

BackOn

TRACK

WEEK 2

GYM+
COFFEE

DAY 8

HOME/GYM WORKOUT

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

Min 1 - 12 Air squats

Min 2 - 12 Hand Release Push ups

Min 3 - 12 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 9

BASELINE WALK/RUN

WARM UP

5 minutes slow walk/slow jog pace.

MAIN ACTIVITY

25 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 10

YOGA

YOGALATES

Yoga/Pilates Hybrid Class

A beautiful blend of Yoga & Pilates, this class will focus on strengthening and toning the full body through slow controlled movements. Be ready to feel the power, heat and energy that this style of class will create.

Complete Practice.

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DAY 11

NUTRITION

STRATEGIC FOOD SHOPPING

TASK

Meal plan for the week ahead.

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DAY 12

HOME/GYM WORKOUT

40-30-20-10 (REPS)

Up-Downs/Burpee

Sit-Ups

Air Squats

SCORE = Time taken to complete total reps

Complete the workout!

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DAY 13

ACTIVE RECOVERY

OPTION 1

20-30 minutes easy pace walk.

OPTION 2

Sea swim & sauna.

Visit your favourite place and take a photo there

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DAY 14

MEDITATION

Rooted in Nature:

A Grounding Meditation for
Earthly Connection.

*Visit @gympluscoffee on Instagram for the
guided meditation on Sunday 14th of January.*

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