

Create Your Own *Movement Session*

Below is the secret to how I purposefully program for myself and for clients. Taking into account how #mamalife has looked for you that day, using your mama intuitive check in and all movement patterns are designed to not only be creative, have variety and be fun BUT also to mimic how we need to be conditioned for everyday life. All movement patterns can be regressed and progressed so if you are unsure of how to adapt based on what your body needs, please reach out for an alternative.

Choose Your Movement Preparation

Movement preparation is VITAL in your movement session, it allows it to literally be prepared to move when you are looking at adding load, intensity, speed and all those things that get that heart rate pumping.

Depending on where you have rated yourself in your mama intuitive check in will determine how much movement preparation that you need to do. For example, if you are feeling shitty and only have 30 minutes to move, I would be spending 15 minutes on a really good movement prep, freeing, mobilisation and some games work, before moving into the next phase of your movement session.

Definitions

FREEING WORK – Freeing work is a way that you can massage and manipulate tissue that will allow the body to move more freely and feel better.

MOBILISATIONS – Mobilisations are subtle small movements that allow the body to 'free up space' to allow it to move better, letting you have a more effective movement session and feel less restricted. It allows the body to communicate to you!

GAMES – Games are designed to allow the body to move in a way that mimics everyday life, where the body can move without expectation and within your natural threshold, without over thinking it. By being able to move the body in all three planes of motion with some intensity will prepare the body ready for the goal based movement, where the focus is on loaded movement.

Here are your movement prep building options;

FREEING WORK + MOBILISATIONS + GAMES (The kids are sleeping or in daycare! Make the most of it)

MOBILISATIONS + GAMES (Got some time)

MOBILISATIONS (I got to get this shit done!)

Choose Your Goal Based Movement

This is where you get to move! Dependant on your mama intuitive check in today will determine the intensity and time of each movement and how many sets you will complete,

Remember we are trying to value add to the body not deplete it! You want to feel energised and better at the end then when you started.

Here is how you can build your goal based movement;

**SQUAT + CORE & FLOOR + LUNGE + SHIFT + GROUND TO STAND
+ PUSH + PULL + CARDIO OR GAMES**

Choose one of each and choose a timing option based on your mama intuitive check in.

Choose Your Movement Recovery

Movement recovery is also a VITAL part of your movement session, essentially it is preparation for the rest of your day as a mama, also allows you to prepare in advance for your next movement session.

Here are options of how you can build your movement recovery;

FREEING WORK + MOBILISATIONS + ZONE BREATHING

MOBILISATIONS + ZONE BREATHING

FREEING WORK + ZONE BREATHING