



**This month is all about you taking action, moving your body regularly and building your strength!**

This challenge has been designed progressively, meaning each week will build upon the last to achieve results across the month. You'll see there are 4 full workouts to tick off each week, a walk, as well as little mini strength challenges sprinkled throughout.

If you have any questions along the way please feel free to reach out to us, we are more than happy to help you out and we love hearing from you! Before you get started please tick off the checklist and read over the FAQs!

**Strength Pre/post - Testing - Optional**

If you are wanting to track your progress below are 3 simple tests you can complete at the start of the challenge and again at the end. These tests are an easy way to track your progress.

- Press ups - How many press ups can you complete in 1 min?
- Wall Sit - How long can you wall sit for?
- Plank - How long can you hold a plank for?

**Share your journey with us**

We would love to see you taking action this April! Share your journey with us by tagging @shemovesnz on Instagram Stories. We love to put faces to names, see your workout set ups, plus you never know who you might inspire by sharing your journey!

**FAQ's**


**Where do I get access to the challenge workouts?**  
 You'll need to have joined the private members only Facebook group 'Make Your Move' there would have been instructions on your welcome email on how to do this. If you are having trouble please email admin@she-moves.co.nz

**How do I access a LIVE workout?**  
 Just come to the Facebook group at the time of the live class, refresh the page and the trainer will be waiting for you.

**I can't make the live workout times, can I do them at another time?**  
 Yes! All the workouts are saved inside the community and you can go back and do them anytime that works for you.

**How do I access a replay workout?**  
 Clicking the 'Featured' tab within the community will bring up the latest workouts delivered over the past 2 weeks. Alternatively, you can use the search bar within the group

**What weights do I begin with for She Lifts?**  
 Everyone is going to be different when it comes to how they lift and this will change as you progress through the challenge and get stronger. As a general rule you should be able to lift the weights throughout each exercise however, the last 10ish seconds of each exercise should challenge you. This may mean you will need a different set of weights for your lower/upper body. If you need further advice please watch our Take Action April Live Chat on March 28th at 7:30pm we will be covering this in more detail.

Take Action April - Checklist 

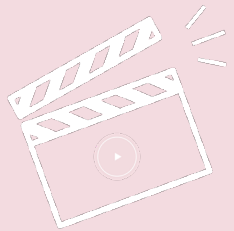
Tracker Printed

Tracker plastered on the fridge

Attend Take Action April Challenge Live chat: Thursday 28th of March 7:30pm

Workout spot and weights ready to go





<p><b>01</b> Today's workout...</p> <p><b>20 min walk + mini strength challenge</b></p> <ul style="list-style-type: none"> <li>• 10 press ups</li> <li>• 45 sec wall sit</li> <li>• 45 sec plank</li> </ul> <p>Post workout feels... Are you...</p>	<p><b>02</b> Today's workout...</p> <p><b>She Strengthens - Core &amp; Mobility replay</b></p> <p>Post workout feels... Are you...</p>	<p><b>03</b> Today's workout...</p> <p><b>She Lifts - Weights Live 6:10am</b></p> <p>Post workout feels... Are you...</p>	<p><b>04</b> Today's workout...</p> <p><b>Mini Strength challenge</b></p> <ul style="list-style-type: none"> <li>• 10 press ups</li> <li>• 45 sec wall sit</li> <li>• 45 sec plank</li> </ul> <p>Post workout feels... Are you...</p>	<p><b>05</b> Today's workout...</p> <p><b>She Lifts - Weights replay</b></p> <p>Post workout feels... Are you...</p>	<p><b>06</b> Today's workout...</p> <p><b>Rest Day</b></p> <p>Post workout feels... Are you...</p>	<p><b>07</b> Today's workout...</p> <p><b>She Lengthens - Pilates replay</b></p> <p>Post workout feels... Are you...</p>
<p><b>08</b> Today's workout...</p> <p><b>20 min walk + mini strength challenge</b></p> <ul style="list-style-type: none"> <li>• 15 press ups</li> <li>• 1 min wall sit</li> <li>• 1 min plank</li> </ul> <p>Post workout feels... Are you...</p>	<p><b>09</b> Today's workout...</p> <p><b>She Flows - Stretch replay</b></p> <p>Post workout feels... Are you...</p>	<p><b>10</b> Today's workout...</p> <p><b>She Lifts - Weights Live 6:10am</b></p> <p>Post workout feels... Are you...</p>	<p><b>11</b> Today's workout...</p> <p><b>Mini Strength challenge</b></p> <ul style="list-style-type: none"> <li>• 15 press ups</li> <li>• 1 min wall sit</li> <li>• 1 min plank</li> </ul> <p>Post workout feels... Are you...</p>	<p><b>12</b> Today's workout...</p> <p><b>Rest Day</b></p> <p>Post workout feels... Are you...</p>	<p><b>13</b> Today's workout...</p> <p><b>She Lifts - Weights replay</b></p> <p>Post workout feels... Are you...</p>	<p><b>14</b> Today's workout...</p> <p><b>She Flows - Stretch Live 7pm</b></p> <p>Post workout feels... Are you...</p>
<p><b>15</b> Today's workout...</p> <p><b>30 min walk + mini strength challenge</b></p> <ul style="list-style-type: none"> <li>• 20 press ups</li> <li>• 1 min 15 sec wall sit</li> <li>• 1 min 15 sec plank</li> </ul> <p>Post workout feels... Are you...</p>	<p><b>16</b> Today's workout...</p> <p><b>She Lengthens - Pilates replay</b></p> <p>Post workout feels... Are you...</p>	<p><b>17</b> Today's workout...</p> <p><b>She Lifts - Weights Live 6:10am</b></p> <p>Post workout feels... Are you...</p>	<p><b>18</b> Today's workout...</p> <p><b>Rest Day</b></p> <p>Post workout feels... Are you...</p>	<p><b>19</b> Today's workout...</p> <p><b>She Strengthens - Core &amp; Mobility replay</b></p> <p>Post workout feels... Are you...</p>	<p><b>20</b> Today's workout...</p> <p><b>Mini Strength challenge</b></p> <ul style="list-style-type: none"> <li>• 20 press ups</li> <li>• 1 min 15 sec wall sit</li> <li>• 1 min 15 sec plank</li> </ul> <p>Post workout feels... Are you...</p>	<p><b>21</b> Today's workout...</p> <p><b>She Flows - Stretch Live 7pm</b></p> <p>Post workout feels... Are you...</p>
<p><b>22</b> Today's workout...</p> <p><b>She Lifts - Weights Live 6:10am</b></p> <p>Post workout feels... Are you...</p>	<p><b>23</b> Today's workout...</p> <p><b>Rest Day</b></p> <p>Post workout feels... Are you...</p>	<p><b>24</b> Today's workout...</p> <p><b>She Lifts - Weights Live 6:10am</b></p> <p>Post workout feels... Are you...</p>	<p><b>25</b> Today's workout...</p> <p><b>30 min walk + mini strength challenge</b></p> <ul style="list-style-type: none"> <li>• 25 press ups</li> <li>• 1 min 30 sec wall sit</li> <li>• 1 min 30 sec plank</li> </ul> <p>Post workout feels... Are you...</p>	<p><b>26</b> Today's workout...</p> <p><b>She Strengthens - Core &amp; Mobility replay</b></p> <p>Post workout feels... Are you...</p>	<p><b>27</b> Today's workout...</p> <p><b>Mini Strength challenge</b></p> <ul style="list-style-type: none"> <li>• 25 press ups</li> <li>• 1 min 30 sec wall sit</li> <li>• 1 min 30 sec plank</li> </ul> <p>Post workout feels... Are you...</p>	<p><b>28</b> Today's workout...</p> <p><b>She Flows - Stretch Live 7pm</b></p> <p>Post workout feels... Are you...</p>
<p><b>29</b> Today's workout...</p> <p><b>35 min walk + mini strength challenge</b></p> <ul style="list-style-type: none"> <li>• 30 press ups</li> <li>• 1 min 45 sec wall sit</li> <li>• 1 min 45 sec plank</li> </ul> <p>Post workout feels... Are you...</p>	<p><b>30</b> Today's workout...</p> <p><b>She Lifts - Weights replay</b></p> <p>Post workout feels... Are you...</p>	<p><b>Optional Pre/Post testing:</b></p> <p>Press ups: Pre <input type="text"/> Post <input type="text"/></p> <p>Wall Sit: Pre <input type="text"/> Post <input type="text"/></p> <p>Plank: Pre <input type="text"/> Post <input type="text"/></p>				