

Body Love



28 DAY ONLINE
PILATES CHALLENGE

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

Show your body love and appreciation,
with feel good movement.

MOVEMENT SOCIETY

A woman in a grey athletic top and shorts is performing a handstand on a white mat on a beach. The background shows the ocean and a building in the distance. The text is overlaid on a semi-transparent white box.

WELCOME

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

Body Love has been designed to inspire long-lasting, achievable habits, ignite your love of Pilates and show your body the love it deserves. Let's set our intention; to incorporate movement into our daily routine, with classes that will challenge your body and focus the mind.

I promise you will love the time spent nurturing your body with movement. If you need a program to follow to stay accountable, classes that make your body look and feel better, and a reminder to prioritise yourself.

HOW TO MAKE THIS CHALLENGE UNIQUELY YOURS

Over the next few weeks, we will be offering workouts for each day with options to customise to suit your lifestyle. I want you to honour your body and reflect on how you are feeling. There is the option to take a short or long class each Thursday and Choose Your Own Adventure each Friday. These will range in intensity so push yourself, or take it slow, as needed. The important thing is consistency and commitment to daily movement.

And of course, we are here for you every step of the way.

x Elise



QUICK LINKS

Dive Right In!



[BODY LOVE PROGRAM](#)



[INSTAGRAM GROUP](#)

SET GOALS

To inspire your month ahead.

Focus on Habits, Not Motivation

Motivation wanes, but habits stick. Building sustainable routines is the secret to long-term success.

Take Consistent, Imperfect Action

The truth is, change doesn't come from perfect planning; it comes from showing up every day. Consistency beats intensity every time.

How to stay consistent:

1. Schedule your workouts into your diary as you would an appointment.
2. Focus on effort, not results: Celebrate the fact that you showed up, even if progress feels slow. Enjoy the journey and trust the process.
3. Be flexible: Life happens. If you miss a day, don't give up—just get back on track.



WEEK 1

Body Love

MONDAY			
<u>Manly Mist</u>	30 min	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

TUESDAY			
<u>Abs & Inner Thighs</u>	30 min	<input type="checkbox"/>	<input type="checkbox"/>

WEDNESDAY			
<u>Kempinski Core & More</u>	20 min	<input type="checkbox"/>	<input type="checkbox"/>

THURSDAY - Short vs. Long			
<u>Express Blast</u>	13 min	<input type="checkbox"/>	<input type="checkbox"/>

OR

<u>Studio Full Body</u>	50 min	<input type="checkbox"/>	<input type="checkbox"/>
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FRIDAY - Choose Your Own Adventure			
<u>Arms</u>	20 min	<input type="checkbox"/>	<input type="checkbox"/>

OR

<u>Legs</u>	25 min	<input type="checkbox"/>	<input type="checkbox"/>
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OR

<u>Abs</u>	15 min	<input type="checkbox"/>	<input type="checkbox"/>
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SATURDAY			
Rest		<input type="checkbox"/>	<input type="checkbox"/>

SUNDAY			
Rest or <u>Release</u>	6 min	<input type="checkbox"/>	<input type="checkbox"/>



Mark your favourite workouts with a star.



Tick them off as you complete them.

Weekly Notes:

WEEK 2

Body Love

MONDAY ✓ ★			
Gliding Abs, Back & Posture	35 min		

TUESDAY			
Frost Bite Full Body Sculpt	25 min		

WEDNESDAY			
Red Hot Full Body Fire	27 min		

THURSDAY - Short vs. Long			
Express Full Body	8 min		

OR

Full Body Ball Bliss	46 min		
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FRIDAY - Choose Your Own Adventure			
Essential Inner Thighs	10 min		

OR

Full Body Ball	30 min		
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OR

Spicy Glute Sculpt	28 min		
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SATURDAY			
Rest			

SUNDAY			
Rest or Stretch	21 min		

★ Mark your favourite workouts with a star.

✓ Tick them off as you complete them.

Weekly Notes:

WEEK 3

Body Love

MONDAY			
Cliff Hanger	20 min	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

TUESDAY			
Prawn Rockstar	30 min	<input type="checkbox"/>	<input type="checkbox"/>

WEDNESDAY			
Red Bluff Obliques	15 min	<input type="checkbox"/>	<input type="checkbox"/>

THURSDAY - Short vs. Long			
Express Booty & Back	20 min	<input type="checkbox"/>	<input type="checkbox"/>

OR

Extra Peachy Full Body	46 min	<input type="checkbox"/>	<input type="checkbox"/>
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FRIDAY - Choose Your Own Adventure			
Fusion Full Body	20 min	<input type="checkbox"/>	<input type="checkbox"/>

OR

Horizontal Core	15 min	<input type="checkbox"/>	<input type="checkbox"/>
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OR

Standing Arms	15 min	<input type="checkbox"/>	<input type="checkbox"/>
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SATURDAY			
Rest		<input type="checkbox"/>	<input type="checkbox"/>

SUNDAY			
Rest or Yoga	24 min	<input type="checkbox"/>	<input type="checkbox"/>



Mark your favourite workouts with a star.



Tick them off as you complete them.

Weekly Notes:

WEEK 4

Body Love

MONDAY ✓ ★			
Reformer Arms	30 min		

TUESDAY			
Holiday Full Body	24 min		

WEDNESDAY			
Full Body Band	28 min		

THURSDAY - Short vs. Long			
Express Loop	18 min		

OR

Signature Full Body	46 min		
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FRIDAY - Choose Your Own Adventure			
Wall Yoga	20 min		

OR

Yin Yoga	20 min		
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OR

Dynamic Yoga	25 min		
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SATURDAY			
Rest			

SUNDAY			
Rest or Quick Stretch	7 min		

★ Mark your favourite workouts with a star.

✓ Tick them off as you complete them.

Weekly Notes:

SELF CARE LIST

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, donate something 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!

MOVEMENT SOCIETY

BODY LOVE BINGO

Cross off as you go



Completed a workout on a low-energy day



Took an extra deep breath in a tough move



Cheered yourself on instead of doubting yourself



Showed up for myself when I didn't feel like it



Moved even when motivation was low



Did a stretch instead of skipping rest day



Opted for the long option, in short vs. long



Woke up earlier to fit your workout into the day



Modified an exercise to honor my body's needs

PRIZES

I've enlisted the help of 4 amazing Australian brands to keep you motivated throughout the challenge. Prizes includes products from Sancta Solis, Skipper, Leelo Active & Solstice Skin to make sure you continue showing your Body Love after the challenge in complete.

Keep your eyes on social media to see how you can win prizes weekly!


Can't wait? Spoil yourself with the below discounts.
Offers are valid through the duration of the challenge.

Enjoy 30% off the nourishing body oil from Sancta Solis

A blend of antioxidant rich oils for deeply nourished, luscious skin. Intended to elevate your solo sanctuary time and leave you feeling grounded.

CODE: **SANCTASOLIS30**



 SHOP NOW

Enjoy 20% off activewear from Leelo

Treat yourself to a new outfit to make your workouts even more fun!

CODE: **leeloxmvmtociety**




 SHOP NOW

Enjoy 20% off all Skipper products

Keen to ditch single use plastics? Experience Skipper's zero-waste essentials at a discount and transition to sustainable products.

CODE: **ESSENTIAL2025**



 SHOP NOW

GOT A MOMENT?

[Leave a Google Review](#)

We value your feedback. Each review earns you
a bonus entry into the prize draw!

MOVEMENT SOCIETY