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TRACK

WEEK 1

GYM 
COFFEE

DAY 1

BASELINE WALK/RUN

WARM UP

5 minutes slow walk/slow jog pace.

MAIN ACTIVITY

15 minutes fast walk/run.

COOL DOWN: 5 minutes slow walk.

Measure distance on Phone/Watch/Strava/Map or by landmark.

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DAY 2

HOME/GYM WORKOUT

EMOM x 30mins *(Each Minute on the Minute)*

Min 1 - 10 Air squats

Min 2 - 10 Hand Release Push ups

Min 3 - 10 Body Weight Lunges

Min 4 - Max Reps Burpees

Min 5 - Rest

SCORE = Total Burpees Accumulated

Complete the workout!

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Visit [@gympluscoffee](#) on Instagram for a video guide.

DAY 3

ACTIVE RECOVERY

OPTION 1

20-30 minutes easy pace walk.

OPTION 2

Sea swim & sauna.

*Ring a friend that you haven't
talked to in the last month.*

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DAY 4

YOGA

INTRO TO: Vinyasa Yoga

Gentle Yoga to Create Openness *(beginner friendly)*

Let go of 2023 and welcome in the fresh, new energy of 2024. This class will help to create openness in your body and mind through gentle movement, breath-work and mindfulness. Opening the body and mind through yoga helps to unblock anything that's no longer serving you. It's time to let go of tension, stress, anxiety and the unhealthy habits of the past and allow yourself to open up and receive the abundance that awaits.

Complete Practice.

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DAY 5

MEDITATION

RENEW AND RELEASE: A New Year Energetic Cleanse Meditation

JOURNALING

5 minutes of journaling,
answering these questions:
What are you letting go of from 2023?
What are your goals for 2024?

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DAY 6

NUTRITION

RESETTING AFTER THE NEW YEAR.

DAILY HABITS

Write down 3 healthy habits you want to follow this week.

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DAY 7

ACTIVE RECOVERY

OPTION 1

20-30 minutes easy pace walk.

OPTION 2

Sea swim & sauna.

Talk to a stranger and try learn something interesting about them.

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