KATY BATH PILATES

DEFINE

NAME _____

4 week challenge · 2 – 29 November

Each week is 3 Pilates and 2 Strength classes. Tick each one off as you go and write the date you did it.

WEEK 1 2 – 8 Nov

DATE DONE

- [ ] STRENGTH Full Body Strength 30 MIN _____
- [ ] PILATES Glutes & Core 20 MIN _____
- [ ] STRENGTH Strength x Pilates: Full Body 20 MIN _____
- [ ] PILATES Full Body Feel Great 25 MIN _____
- [ ] PILATES ALIGN: Power Core & Abs 20 MIN _____

WEEK 2 9 – 15 Nov

DATE DONE

- [ ] STRENGTH Signature Arms, Abs & Glutes 30 MIN _____
- [ ] PILATES Flow 30 MIN _____
- [ ] STRENGTH Strength x Pilates: Glutes, Core & Arms 22 MIN _____
- [ ] PILATES Total Tone: Back & Arms 20 MIN _____
- [ ] PILATES Flow Full Body 20 MIN _____

WEEK 3 16 – 22 Nov

DATE DONE

- [ ] PILATES Super Sculpt Lower Body 29 MIN _____
- [ ] STRENGTH Strength x Pilates: Full Body 30 MIN _____
- [ ] PILATES REVIVE Full Body 30 MIN _____
- [ ] STRENGTH Strength x Pilates: Upper Body & Core 20 MIN _____
- [ ] PILATES DEFINE Full Body 27 MIN _____

WEEK 4 23 – 29 Nov

DATE DONE

- [ ] PILATES Renew Full Body 30 MIN _____
- [ ] STRENGTH Strength x Pilates: Legs, Glutes & Core 23 MIN _____
- [ ] PILATES EXPRESS: Arms & Abs Sculpt 20 MIN _____
- [ ] STRENGTH Full Body 30 MIN _____
- [ ] PILATES Full Body 30 MIN _____

Rest when you need to. Every class you tick off counts.

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Optional extra · 7 min daily lymphatic

This one's optional, but if you'd like an extra challenge, add my 7 minute lymphatic class to your day. It's gentle, it's short, and a lovely way to wake your body up in the morning, but morning isn't essential. It works any time of day: before or after your class, or before bed to wind down. Just find the time that fits your day and try to do it once a day.

WHY DO IT

- **Gets things moving**
  Your lymphatic system doesn't have a pump like your heart does. It relies on your muscles moving and your breathing to keep fluid flowing, so even a few minutes of gentle movement helps.
- **Deep breathing**
  The slow belly breathing in this class works your diaphragm, which helps move lymph through the body and calms your nervous system at the same time.
- **Loosens you up**
  Whether you've been in bed all night or sitting at a desk all day, a few minutes of easy movement loosens the joints and leaves you feeling less stiff.
- **A habit that sticks**
  Seven minutes is short enough to fit in every single day. Ticking it off each day builds a rhythm that makes the rest of the challenge feel easier to keep up.

DAILY TRACKER 2 – 29 Nov

TICK OR COLOUR IN

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	2	3	4	5	6	7	8
WEEK 2	9	10	11	12	13	14	15
WEEK 3	16	17	18	19	20	21	22
WEEK 4	23	24	25	26	27	28	29

If you have lymphoedema or any medical condition, check with your GP before starting.

Missed a day? Just pick it back up tomorrow.