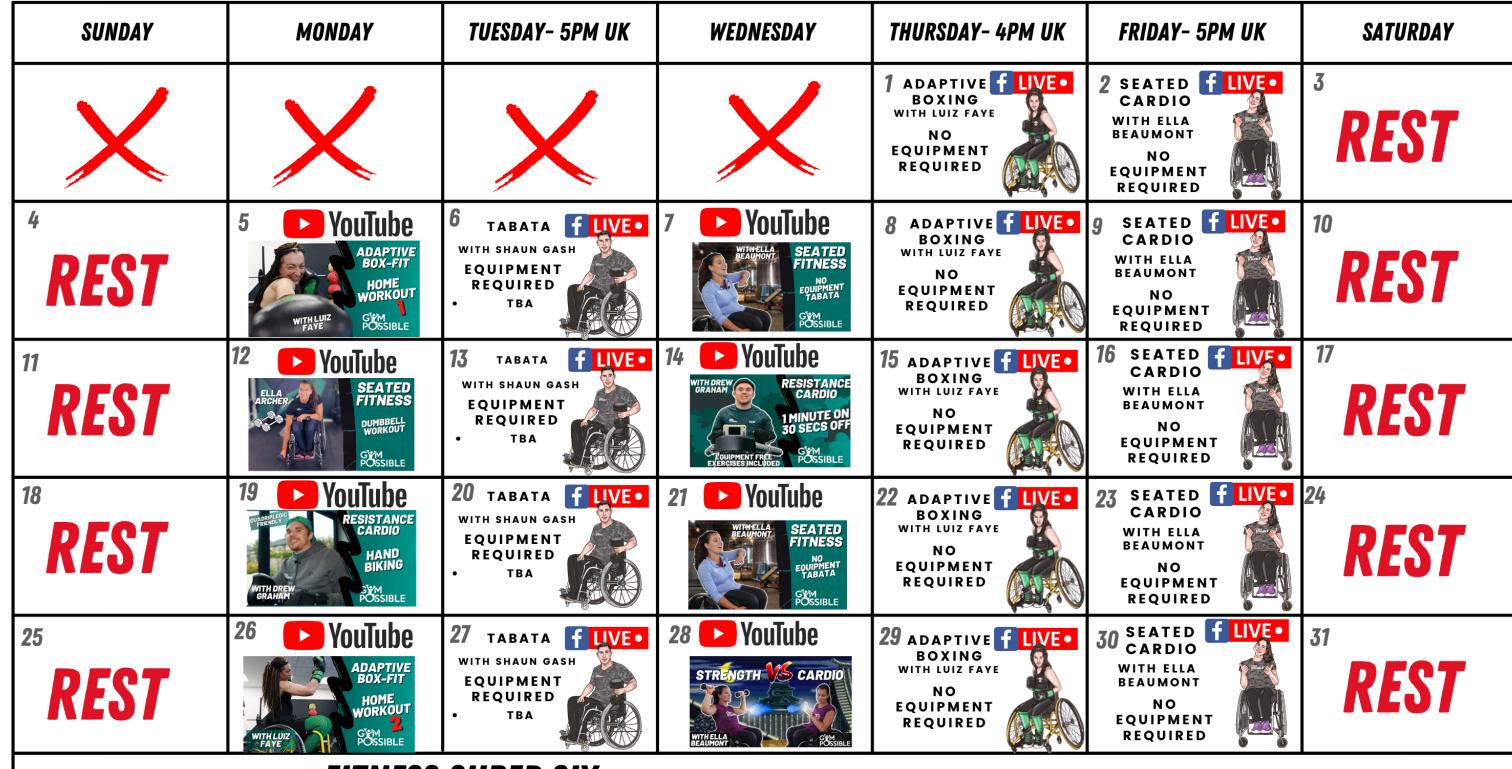
DECEMBER FITNESS PLANNER

FITNESS SUPER SIX



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.

WORKOUT

CODEWORDS

WORKOUT



CODEWORDS



WORKOUT CODEWORDS

HOW DO I GET INVOLVED?

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

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.



@gympossibleuk



Gym Possible

1ST	8TH	15TH	22ND
2ND	9TH	16TH	23RD
3RD	10TH	17TH	24TH

CODEWORDS

	181H
2TH	19TH

22ND	
23RD	
24TH	
25TH	
26TH	

WORKOUT CODEWORDS

