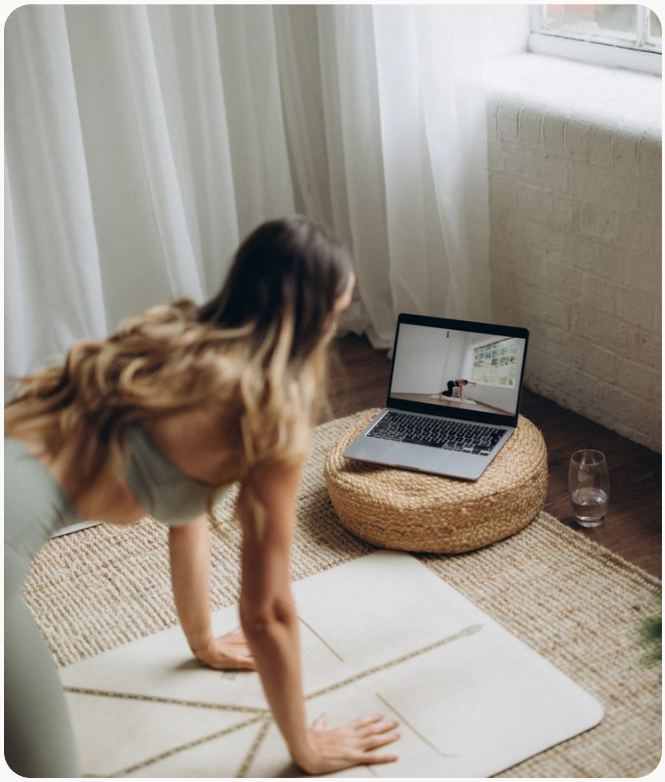
WHAT YOU'LL NEED

ESSENTIAL

- A mat
- A set of dumbbells (see **Choosing weights**)
- Space to lie down and stand with your arms out

NICE TO HAVE

- A Pilates block or cushion
- A second, heavier set of dumbbells
- A bottle of water



Before you start: if you're pregnant, postnatal, recovering from an injury or have a medical condition, check with your GP or a health professional first. Throughout the programme, move within a range that feels good for you and stop if anything feels sharp or painful.

How it works

3:2

THE 3:2 METHOD

Each week you'll do **3 Pilates** and **2 Strength** classes, with **2 rest days** to take whenever you need them. Recovery is when your body adapts and gets stronger, so the rest days are part of the plan, not time off it.

A SAMPLE WEEK

Your exact classes are on your challenge tracker. Here's one way to lay out your week:

MON	TUE	WED	THU	FRI	SAT	SUN
STRENGTH	PILATES	REST	PILATES	STRENGTH	PILATES	REST

Move things around to suit your week. If you can, leave a day between your two Strength classes so your muscles have time to recover.

PILATES

What it does for you

- Deep core strength
- Full body strength and tone
- Posture, stability and balance
- Mobility and control

STRENGTH

What it does for you

- Builds lean muscle
- Full body strength
- Supports a healthy metabolism
- Supports bone health

THE APPROACH

In the Strength classes we use lighter weights and higher reps to build lean, toned muscle and real definition. There are options in every class so you can adjust to your level.



Choosing weights

The right weight depends on your strength and experience. We work with lighter weights and higher reps, so you don't need to go heavy. What matters is that the last few reps of each set feel challenging but you can still keep good form.

BEGINNER

2–4 kg

4–8 lb · per dumbbell

Or use just your bodyweight while you learn the moves.

INTERMEDIATE

4–6 kg

8–13 lb · per dumbbell

You're used to exercising and know the basics of good form.

ADVANCED

6–8 kg

13–18 lb · per dumbbell

You train regularly and want more challenge.

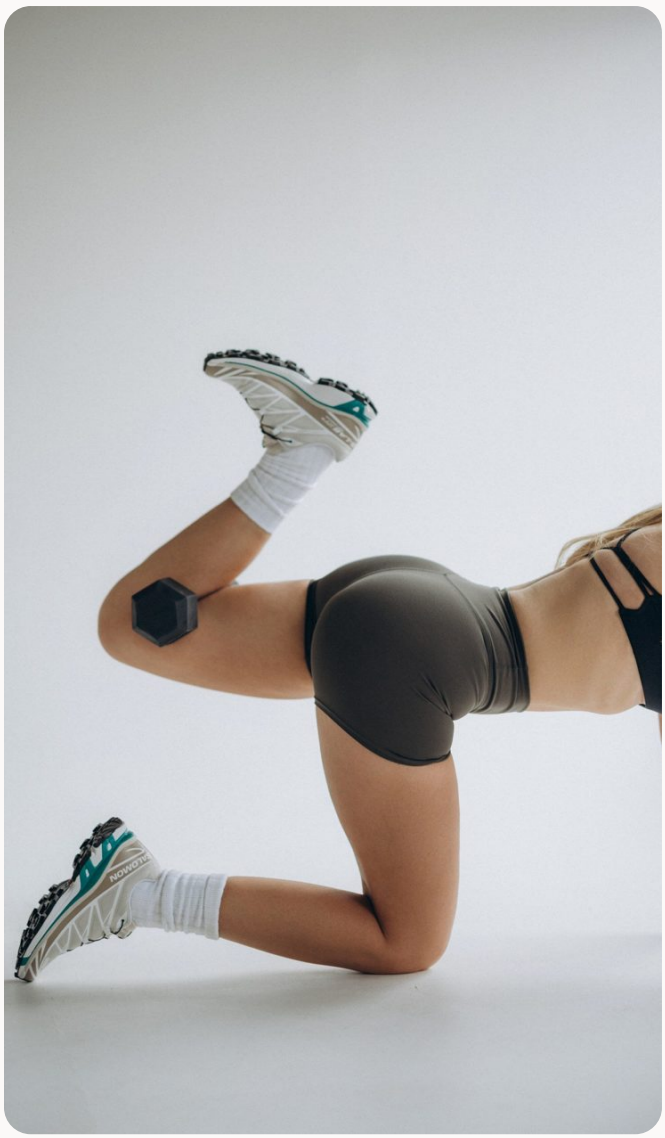
HOW TO PROGRESS

You might find your lower body is stronger than your upper body, or the other way round, so it can help to have a couple of different sets of weights.

Adding weight isn't the only way to make a class harder. You can also:

- Add a few more reps
- Slow the movement down
- Add a pause at the hardest point
- Work through a bigger range of movement
- Choose the harder option I show in class

When to go up: if you can finish every set with good form and feel like you had a few more reps in you, it's time to try the next weight up.



Getting the most from it

Your classes are only part of the picture. These three things make a big difference to how you feel and the results you see.

NUTRITION

Your nutrition is everything you eat and drink, and it has a huge impact on how you feel and the results you see. It's personal to each of us. We all have different needs, goals and preferences, so one set of rules wouldn't suit everybody. Use the **Nutrition Guide** to help you make choices that support your health, goals and energy.

RECOVERY

Sleep is your foundation, so make it a priority. Aim for 7–9 hours a night. Quality matters too, and these can help:

- Leave a couple of hours between your last meal and bed
- Put screens away an hour before sleep
- Try a sleep mask
- Keep alcohol to a minimum
- Avoid caffeine in the afternoon
- Take your two rest days. They're when your body recovers and gets stronger

EVERYDAY MOVEMENT

This is all the movement you do outside of your workouts, sometimes called NEAT (non-exercise activity thermogenesis). Walks, taking the stairs, housework, getting up from your desk. It all adds up and makes a real difference to your health. A daily walk is a great place to start.

Consistency over perfection

You don't need a perfect week. Small things done most days are what change how you feel.

Using your tracker

Every Pilates x Strength challenge comes with its own tracker showing your classes for each week. Print it out or keep it on your phone, and tick off each class as you go.

- **Follow the order**
  Each week's classes are set out in an order that balances the work. Do them in order where you can.

- **Missed a class?**
  Don't worry and don't double up. Just pick up where you left off. It's fine if a week takes you a little longer.

- **Write the date**
  Noting when you did each class helps you spot your rhythm and see how far you've come.

- **Listen to your body**
  Some days you'll feel strong, some days you won't. Take the easier options when you need to. It all counts.



Let's get started

Find your tracker, grab your weights and press play on class one.

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