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FITNESS SUPER SIX

SUNDAY	MONDAY	TUESDAY- 5PM UK	WEDNESDAY	THURSDAY- 4PM UK	FRIDAY- 5PM UK	SATURDAY
				1 ADAPTIVE BOXING WITH LUIZ FAYE NO EQUIPMENT REQUIRED 	2 SEATED CARDIO WITH ELLA BEAUMONT NO EQUIPMENT REQUIRED 	3 REST
4 REST	5  ADAPTIVE BOX-FIT HOME WORKOUT WITH LUIZ FAYE GYM POSSIBLE	6 TABATA  WITH SHAUN GASH EQUIPMENT REQUIRED TBA 	7  SEATED FITNESS WITH ELLA BEAUMONT NO EQUIPMENT TABATA GYM POSSIBLE 	8 ADAPTIVE BOXING WITH LUIZ FAYE NO EQUIPMENT REQUIRED 	9 SEATED CARDIO  WITH ELLA BEAUMONT NO EQUIPMENT REQUIRED 	10 REST
11 REST	12  SEATED FITNESS WITH ELLA BEAUMONT DUMBBELL WORKOUT GYM POSSIBLE 	13 TABATA  WITH SHAUN GASH EQUIPMENT REQUIRED TBA 	14  RESISTANCE CARDIO WITH DREW GRAHAM 1 MINUTE ON 30 SECS OFF EQUIPMENT FREE EXERCISES INCLUDED GYM POSSIBLE 	15 ADAPTIVE BOXING WITH LUIZ FAYE NO EQUIPMENT REQUIRED 	16 SEATED CARDIO  WITH ELLA BEAUMONT NO EQUIPMENT REQUIRED 	17 REST
18 REST	19  RESISTANCE CARDIO WITH DREW GRAHAM HAND BIKING GYM POSSIBLE 	20 TABATA  WITH SHAUN GASH EQUIPMENT REQUIRED TBA 	21  SEATED FITNESS WITH ELLA BEAUMONT NO EQUIPMENT TABATA GYM POSSIBLE 	22 ADAPTIVE BOXING WITH LUIZ FAYE NO EQUIPMENT REQUIRED 	23 SEATED CARDIO  WITH ELLA BEAUMONT NO EQUIPMENT REQUIRED 	24 REST
25 REST	26  ADAPTIVE BOX-FIT HOME WORKOUT 2 WITH LUIZ FAYE GYM POSSIBLE	27 TABATA  WITH SHAUN GASH EQUIPMENT REQUIRED TBA 	28  STRENGTH VS CARDIO WITH ELLA BEAUMONT GYM POSSIBLE 	29 ADAPTIVE BOXING WITH LUIZ FAYE NO EQUIPMENT REQUIRED 	30 SEATED CARDIO  WITH ELLA BEAUMONT NO EQUIPMENT REQUIRED 	31 REST

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

29TH _____

30TH _____



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.

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	_____		