

**BackOn**

**TRACK**

WEEK 4

**GYM+**  
**COFFEE**

**DAY 22**

**YOGA**

**SWIFT & POWERFUL STANDING FLOW**

**WHAT YOU WILL NEED:**

Chair or counter to lean on (*preferably hip height*) and yoga mat.

This standing flow will target the lower body area, predominantly the glutes, inner and outer thighs and the core using the support of a chair or countertop to help balance and stabilise. A standing flow is a very effective and quick way to invite strength, heat and tone into the body while creating clarity and focus in the mind.

*Complete Practice.*

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**DAY 23**

**MEDITATION**

## **Journey Beyond**

An Astral Exploration to  
Enlightenment.

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**DAY 24**

**WALK/RUN**

**WARM UP**

**5 minutes** slow walk/slow jog pace.

**MAIN ACTIVITY**

**35 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 25**

**ACTIVE RECOVERY**

**OPTION 1**

**20-30 minutes** easy pace walk.

**OPTION 2**

Sea swim & sauna.

*Over the next week engage in a new hobby or activity that you've been curious about.*

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**DAY 26**

**HOME/GYM WORKOUT**

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

**Min 1** - 16 Air squats

**Min 2** - 16 Hand Release Push ups

**Min 3** - 16 Body Weight Lunges

**Min 4** - Max Reps Burpees

**Min 5** - Rest

**SCORE = Total Burpees Accumulated**

*Complete the workout!*

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**DAY 27**

**NUTRITION**

**MEAL UNDER 15 MINUTES**

**TASK**

Make a high protein snack.

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**DAY 28**

**G+C BIRTHDAY HIKE!**

**HELP US CELEBRATE OUR 7TH BIRTHDAY!**

Complete a 5-7km hike in your local area.

Write down your goal for the year and keep it safe.

**Intensity Level: Moderate.**

*Invite a friend or family member to join you on the hike.*

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