

# she moves

FITNESS COLLECTIVE



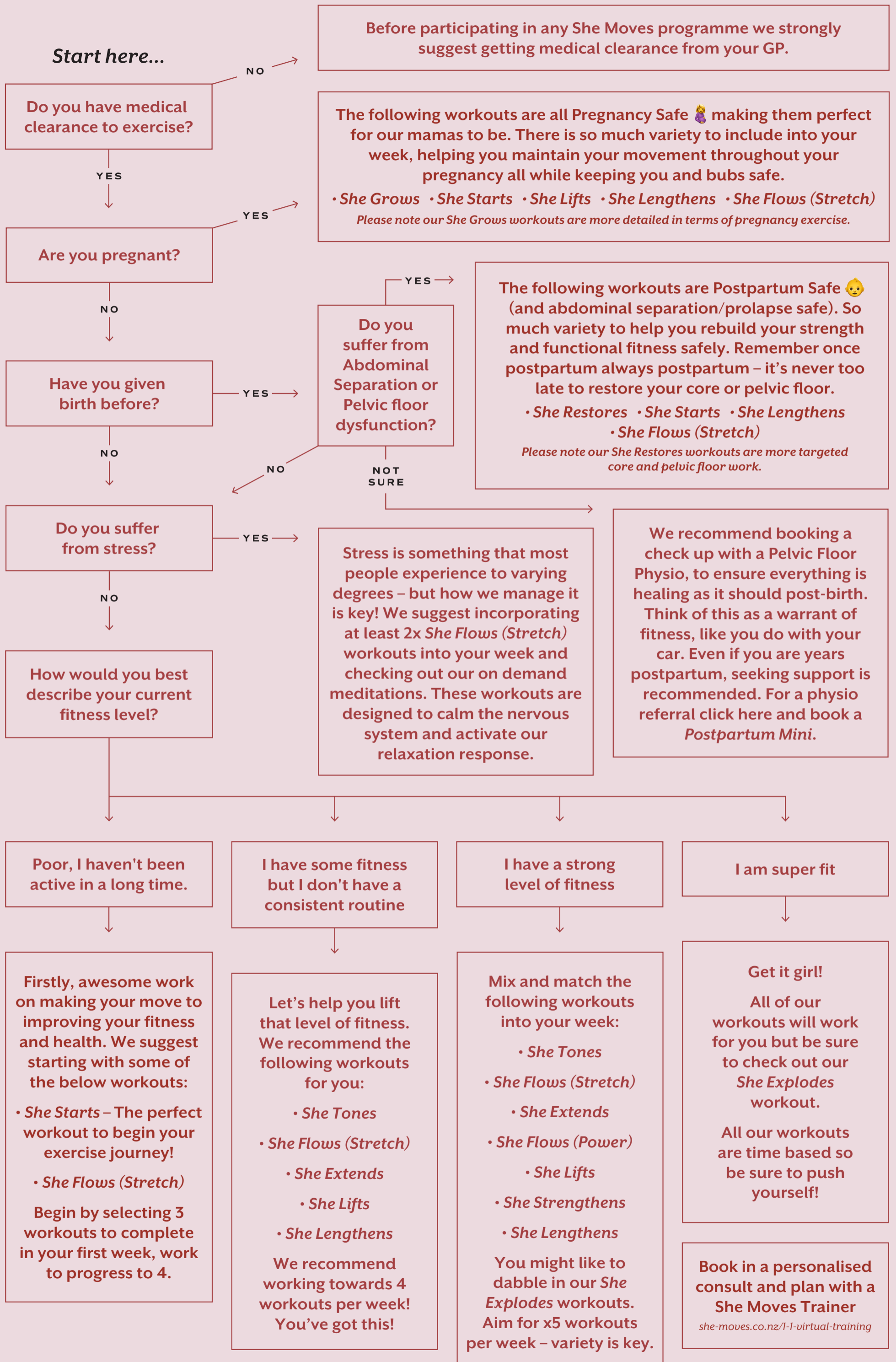
Do you want to play  
a game to learn about  
what workouts might  
be right for you?

YES →

Alright, let's go!

## But first

- Recovery days are non negotiable! Aim to have at least 1-2x days per week where you rest – e.g. do nothing or light walk/stretch.
- Ensure you include restorative exercise into your week. Restorative sessions are so good for your body, they aid in recovery and will get you to your goals faster.
- Above all – listen to your body. If it's sore, rest.
- Make the workouts work for you. They are all time based – take things at your own pace.
- Don't be shy, say "Hi". All of our trainers love hearing from you, it really does make our day! Be sure to comment on the workouts you complete.
- At She Moves, warm-ups and cool-downs are non-negotiables, we want to keep your bodies in tip-top shape. Your trainer will include these within your workout please don't skip these ladies, they are super important!
- A number of workouts within our timetable are pregnancy and/or postpartum safe; these workouts are labelled with a 🤰 and 🧡. Be sure to keep a look out.



Still confused? Check out the plans available to work with a She Moves Trainer 1-1 — YES —

# Move your body, your way



## She Grows

PREGNANCY MODIFIED

These gentle low impact workouts will help you to build strength, ease aches, and get strong for birth and postpartum recovery. This 20 min workout is designed specifically for women wanting to maintain movement throughout pregnancy. Ideal for those moving for two (or more!) **Pregnancy safe** 🤰

## She Restores

PELVIC FLOOR  
+ CORE RESTORE

Getting back into exercise after having a baby is a big deal – so do it the right way with a postpartum exercise specialist. This gentle 20-25 minute slow paced workout focuses on setting the foundations for postpartum healing and restoring your core from the inside out. Ideal for the new mum who wants to move freely. **Postpartum safe** 😊

## She Starts

ENTRY LEVEL

Designed for the very beginner, no getting up and down off the floor, no jumping, and loads of exercises are done sitting. We know how overwhelming it can be when you are just starting your journey when you feel unfit, have an injury, or maybe in your senior years. This class aims to leave everyone feeling like movement is achievable and fun. **Pregnancy and postpartum safe** 🤰 😊

## She Tones

LOW IMPACT

You'll know you've had an excellent workout, but without strain on your joints and pelvic floor. This 20 minute low impact bodyweight workout alternates between intense work and recovery. Ideal for women who like to challenge their limits, without the impact.

## She Explodes

HIIT

It will make you sweat, get your heart racing and leave you feeling strong and unstoppable. This 20 minute high intensity, high impact bodyweight workout alternates between intense work and recovery. Ideal for women who are not afraid to work hard for maximum results.

## She Extends

BARRE STYLE

Inspired by ballet barre movements, this workout provides low impact, resistance based work to target muscle groups across the entire body. Using a chair/table/kitchen bench top for support, you'll move through a variety of repetitive dance based movements to improve strength, stability, and flexibility.

## She Strengthens

CORE + MOBILITY

Learn to move freely, reduce injuries, and improve overall performance. This 20 minute active recovery session strengthens the powerhouse of your body and reduces restrictions by increasing the range of motion within each joint. Ideal for those wanting to show their body some love.

## She Lifts

WEIGHTED WORKOUT

A challenging 20 minute low impact weighted session using basic equipment to tone and strengthen your whole body! No equipment? No worries! Whilst the trainer may use Dumbbells and Kettlebells if you don't have any that's okay! Just use cans of food or milk bottles filled up! **Pregnancy safe** 🤰

## She Flows

POWER YOGA

A 30 minute vinyasa/power style yoga session combining breath work, heat-building flows and strength based poses to build strength and stamina. Incorporating breath work and body awareness cues means you'll be challenged but finish feeling relaxed and calm. Slightly more vigorous than She Flows – Stretch.

## She Flows

STRETCH YOGA

An ideal way to end your week. Lengthen out sore muscles, recover faster, increase flexibility and move into calm. This 30 minute recovery session is all about slowing down and stretching out with a combination of slow flows and longer holds to release tension in the body. Ideal for women ready to move on from last week and prepare for the next – physically and mentally. **Pregnancy and postpartum safe** 🤰 😊

## She Lengthens

PILATES

Get ready to feel the burn, our Pilates class is for those that are ready for a challenge. This low impact workout is focused on building strength, improving posture, stabilising and elongating the spine and developing balance. **Pregnancy and postpartum safe** 🤰 😊