




THE PEACH PROJECT

TAY | SIMPLY SYNCD

2026 EDITION



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HELLO!

I'm Taylor, a certified women's holistic hormone health practitioner, Pilates instructor, and personal trainer. I have a love for helping women learn how to understand their bodies and get results without constant strain.

My goal is to see more women break free from diet culture, understand the power of their body's hormones, and enjoy a balanced, healthy life.(without it feeling overwhelming!!)

Welcome to the Peach Project!

Taylor Gray

@syncdwithtay
taylo@simplysyncd.co

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PROGRAM OVERVIEW + SCHEDULE

Inside The Peach Project, you'll follow short, purposeful workouts (30-40 minutes or less) that combine low-impact strength training and Pilates-inspired workouts.



EQUIPMENT NEEDED

Recommend for best results

- Dumbbells
 - Light: 2-5lbs for Pilates + Core
 - Medium-heavy: 15-30+ lbs for strength training
- Resistance bands
- Mat
- Bench/stable chair
- Pilates ball (optional)

EACH WEEK INCLUDES...

2 Strength Workouts (Lower Body Focused)

Self-paced strength sessions designed to build muscle and sculpt your glutes, hamstrings, and legs. Goal: controlled reps, progressive overload, and intentional movement. Be sure to track your weights + reps each week and aim to increase the reps or weight during the 2nd week (repeat week).

2 Pilates Workouts (Upper Body + Core Focused and Full Body)

The focus is to slow down, tone your core, improve posture, and strengthen your upper body. These workouts range from 20-30 minutes and are fully guided, just press play!

1 'Peach Pump' Workout (Booty band)

A short, Strength x Pilates-inspired routine that wakes up your glutes, improves mind-muscle connection, and primes your body for strength days. This workout is 'follow along' and set to a timer.

Optional Express Core Workout (10 min)

You also have an optional express core workout included for each week. Feel free to add this onto your 3rd day or whenever you want an extra core burn! This workout is 'follow along' and set to a timer.

Daily Steps Goal

Aim for 8,000-10,000 steps per day to support hormone balance, reduce inflammation, and increase your daily movement

PROGRESSION STRUCTURE

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To help you get stronger (without burning out), the program is structured in two phases:

Weeks 1 & 2

- Same set of workouts

(exercises repeat for progressive overload, better form, stronger mind-muscle connection)

- Focus on form, muscle connection, and foundational strength
- Option to increase weight in Week 2 if you feel comfortable

Weeks 3 & 4

- A progressed version of the first two weeks

(exercises repeat for progressive overload, better form, stronger mind-muscle connection)

- Slightly more challenge, intensity, and complexity for week 3 & 4
- Continue to increase weights as your body adapts

This gradual and intentional progression helps you build strength safely while maximizing results.

WEEKLY SCHEDULE

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*Here is how you will organize your week.
Feel free to start this program at any time!*

Day 1 – Strength

Day 5– Strength #2

Day 2 – Pilates

Day 6 – Pilates #2

Day 3 – Glute Activation +
Optional Express Abs

Day 7 – Walk/Rest
8-10k steps encouraged.

Day 4 – Walk/Rest
8-10k steps encouraged.

CYCLE SYNCING TIPS

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Adapt your strength training needs to your cycle. During your late luteal phase + early menstrual phase, you may feel less motivated, energized, and overall not as strong. THIS IS TOTALLY OK! I recommend adjusting your intensity to match your phase.

Late luteal/early menstrual:

- Complete exercises at a lighter weight but higher rep range to avoid stalling progress (rep range 15-20)
- Heavy cycles, painful periods, PMDD, etc: complete workouts with only bodyweight (rep range 15-20)
- Increase rest time between strength sets as needed (recommend resting :90s-2:00 min between sets)
- Keep workouts short to reduce strain as needed
- Pilates workouts can be done with bodyweight only as needed

Remember: the goal is to stay consistent while also listening to your body. You don't have to completely change your workout, just a few small adjustments will help you stay on track!

Ready to keep going?

If you loved how this program made you feel, Simply Syncd can help you stay consistent without starting over.

Here's what you'll get inside the membership:

Cycle-aware workouts

Pilates, strength, sculpt, and stretch organized by phase so you always know what to do

Weekly schedule

no guessing, no overwhelm, just open the app and follow along

Monthly challenges + programs

fresh programs (just like this one!) to help you stay on track

Hormone-supportive recipe library

100 + simple meals + recipe books that support your hormones + cycle

A supportive community

women who want to feel strong, aligned, and at peace in their bodies

Start your Simply Syncd free trial!

[Click here:](#)

[Create Account + Start free trial]

EXTRA BONUSES

- Tracking + Progress
Templates



WEEKLY PLANNER

S	_____
M	_____
T	_____
W	_____
T	_____
F	_____
S	_____

Priority

Goals

NOTES

FITNESS MONTHLY PLANNER

SUN	MON	TUE	WEN	THU	FRI	SAT

MY GOALS

01. _____
02. _____
03. _____
04. _____

FITNESS MONTHLY PLANNER

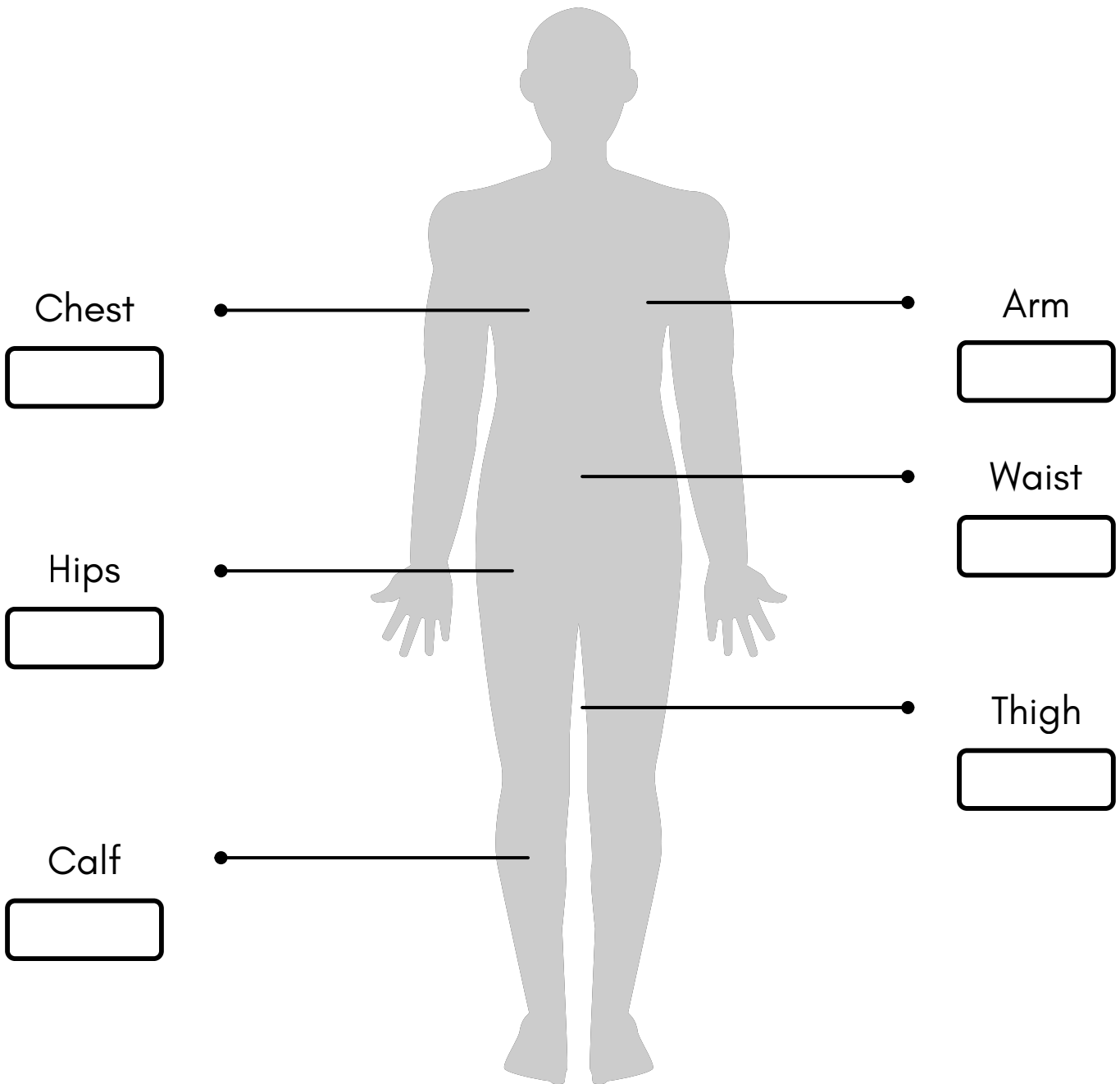
SUN	MON	TUE	WEN	THU	FRI	SAT

MY GOALS

01. _____
02. _____
03. _____
04. _____

Measurement Tracker

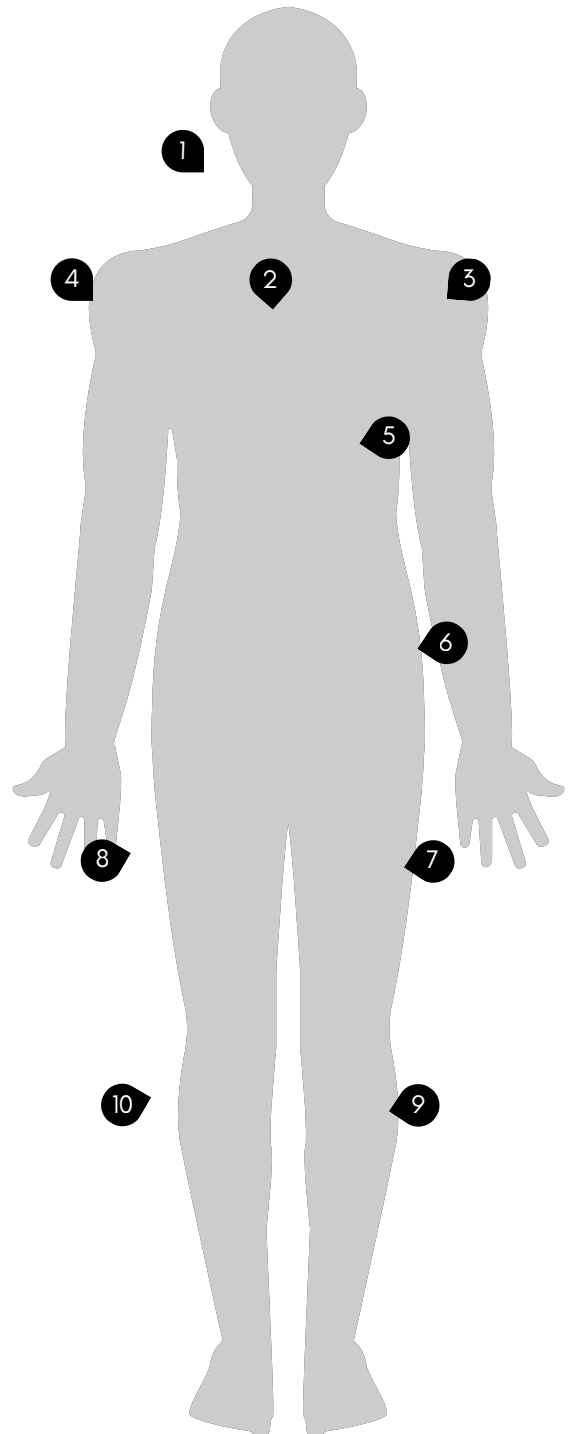
Date: _____



Weight: _____ /Lbs

FITNESS JOURNEY Tracker

	MONTH 1	MONTH 2	MONTH 3	MONTH 4
DATE:				
WEIGHT:				
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				





THANK YOU!

I hope this program gives you the first steps to start taking your health into your own hands.

Our bodies run on cycles, but the wellness world doesn't teach us how to work with them. Simply Syncd fills that gap with tools that support your whole system - movement, nutrition, and lifestyle - for results that feel sustainable and actually aligned with being a woman.

Feel free to reach out with any questions, or join me inside the app.

XO Tay

Click here:

Start your free trial!