

AUTUMN BOOTCAMP 2023

OCTOBER FITNESS PLANNER



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!






























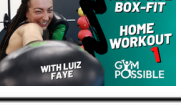












To keep your motivation high, we've come up with a unique CODEWORD SYSTEM. Each workout will have a codeword towards the end of the session. Once you know it, DM it to us and we will issue you with that day's digital emblem. Collect these emblems throughout the fitness campaign to receive awards and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

 @gympossibleuk
 Gym Possible



AUTUMN BOOTCAMP

Gym Possible's Autumn Bootcamp has been saved by you! Such amazingly generous donations through GoFundMe. A massive thank you to everyone who was able to donate. You have helped us keep the lights on at Gym Possible which means we can continue to offer our accessible workouts for free. THANK YOU!

SUNDAY	MONDAY	TUESDAY- 5PM UK	WEDNESDAY	THURSDAY- 4PM UK	FRIDAY- 5PM UK	SATURDAY
1 REST	2  YouTube 	3 TABATA  WITH SHAUN GASH LIVE SESSIONS ANNOUNCED ON THE DAY 	4  YouTube 	5 ADAPTIVE BOXING  WITH LUIZ FAYE NO EQUIPMENT REQUIRED 	6 SEATED CARDIO  WITH ELLA BEAUMONT NO EQUIPMENT REQUIRED 	7 REST
8 REST	9  YouTube 	10 TABATA  WITH SHAUN GASH LIVE SESSIONS ANNOUNCED ON THE DAY 	11  YouTube 	12 ADAPTIVE BOXING  WITH LUIZ FAYE NO EQUIPMENT REQUIRED 	13 SEATED CARDIO  WITH ELLA BEAUMONT NO EQUIPMENT REQUIRED 	14 REST
15 REST	16  YouTube 	17 TABATA  WITH SHAUN GASH LIVE SESSIONS ANNOUNCED ON THE DAY 	18  YouTube 	19 ADAPTIVE BOXING  WITH LUIZ FAYE NO EQUIPMENT REQUIRED 	20 SEATED CARDIO  WITH ELLA BEAUMONT NO EQUIPMENT REQUIRED 	21 REST
22 REST	23  YouTube 	24 TABATA  WITH SHAUN GASH LIVE SESSIONS ANNOUNCED ON THE DAY 	25  YouTube 	26 ADAPTIVE BOXING  WITH LUIZ FAYE NO EQUIPMENT REQUIRED 	27 SEATED CARDIO  WITH ELLA BEAUMONT NO EQUIPMENT REQUIRED 	28 REST
29 REST	30  YouTube 	31 TABATA  WITH SHAUN GASH LIVE SESSIONS ANNOUNCED ON THE DAY 				REST

WORKOUT	CODEWORDS	WORKOUT	CODEWORDS	WORKOUT	CODEWORDS	WORKOUT	CODEWORDS	WORKOUT	CODEWORDS
1ST	_____	8TH	_____	15TH	_____	22ND	_____	29TH	_____
2ND	_____	9TH	_____	16TH	_____	23RD	_____	30TH	_____
3RD	_____	10TH	_____	17TH	_____	24TH	_____	31ST	_____
4TH	_____	11TH	_____	18TH	_____	25TH	_____		
5TH	_____	12TH	_____	19TH	_____	26TH	_____		



FOR MORE INFORMATION VISIT - WWW.GYMPOSSIBLE.ORG