

Let's Move 2024!

MARCH MOTIVATION PACK

For this programme you will need weights.



“

*Nothing is impossible. The word
itself says “I’m possible”
Audrey Hepburn*

” Jo

jotuffrey.com

“A peacock that rests on his
feathers, is just another turkey.”
— Dolly Parton

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY - SUNDAY	
WEEK 1	4 TH <small>NEW</small> All The Toys #5 <small>*circle, band, weight and overall needed*</small>	5 TH <small>NEW</small> Asymmetric ABC <small>*weights suggested*</small>	6 TH <small>NEW</small> Roll & Stretch #2 <small>*roller needed*</small>	7 TH <small>NEW</small> Full Bodyweight Repeat	8 TH /9 TH /10 TH Repeat or Rest	COMPLETE

Feelings: _____

WEEK 2	11 TH <small>NEW</small> 20 Bums	12 TH <small>NEW</small> The Chair and The Band <small>*chair and band needed*</small>	13 TH <small>NEW</small> Open Up & Stretch	14 TH <small>NEW</small> Circle It <small>*circle needed*</small>	15 TH /16 TH /17 TH Repeat or Rest	
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Feelings: _____

WEEK 3	18 TH <small>NEW</small> 10x3 Weights <small>*weights needed*</small>	19 TH <small>NEW</small> Static Stretch	20 TH <small>NEW</small> Inside/Outside Thighs #3 <small>*circle and band needed*</small>	21 ST <small>NEW</small> Just Move #7	22 ND /23 RD /24 TH Repeat or Rest	
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Feelings: _____

WEEK 4	25 TH <small>NEW</small> Biceps & Triceps #2 <small>*weights needed*</small>	26 TH <small>NEW</small> Classical Play Pt 1	27 TH <small>NEW</small> Shoot for the Stars	28 TH <small>NEW</small> Classical Play Pt 2	29 TH /30 TH /31 ST Repeat or Rest	
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Feelings: _____