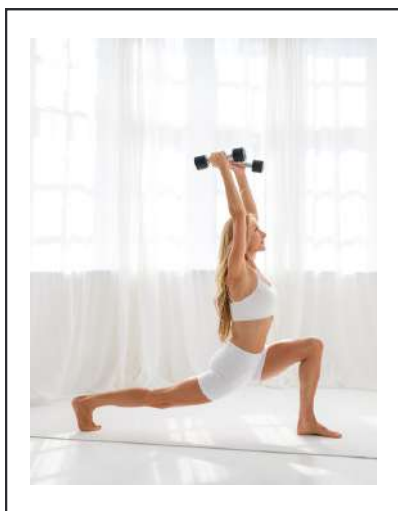




PILATES WITH WEIGHTS

PROGRESSIVE STRENGTH

FOR EVERYBODY

BY ELIZABETH NADINE

www.ElizabethNadine.com

Introduction

I have designed this intelligent, progressive strength program combining Pilates and weights for you to improve overall fitness, build full-body strength, and strengthen both the major muscles and the smaller, often overlooked muscles that support efficient, balanced movement.

This program is designed to help you **feel stronger, move better**, and get real results from your training. I designed my method and style of Pilates and yoga whilst I was working as a lawyer and did not have much time to work-out, so I needed to do my practice from home to save time travelling, and it needed to be functional, whole-body, challenging, and enjoyable enough that I would be consistent.

Strength training becomes even more important as we age.

From our 30s–40s onwards, we naturally start to lose muscle mass (a process called sarcopenia) unless we actively maintain it.

Strength work supports:

- Metabolism
- Bone density
- Joint health
- Posture
- Energy levels
- Long-term independence

What You Can Expect:

- Build **functional, whole-body strength**
- Strengthen your **core** properly (not just your abs)
- Increase **muscle tone and definition**
- Support **healthy body composition** through strength-based training and intelligent nutrition
- Improve **balance, stability and coordination**
- Feel more **confident, capable and energised** in your body
- Train in a way that is **time-efficient and sustainable**
- **Nutritional Guide** to support your results
- Move with greater ease, control and efficiency
- Reduce aches and issues linked to weakness or poor movement patterns

Recommended Frequency

For best results:

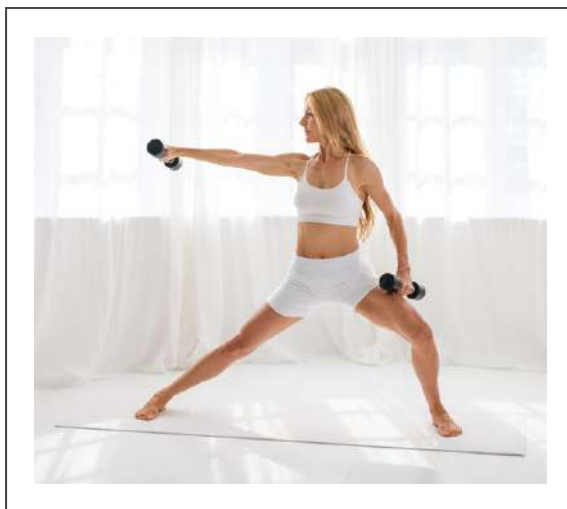
- **3 sessions per week** (ideal)
- **Minimum: 2 sessions per week**
- **Optional: 4 sessions** if you're experienced and recovering well

Each session:

- 30 minutes (approximately)
- Can be done at home
- Can be combined with mobility, stretch sessions, plus your regular yoga or Pilates class or cardio

You can also:

- Add **mobility/recovery sessions** on rest days
- Walk, do gentle yoga and Pilates sessions, or lighter movement alongside the program. Most women are also affected by their cycle (please refer to my article "Eat & Move in Sync with Your Cycle" in the Nourish & Flourish on-line Journal) on training if you have cycles).



The Structure of the Program

The program is designed in phases, so your body progressively adapts:

Phase 1 - Foundations & Muscle Endurance

- Lighter weights (1-2kg dumbbells)
- Higher reps
- Focus on technique, control, alignment, core activation

Phase 2 - Build Strength

- Slightly heavier weights (2-5kg dumbbells)
- More complex movements
- Increased full-body demand

Phase 3 - Strength & Stability

- More challenge (3-7+kg dumbbells)
- Slower tempo
- Greater control + stability

Across All Phases - Intelligent Mobility, Stretching & Recovery

- Stretching
- Recovery
- Reduce stiffness
- Maintain or improve mobility
- Keep your joints and muscles healthy

Mobility, recovery and stretch are an essential part of the program and are designed to support your strength training. Here you will find a selection of mobility, stretch and recovery videos, allowing you to choose what your body needs - helping to reduce stiffness, maintain or improve mobility and flexibility whilst strengthening muscles, support your recovery, and improve how you move.

You can choose to include these sessions after your workouts or on separate recovery days.

How Strength is Built

There's a common misconception that you have to lift heavy to build strength.

In reality:

Strength is built by challenging the muscle - not just by the weight itself.

You can build strength with:

- Lighter weights
- Higher repetitions
- Controlled tempo
- Good form

If, and this is the key - you work close to fatigue.

If it's easy, you won't build strength – if it challenges you, you will!



What Does “Working to Challenge” Mean?

It means:

- The last 2–3 reps feel difficult
- Your muscles feel fatigued
- You could maybe do a couple more reps - but not many
- You are maintaining good form (this always comes first)

If it feels easy, it's not creating enough stimulus.

If your form breaks down, it's too much. You must pay attention to your form at all times - I can't emphasize this enough.

Why this works...

Muscles respond to mechanical tension and fatigue.
You can create this by:

- Lifting heavy weights for fewer reps
- **or**
- Lighter weights for more reps

Both can stimulate strength and muscle - especially when done with:

- Control
- Good technique
- Consistency

This is why **Pilates with weights works so well** - it combines:

- Strength
- Stability
- Mobility
- Core control
- Balance



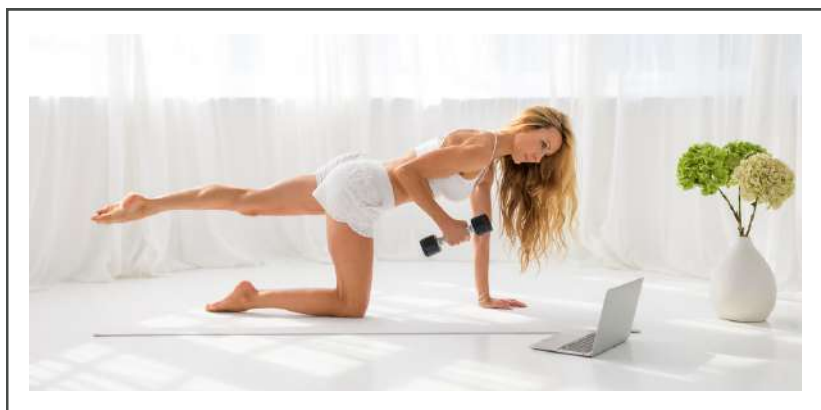
How to Choose Your Weights

Use this simple guide:

- **Light** → feels easy, good for learning
- **Moderate** → feels challenging by the end
- **Heavy (for you)** → difficult but controlled

You should feel:

- Effort by halfway
- Challenge by the end



Rest & Recovery

- I have made the workouts a continuous flow, moving onto different muscle groups whilst one muscle group recovers, sometimes adding in a stretch between sets if needed, but feel free to rest for 20–40 seconds between exercises *if needed*.
- Rest **1–2 days per week** from strength work.
- Make sure you are getting sufficient sleep and good nutrition – these two things matter far more than people realise.

Recovery is where your body **adapts and gets stronger**.

Progression (How you improve)

If you follow the plan you will progress, if you want to progress any of the workouts further, you can:

- Increase weights
- Increase reps
- Slow the tempo
- Improve control and range
- Reduce any rest time (if you are taking a rest between exercises or stopping).

Progress doesn't always mean heavier - sometimes it means **better quality movement**.

Final Words

This is not about punishing your body.

It's about **training it intelligently**.

Short, focused, effective sessions - done consistently - with appropriate lifestyle measures - will give you results.

Look after your body - it's the only one you get.

I really hope you enjoy this program as much as I have done making for you! Any questions, please get in touch. Remember your mindset is super important too – so remember to re-frame any negative thoughts or attitude with positive ones.

Thank you and enjoy!

Liz
-X-

PILATES WITH WEIGHTS - VIDEO CONTENT LIST

Phase 1: Strong Foundations & Muscle Endurance

TITLE	DESCRIPTION	LEVEL	DURATION	EQUIPMENT	SCHEDULED TO DO DATE	DONE
01. Pilates with Weights #1 — Standing Strength Foundations	A full-body standing workout focused on building strong foundations through correct technique, control and alignment. Develop strength, stability and muscular endurance while improving posture and whole-body coordination.	1	30 mins	Hand weights 1kg to 2kg, Pilates small ball		
02. Pilates with Weights #2 — Mat Foundations: Core & Control	A mat-based workout using light weights to activate and strengthen the deep core muscles. Through controlled movements in all fours, side-lying and supine positions, you'll build whole-body strength. plus core strength, stability and alignment from the inside out.	1	30 mins	Hand weights 1kg to 2kg, Pilates small ball		
03. Pilates with Weights #3 — Full Body Flow (Strength, Control & Coordination)	This session brings everything together. Building on the foundations from Videos 1 and 2, this full-body workout combines standing, kneeling and mat-based exercises to challenge your strength, control and coordination.	1	37 mins	Hand weights 1kg to 2kg, Pilates small ball		
04. Pilates with Weights #4 — Strength & Stability	This session builds on your foundations, helping you develop strength, balance and stability evenly across your body,	1	30 mins	Hand weights 1kg to 2kg, Pilates small ball		

PILATES WITH WEIGHTS – VIDEO CONTENT LIST

Phase 1: Strong Foundations & Muscle Endurance

TITLE	DESCRIPTION	LEVEL	DURATION	EQUIPMENT	SCHEDULED TO DO DATE	DONE
05. Pilates with Weights #5 — Core Strength & Stability	Working in lying positions, you'll challenge your abdominals through a series of controlled arm and leg movements designed to improve core strength and stability, coordination and whole-body strength.	1	30 mins	Hand weights 1kg to 2kg, Pilates small ball		
06. Pilates with Weights #6 — Dynamic Strength Flow	This session brings together everything you've practised so far in Phase 1, with more fluid sequencing and slightly more dynamic movement. Expect a full-body workout that challenges your strength, mobility and coordination, while helping you move with confidence and ease.	1	26mins	Hand weights 1kg to 2kg, Pilates small ball		
07. Pilates with Weights #7 — Whole Body Strength & Stability	This full-body session focuses on building strength, stability and control through a series of flowing movements performed in all fours and side-kneeling positions.	1	37 mins	Hand weights 1kg to 2kg, Pilates small ball		
08. Pilates with Weights #8 — Posture & Back Body Strength	This session focuses on strengthening the muscles that support good posture and spinal health; helping counteract the effects of forward flexed modern living and encourage better alignment and postural awareness. Working primarily in lying face down positions.	1	30 mins	Hand weights 1kg to 2kg, Pilates small ball		

PILATES WITH WEIGHTS - VIDEO CONTENT LIST

Phase 1: Strong Foundations & Muscle Endurance

TITLE	DESCRIPTION	LEVEL	DURATION	EQUIPMENT	SCHEDULED TO DO DATE	DONE
09. Pilates with Weights #9 — Dynamic Strength & Balance Flow	This energising standing workout combines strength, balance and flowing movement to challenge your whole body while improving stability and coordination. Using light weights and controlled transitions, you'll move seamlessly through squats, lunges, balance work and upper body exercises, with your core supporting every movement. Working entirely in standing helps develop functional strength and confidence that	1	30 mins	Hand weights 1kg to 2kg, Pilates small ball		
10. Pilates with Weights #10 — Celebratory Flow	Celebrate the strong foundations you've built with this uplifting full-body flow. Combining standing strength, kneeling and prone work, and controlled core exercises on your back, this balanced session brings together many of the movements and principles explored throughout Phase 1.	1	40 mins	Hand weights 1kg to 2kg, Pilates small ball		

PILATES WITH WEIGHTS - VIDEO CONTENT LIST

Phase 2: Build Strength (Load & Complexity)

TITLE	DESCRIPTION	LEVEL	DURATION	EQUIPMENT	SCHEDULED TO DO DATE	DONE
1. Pilates with Weights Phase 2 #1 — Stand Strong	This standing full-body workout introduces the next stage of your strength journey, using slightly heavier weights, slower repetitions and greater control to help build strength and confidence. Working through a combination of lower and upper body exercises, balance challenges and core engagement, you'll strengthen your whole body while maintaining the precision and alignment of Pilates.	2	25 mins	2kg dumbbells (or suitable alternative)		
2. Pilates with Weights — Phase 2 #2 Core Strength Progression	This focused core workout builds on the foundations developed in Phase 1 by introducing heavier resistance and greater control. Through a series of lying Pilates exercises using weights, you'll strengthen your abdominals, improve spinal stability and challenge your coordination while maintaining precise technique throughout.	2	23 mins	2kg dumbbells (or suitable alternative)		
3. Pilates with Weights — Phase 2 #3 Strength & Stability on the Mat	This mat-based workout develops strength, stability and control through a series of all fours and side-kick exercises using light weights. Expect a controlled whole-body workout that builds strength from the inside out.	2	25 mins	2kg dumbbells (or suitable alternative)		

PILATES WITH WEIGHTS - VIDEO CONTENT LIST

Phase 2: Build Strength (Load & Complexity)

TITLE	DESCRIPTION	LEVEL	DURATION	EQUIPMENT	SCHEDULED TO DO DATE	DONE
4. Pilates with Weights — Phase 2 #4 Full Body Strength & Control	Build strength from the ground up with this challenging full-body mat workout. Performed entirely lying on your back and side, this session strengthens your core, glutes, legs and upper body using slow, controlled Pilates movements with weights.	2	40 mins	2kg dumbbells (or suitable alternative)		

PILATES WITH WEIGHTS - VIDEO CONTENT LIST

All Phases: Stretch, Mobility & Recovery

TITLE	DESCRIPTION	LEVEL	DURATION	EQUIPMENT	SCHEDULED TO DO DATE	DONE
1. Stretch, Mobility & Recovery #1 — Standing Chest & Shoulder Stretches	Improve your posture, release tension and restore freedom of movement with this gentle standing mobility session using a resistance band or yoga strap. Designed to open the chest, improve shoulder mobility and ease tightness through the upper body.	All	20 mins	Resistance band or yoga strap.		
2. Stretch, Mobility & Recovery #2 — Thoracic Spine, Chest & Shoulder Mobility	Restore movement to your upper body with this gentle side-lying mobility session. Using chalk circles and book openers, you'll improve mobility through the shoulders and thoracic spine while releasing tension across the chest and upper back.	All	12 mins	(Potentially blanket or blocks for alignment if needed).		
3. Stretch, Mobility & Recovery #3 — Twist & Release: Shoulders, Back & Hips	Release tension, improve mobility and restore freedom of movement with this gentle recovery session. Combining shoulder bridges for spinal articulation and mobility with spinal twists, chest-opening movements and hip stretches, this session helps ease stiffness, improve posture and leave your body feeling more open, balanced and refreshed.	All	17 mins	(Potentially blanket or blocks for alignment if needed).		