

2023

APRIL FITNESS PLANNER

FITNESS SUPER SIX

| SUNDAY | MONDAY | TUESDAY- 5PM UK | WEDNESDAY | THURSDAY- 4PM UK | FRIDAY- 5PM UK | SATURDAY |
|----------------|-----------------------|---|-----------------------|--|--|----------------|
| REST | 3 YouTube | 4 TABATA LIVE • WITH SHAUN GASH EQUIPMENT REQUIRED • TBA | 5 YouTube | 6 ADAPTIVE BOXING LIVE • WITH LUIZ FAYE NO EQUIPMENT REQUIRED | 7 SEATED CARDIO LIVE • WITH ELLA ARCHER | 8 REST |
| 9 REST | 10 YouTube | 11 TABATA LIVE • WITH SHAUN GASH EQUIPMENT REQUIRED • TBA | 12 YouTube | 13 ADAPTIVE BOXING LIVE • WITH LUIZ FAYE NO EQUIPMENT REQUIRED | 14 SEATED CARDIO LIVE • WITH ELLA ARCHER NO EQUIPMENT REQUIRED | 15 REST |
| 16 REST | 17 YouTube | 18 TABATA LIVE • WITH SHAUN GASH EQUIPMENT REQUIRED • TBA | 19 YouTube | 20 ADAPTIVE BOXING LIVE • WITH LUIZ FAYE NO EQUIPMENT REQUIRED | 21 SEATED CARDIO LIVE • WITH ELLA ARCHER NO EQUIPMENT REQUIRED | 22 REST |
| 23 REST | 24 YouTube | 25 TABATA LIVE • WITH SHAUN GASH EQUIPMENT REQUIRED • TBA | 26 YouTube | 27 ADAPTIVE BOXING LIVE • WITH LUIZ FAYE NO EQUIPMENT REQUIRED | 28 SEATED CARDIO LIVE • WITH ELLA ARCHER NO EQUIPMENT REQUIRED | 29 REST |
| 30 REST | | | | | | 30 REST |

HOW DO I GET INVOLVED?

All of the pre-recorded videos can be found on our YouTube channel. Simply look for the corresponding thumbnail.

The Facebook LIVE sessions can be found on our Facebook page. If you can't make it during the LIVE sessions, they will be available on the FB page after the premiere.

STAY MOTIVATED!

To keep your motivation high, we've come up with a unique CODEWORD SYSTEM. Each workout will have a codeword towards the end of the session. Once you know it, DM it to us and we will issue you with that day's digital emblem. Collect these emblems throughout the fitness campaign to receive awards and certificates.

FITNESS SUPER SIX

Gym Possible's Fitness Super Six is a free, six month, online fitness programme that has been made possible through funding from Sport England and The National Lottery.



@gympossibleuk

Gym Possible

| WORKOUT | CODEWORDS | WORKOUT | CODEWORDS | WORKOUT | CODEWORDS | WORKOUT | CODEWORDS | WORKOUT | CODEWORDS |
|---------|-----------|---------|-----------|---------|-----------|---------|-----------|---------|-----------|
| 1ST | _____ | 8TH | _____ | 15TH | _____ | 22ND | _____ | 29TH | _____ |
| 2ND | _____ | 9TH | _____ | 16TH | _____ | 23RD | _____ | 30TH | _____ |
| 3RD | _____ | 10TH | _____ | 17TH | _____ | 24TH | _____ | | |
| 4TH | _____ | 11TH | _____ | 18TH | _____ | 25TH | _____ | | |
| 5TH | _____ | 12TH | _____ | 19TH | _____ | 26TH | _____ | | |



FOR MORE INFORMATION VISIT - WWW.GYMPOSSIBLE.ORG