

SUMMER BOOTCAMP - JUNE

FITNESS PLANNER

SUNDAY	MONDAY	TUESDAY- 5PM UK	WEDNESDAY	THURSDAY- 4PM UK	FRIDAY- 5PM UK	SATURDAY
			1 YouTube SEATED FITNESS HIIT WORKOUT WITH ELLA BEAUMONT GYM POSSIBLE	2 LIVE ADAPTIVE BOXING WITH LUIZ FAYE NO EQUIPMENT REQUIRED	3 YouTube SEATED FITNESS ADAPTED HOME TRIATHLON WITH ELLA BEAUMONT GYM POSSIBLE	4 REST
5 REST	6 YouTube ADAPTIVE BOX-FIT HOME WORKOUT WITH LUIZ FAYE GYM POSSIBLE	7 LIVE TABATA WITH SHAUN GASH EQUIPMENT REQUIRED • TBA	8 YouTube RESISTANCE CARDIO 1 MINUTE ON 30 SECS OFF WITH DREW GRAHAM EQUIPMENT FREE EXERCISES INCLUDED GYM POSSIBLE	9 LIVE ADAPTIVE BOXING WITH LUIZ FAYE NO EQUIPMENT REQUIRED	10 YouTube SEATED FITNESS DUMBBELL WORKOUT WITH ELLA BEAUMONT GYM POSSIBLE	11 REST
12 REST	13 YouTube WHEELCHAIR TABATA 40 SECS ON 20 SECS REST WITH SHAUN GASH GYM POSSIBLE	14 LIVE TABATA WITH SHAUN GASH EQUIPMENT REQUIRED • TBA	15 YouTube SEATED CARDIO HOME AEROBICS SESSION WITH ELLA BEAUMONT GYM POSSIBLE	16 LIVE ADAPTIVE BOXING WITH LUIZ FAYE NO EQUIPMENT REQUIRED	17 YouTube SEATED CARDIO WITH ELLA BEAUMONT WORKOUT TO BE ANNOUNCED	18 REST
19 REST	20 YouTube ADAPTIVE BOX-FIT HOME WORKOUT WITH LUIZ FAYE GYM POSSIBLE	21 LIVE TABATA WITH SHAUN GASH EQUIPMENT REQUIRED • TBA	22 YouTube SEATED FITNESS SHOULDERS VS CORE WORKOUT WITH ELLA BEAUMONT GYM POSSIBLE	23 LIVE ADAPTIVE BOXING WITH LUIZ FAYE NO EQUIPMENT REQUIRED	24 YouTube SEATED CARDIO WITH ELLA BEAUMONT WORKOUT TO BE ANNOUNCED	25 REST
26 REST	27 YouTube SEATED FITNESS NO EQUIPMENT AEROBICS WITH ELLA BEAUMONT GYM POSSIBLE	28 LIVE TABATA WITH SHAUN GASH EQUIPMENT REQUIRED • TBA	29 YouTube ADAPTIVE DANCE-FIT WITH SHAUN GASH GYM POSSIBLE	30 LIVE ADAPTIVE BOXING WITH LUIZ FAYE NO EQUIPMENT REQUIRED		

HOW CAN I GET INVOLVED?

This Summer Bootcamp will run from the first to the last day of June. Every weekday there will be a different accessible exercise session. You can do as many or as few of the workouts as you wish. The more workouts you complete, the more codewords you will learn and the more digital awards you will receive! The codeword system is designed to keep you motivated. Can you collect them all and unlock every achievement during June's Summer Bootcamp?

NAME: _____

EMAIL: _____

We will be using this chart during the fitness challenge, and will begin incorporating it into our sessions going forward.

RATE OF PERCEIVED EXERTION

10	MAXIMAL EFFORT In oxygen debt, lactic acid making limbs feel heavy. Impossible to maintain for longer than about 30 seconds.
9	VERY HARD EFFORT Extremely difficult to maintain exercise at this intensity for more than a few minutes. Heavy breathing, can only say a few words.
7-8	VIGOROUS EFFORT Feels uncomfortable, but it is possible to maintain for several minutes. Heavy breathing, but can speak sentences.
4-6	MODERATE EFFORT Beginning to feel uncomfortable, but can be maintained for 30 minutes or more. Heavy breathing, but possible to hold a short conversation.
2-3	LIGHT EFFORT Feels like you can maintain this effort for hours. Easy to breathe and hold a conversation.
1	MINIMAL EFFORT Barely any exertion, breathing is hardly affected.

TRY MAKING A SMART GOAL?

SMART (Specific, Measurable, Achievable, Relevant, and Timely) goals are established using a specific set of criteria that ensures your objectives are attainable within a certain time frame.

WORKOUT	CODEWORDS	WORKOUT	CODEWORDS	WORKOUT	CODEWORDS	WORKOUT	CODEWORDS
1ST	_____	8TH	_____	15TH	_____	22ND	_____
2ND	_____	9TH	_____	16TH	_____	23RD	_____
3RD	_____	10TH	_____	17TH	_____	24TH	_____
4TH	_____	11TH	_____	18TH	_____	25TH	_____
7TH	_____	14TH	_____	21ST	_____	28TH	_____

