

FOUR WEEK WORKOUT PLANNER

#MAKINGEXERCISEACCESSIBLE

Here is a planner containing the 20 accessible exercise sessions in our free online fitness section. We recommend taking 2 rest days each week. Print this planner to complete or download the editable PDF.



REST	1 TABATA LIVE WITH SHAUN GASH EQUIPMENT REQUIRED • HAND WEIGHTS	2 YouTube SEATED FITNESS SHOULDERS VS CORE WORKOUT WITH ELLA BEAUMONT	3 ADAPTIVE BOXING LIVE WITH LUIZ FAYE NO EQUIPMENT REQUIRED	4 TABATA LIVE WITH SHAUN GASH EQUIPMENT REQUIRED • KETTLEBELL	5 YouTube RESISTANCE CARDIO HAND BIKING WITH DREW GRAHAM	REST
REST	6 TABATA LIVE WITH SHAUN GASH EQUIPMENT REQUIRED • HAND WEIGHTS	7 YouTube ADAPTIVE BOX-FIT HOME WORKOUT 2 WITH LUIZ FAYE	8 ADAPTIVE BOXING LIVE WITH LUIZ FAYE NO EQUIPMENT REQUIRED	9 SEATED CARDIO LIVE WITH ELLA BEAUMONT EQUIPMENT REQUIRED • BROOM	10 YouTube SEATED CARDIO 100+ KCAL AEROBICS SESSION WITH ELLA BEAUMONT	REST
REST	11 YouTube RESISTANCE CARDIO 1 MINUTE ON 30 SECS OFF EQUIPMENT FREE EXERCISES INCLUDED WITH DREW GRAHAM	12 YouTube WHEELCHAIR TABATA 40 SECS ON 20 SECS REST WITH SHAUN GASH	13 ADAPTIVE BOXING LIVE WITH LUIZ FAYE NO EQUIPMENT REQUIRED	14 SEATED CARDIO YouTube WITH ELLA BEAUMONT NO EQUIPMENT REQUIRED	15 SEATED CARDIO LIVE WITH ELLA BEAUMONT NO EQUIPMENT REQUIRED	REST
REST	16 LIVE WHEELCHAIR TABATA RESISTANCE BAND WORKOUT CLICK HERE WITH SHAUN GASH	17 YouTube SEATED FITNESS HIIT WORKOUT WITH ELLA BEAUMONT	18 ADAPTIVE BOXING LIVE WITH LUIZ FAYE NO EQUIPMENT REQUIRED	19 LIVE SEATED FITNESS ADAPTED HOME TRIATHLON WITH ELLA BEAUMONT	20 TABATA LIVE WITH SHAUN GASH EQUIPMENT REQUIRED • HAND WEIGHTS • BROOM	REST

WHAT IS YOUR FITNESS S.M.A.R.T. GOAL?

We recommend making a new SMART goal every 4 weeks e.g. "I want to workout 8 times this month" or "I want to lose 1kg in 4 weeks"

SPECIFIC

A common goal, "get healthy", is too general. There are so many ways to get healthy. How do you want to do it? Eg "lose weight"

MEASURABLE

A goal to "lose weight" is not enough. How will you track your progress and how will you know when you have reached your goal? Making your goal measurable means adding a number

ATTAINABLE

Before you can add a number, you have to know how high or low you want to go. It's good to aim high, but don't be too extreme. Likewise, a goal that is too easy is not very motivating. Only you know your limits.

RELEVANT

Don't set a goal that someone else is pressuring you to attain - this isn't very motivating. make sure it is relevant to your own fitness.

TIMELY

Knowing that you have a deadline motivates you to get started. Set a clear date. e.g. "I will lose 1kg by the end of Sept"

FANCY A SNEAKY BONUS WORKOUT?

Complete this Adaptive-Dance-Fit session



TICK EACH WORKOUT EVERY TIME YOU COMPLETE IT BELOW

1ST	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	5TH	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	9TH	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	13TH	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	17TH	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2ND	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	6TH	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	10TH	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	14TH	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	18TH	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3RD	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	7TH	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	11TH	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	15TH	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	19TH	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4TH	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	8TH	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	12TH	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	16TH	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	20TH	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>