

500+ PILATES
WORKOUTS & RECIPES

WEEKLY
WORKOUT PLANS

CHALLENGES
& RESET MEAL PLANS

RESET

3 MONTHS
FREE

by
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REASONS WHY YOU SHOULD JOIN:

Access all my **Pilates Home Workouts** (morning flows, Power Pilates, slow burn Pilates workouts, cardio Pilates workouts, full body sculpts, strength workouts: booty, slim legs, abs & toned arms, stretch & tone flows), prenatal workouts + **my complete pregnancy program**, postpartum workouts + my complete postpartum program (exercise & food). All designed to get lean & toned (goodbye puffiness!).

Weekly workout plans: no more deciding on which workout to do each day! Choose between **5 different plans** each week and you're ready to go!

Join our **workout challenges!** To keep you extra motivated we switch it up with different challenges like my 7 Day Power Pilates Challenge or 10 Day Glow up - all saved up on RESET and new ones are coming! The January one is gonna be on fiiiiire!

Access ALL my **+500 recipes** (and weekly new ones) but the best part is to have it all in ONE place and to be able to save your favourites, search by ingredients you have at home, create your own **shopping list** and so much more!

Access **self-care videos** like guided meditations, tips on bloating, emotional eating & having a healthy mindset + tutorials on dry brushing & face massages. Everything to **nourish you mentally and emotionally** —because feeling good isn't just about the food we eat & the workouts we do.

Be part of a community!! This makes a massive difference! I'm so grateful for our motivating community and being able to do this all **TOGETHER!** It's just THE BEST!

Get into your best shape - 100% STRESS FREE. With RESET you have access to all my workouts, recipes, meal plans and more!! This lifestyle not only changed my body but also reframed my mindset helping me to feel my best every day! You're in for a treat because real treats make you feel good!

Monthly Plan: code RESET MONTHLY to get **3 FREE MONTHS** of RESET

Yearly Plan: code RESET YEARLY to get **3 FREE MONTHS** of RESET

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