

VIRTUAL MVMT CHALLENGE

BODY 2022



PREGNANCY SAFE MODIFICATIONS

Welcome to Body 2022, a workout plan to inspire you to make long lasting, achievable habits and help you prioritise feeling great in your body... inside and out.

THE **MOVEMENT** SOCIETY

VIRTUAL MVMNT CHALLENGE

WELCOME

We're so happy to have you as part of the Body 2022 Challenge.

4 Weeks! It's our longest Challenge to date, but will provide you with enough momentum to make lasting change for the year ahead.

WHAT TO EXPECT?

Commit to 5 workouts a week, for 4 weeks. We've kept them at 20-30 minutes so they're perfect to weave into your day.

We have also partnered with @livnutritious to nourish your insides. Perhaps you over indulged through the holidays and need a reset or some fresh inspiration. Utilise these recipes as much as you need. They will be landing in your inbox before the Challenge starts and are yours to refer back to any time you need a boost.

WHAT'S NEW? CHOOSE YOUR OWN ADVENTURE

We wanted to give your Friday some flexibility. "Choose your own adventure" simply means you have the freedom to choose whatever workout you wish. You could repeat a workout done during the week or challenge, choose something from the workout library of your choice, or if you really can't choose check into the facebook group so see what everyone else is doing. We are giving extra points to members who share on the community page, Fridays are a great opportunity to share what workout you have chosen and why.

And of course, we are here for you every step of the way. Reach out through the Facebook community if you have any questions or need a gentle nudge to get back on the mat.

xo *Elise and Holly*

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Get ready for one month of amazing workouts!
These are all accessible via the Body 2022 Program page.









WEEK 1 #ABSANDASS

Starting of strong we target everyone's favourite 2 areas as voted by YOU in our MVMT community. Not only are they a crowd favourite, a strong core and glutes are essential to reduce things like back and knee pain, because you know at MVMT we like to work smart AND hard.

				HYDRATION	 = 1 Glass
	DAY 1	You Grow Girl	25 min		
	DAY 2	Reformer Arms & Ass	20 min		
	DAY 3	Candy Cane Killer Legs	20 min		
	DAY 4	Peach 3 Ways	20 min		
	DAY 5	Choose Your Own Adventure			
	DAY 6	Rest			
	DAY 7	Rest			

WEEK 2 #FULLBODYFLAVOUR

Now we integrate more full body workouts, along with some delicious back mobility and posture moments for your full body flavoured week. From head to toe, MVMT has your back.









				HYDRATION	 = 1 Glass
	DAY 8	Long Band Ass & Arms	20 min		
	DAY 9	Back Biceps Triceps	30 min		
	DAY 10	Holiday Inner Thighs	10 min		
		Ball Arms Quickie	10 min		
	DAY 11	Restore Mobilise Release	30 min		
	DAY 12	Choose Your Own Adventure			
	DAY 13	Rest			
	DAY 14	Rest			

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WEEK 3 #STRONGSOCIETY

This week we continue to build on our two favorite target areas, glutes and core. This week is where we push through any plateaus and with consistency start to feel just how strong we truly are both physically and mentally.

				HYDRATION	 = 1 Glass
	DAY 15	Booty & Guns	20 min		
	DAY 16	No Prop Core	20 min		
	DAY 17	Arms & Inner-Thighs	10 min		
		Cheeky Glute Quickie	10 min		
	DAY 18	Coat of Arms	20 min		
	DAY 19	Choose Your Own Adventure			
	DAY 20	Rest			
	DAY 21	Rest			

WEEK 4 #BOSSBODY

You have made it so far, by the end of this week you will be feeling unstoppable. Lets make 2022 your best year yet! Which workout will you choose to finish your challenge?

				HYDRATION	 = 1 Glass
	DAY 22	ASSets	20 min		
	DAY 23	Push it	10 min		
		Standing Glutes Quickie	10 min		
	DAY 24	No More Tight Spine	20 min		
	DAY 25	Side Hustle	20 min		
	DAY 26	Choose Your Own Adventure			
	DAY 27	Rest			
	DAY 28	Rest			

One month of amazing habits, let's not stop that great momentum. Explore the Sculpting Library and find 5 workouts to do next week!

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SELF CARE LIST

Show yourself some love. Weave these throughout your 4 weeks, aiming for 2 each week.

Wake up earlier one morning

Find a positive affirmation or sentence that really resonates with you. Memorise it and repeat it to yourself if you want to stop a workout

Choose a day to add extra vegetables to every meal

De-clutter your life, throw something out that you don't need anymore

Write down 5 things you want to achieve this year

Give someone a compliment that is not about physical appearance

Give yourself a compliment that is not about physical appearance

Decide a length of time that you think is achievable and turn your phone on airplane mode and do something you love!

Do you have some great self-care tips?

Share them with our Facebook community and inspire those around you to make a positive change.

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NEED MOTIVATION?

Here are Holly's top tips to help you get those workouts done

Schedule your time and space in on Sunday for the week ahead and stick to it

Choose your Friday choose your own adventure workouts the night before. Stumped? Look to our Facebook community to see what other people in the community have chosen

Roll your mat out and find the link ready to go for later (eg If you like to workout in the morning, set up your zone the night before)

Don't be too hard on yourself! if you miss a day, do that workout on a rest day or double up if you have the time

Turn your phone on airplane mode while you work out to minimise any distractions

Use Playlists.
The power music has to motivate you is more than you know!
Check out The Movement Society on Spotify

A workout buddy is the greatest motivation

If you would like to share the MVMT with a friend, family or loved one email holly@mvmtsociety.com.au and you will both receive one fortnight's free Virtual MVMT

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INSTAGRAM FAN?

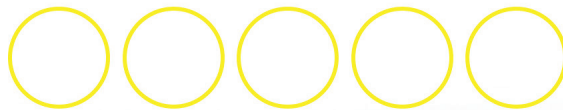
Hold yourself accountable by sharing
your progress with others.

Screenshot this tracker to help you on your journey
or [download it here](#)

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WEEK 1



WEEK 2



WEEK 3



WEEK 4



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Here you will find a list of names and URLs for all workouts, so you can copy and paste. Along with some handy links we thought might be useful during the challenge.

WORKOUT DIRECT LINKS

DAY 1	You Grow Girl	https://mvmtsociety.com.au/videos/you-grow-girl/
DAY 2	Reformer Arms & Ass	https://www.mvmtsociety.com.au/videos/reformer-arms-ass
DAY 3	Candy Cane Killer Legs	https://mvmtsociety.com.au/videos/candy-cane-killer-legs/
DAY 4	Peach 3 Ways	https://mvmtsociety.com.au/videos/peach-three-ways/
DAY 8	Long Band Ass & Arms	https://mvmtsociety.com.au/videos/long-band-arms-ass/
DAY 9	Back Biceps Triceps	https://mvmtsociety.com.au/videos/back-biceps-triceps/
DAY 10	Holiday inner thighs	https://mvmtsociety.com.au/videos/body-holiday-inner-thigh-quickie/
	Ball arms quickie	https://mvmtsociety.com.au/videos/9-minute-ball-arms/
DAY 11	Restore Mobilise Release	https://mvmtsociety.com.au/videos/restore-mobilise-release/
DAY 15	Booty & Guns	https://mvmtsociety.com.au/videos/booty-pushing-flow/
DAY 16	No Prop Core	https://mvmtsociety.com.au/videos/no-prop-core/
DAY 17	Arms & Inner-thighs	https://mvmtsociety.com.au/videos/bite-size-burn-posture-arms-inner-thighs/
	Cheeky Glute Quickie	https://mvmtsociety.com.au/videos/cheeky-glute-quickie/
DAY 18	Coat of arms	https://mvmtsociety.com.au/videos/coat-of-arms/
DAY 22	Same	https://mvmtsociety.com.au/assets/
DAY 23	Push it	https://mvmtsociety.com.au/videos/push-it-real-good-2/
	Standing Glutes Quickie	https://mvmtsociety.com.au/videos/standing-glutes-quickie/
DAY 24	No More Tight Spine	https://mvmtsociety.com.au/videos/no-more-tight-spine/
DAY 25	Side Hustle	https://mvmtsociety.com.au/videos/side-hustle/

HANDY LINKS

Sculpting Library	https://mvmtsociety.com.au/videos
Facebook Group	https://facebook.com/groups/virtualmvmtsociety
Body 2022 Program Page - Prenatal	https://mvmtsociety.com.au/body-2022-prenatal/
Google Review Link	https://bit.ly/32iOPwG
Facebook Review Link	https://facebook.com/mvmtsociety/reviews/
Spotify Link	https://spoti.fi/3qBxJ6s