

GET BACK TO EXERCISE

“ all you
need
to take
control of
YOUR
HEALTH ”



28 DAY PLAN

by Lucy Wyndham-Read

This **Free** challenge is designed to get you “**BACK INTO EXERCISE**”

I have designed you 4 workouts that, over the weeks, increase slightly in time and intensity.

This way you can gently ease exercising back into your day-to-day life.

Within all the workouts I am providing you with both a **HIGH** and **LOW** Impact options so you can tailor the workout to suit you.

The workouts are all home-based and no equipment is needed. We are going to be using your body weight which is one of the best ways to sculpt your body and strengthen your bones and it is kind to your joints.

Please always listen to your body and if one day you are tired, then take a day's rest, so just do what feels right for you.

**THIS FREE CHALLENGE WILL:
INCREASE YOUR FITNESS,
IMPROVE YOUR WELLBEING,
IMPROVE YOUR BONE HEALTH,
INCREASE YOUR METABOLIC HEALTH,
BOOST YOUR ENERGY,
AND TONE YOU UP ALL OVER.**

So all you need to do is press the play button on your weekly workout schedules below and follow along, then tick off each day you complete your workout.



ABOUT WEEK 1

THE 6 MINUTE WORKOUT

Let's kick start the challenge with just 6 minutes, I have made sure each of the 6 moves are full body and we have a lovely mix of dynamic exercises so you will also give your arms and abs a great workout in this 6 minute routine. I am also suggesting later in the day some toning workouts all of which are just 5 minutes.

**PLEASE NOTE THIS WORKOUT WILL LAUNCH ON
SEPTEMBER THE 4TH AT 6:30 AM (GMT) 2023**

(If you click before it will say the video is private)

6 MIN

**FULL BODY
CARDIO**

HIGH & LOW IMPACT OPTIONS



You repeat the same 6-minute workout from Monday to Saturday. The workout is designed that you can pick and choose if you want to do the low or high impact moves. All the links are below.

WEEK 1

CLICK ON THE PLAY BUTTON FOR WORKOUT 

Please note that you will need to be online to view the workouts. You can split the workouts up so you do one in the morning then one later in the day or you could do one after the other. Whatever works best for you.

AM

PM

Mon

6 MIN
CARDIO



5 MIN
ABS



Tues

6 MIN
CARDIO



5 MIN
LEGS



Wed

6 MIN
CARDIO



5 MIN
ARMS



Thu

6 MIN
CARDIO



5 MIN
GLUTES



Fri

6 MIN
CARDIO



5 MIN
WAIST



Sat

6 MIN
CARDIO



5 MIN
STRETCH



Sun

INDOOR
WALK



YOU PICK HOW LONG YOU
WANT TO WALK FOR FROM
SIMPLY SELECTING ONE OF THE
WALKING WORKOUTS
ON THIS THIS PLAYLIST

ABOUT WEEK 2

THE 8 MINUTE WORKOUT

For Week 2 as you will now have already increased your fitness I am increasing the intensity of the exercises and all 8 moves are total body so you will be firing up your metabolic health and sculpting all over. Again for this week I have also picked you some more 5 minute toning workouts you can do later in the day, or if you prefer straight after you complete your 8 minute cardio workout

**PLEASE NOTE THIS WORKOUT WILL LAUNCH ON
SEPTEMBER THE 11TH AT 6:30 AM (GMT) 2023**

(If you click before it will say the video is private)

8 MIN

**FULL BODY
CARDIO**

HIGH & LOW IMPACT OPTIONS



You repeat the same 8-minute workout from Monday to Saturday. The workout is designed so that you can pick and choose if you want to do the low or high-impact moves. All the links are below.

WEEK 2 CLICK ON THE PLAY BUTTON FOR WORKOUT

Please note that you will need to be online to view the workouts. You can split the workouts up so you do one in the morning then one later in the day or you could do one after the other. Whatever works best for you.

	AM		PM			
Mon	8 MIN CARDIO			5 MIN BACK		
Tues	8 MIN CARDIO			5 MIN BUST		
Wed	8 MIN CARDIO			5 MIN INNER THIGHS		
Thu	8 MIN CARDIO			5 MIN HIPS & GLUTES		
Fri	8 MIN CARDIO			5 MIN ABS		
Sat	8 MIN CARDIO			5 MIN MOBILITY		
Sun	INDOOR WALK					

YOU PICK HOW LONG YOU WANT TO WALK FOR FROM SIMPLY SELECTING ONE OF THE WALKING WORKOUTS ON THIS THIS PLAYLIST

ABOUT WEEK 3

THE 10 MINUTE WORKOUT

Week 3 is a fabulous high energy 10 minute workout and lots of fun new moves all again focusing on using the best weight of all; body weight. You will definitely be feeling fitter, have lots of energy, be feeling super toned and super fit. For your extra workouts

I have slightly increased some of them to 10 minutes because by now you will definitely be “Back into Exercise” again just pick and choose the ones you want to do,

PLEASE NOTE THIS WORKOUT WILL LAUNCH ON SEPTEMBER THE 18TH AT 6:30 AM (GMT) 2023

(If you click before it will say the video is private)

10 MIN

**FULL BODY
CARDIO**

HIGH & LOW IMPACT OPTIONS



You repeat the same 10-minute workout from Monday to Saturday. The workout is designed so that you can pick and choose if you want to do the low or high-impact moves. All the links are below.

WEEK 3 CLICK ON THE PLAY BUTTON FOR WORKOUT

Please note that you will need to be online to view the workouts. You can split the workouts up so you do one in the morning then one later in the day or you could do one after the other. Whatever works best for you.

Mon

AM

10 MIN
CARDIO



PM

5 MIN
FULL
BODY



Tues

10 MIN
CARDIO



8 MIN
ABS



Wed

10 MIN
CARDIO



7 MIN
UPPER
BODY



Thu

10 MIN
CARDIO



5 MIN
ABS &
THIGHS



Fri

10 MIN
CARDIO



10 MIN
LEGS



Sat

10 MIN
CARDIO



5 MIN
POSTURE



Sun

INDOOR
WALK



YOU PICK HOW LONG YOU
WANT TO WALK FOR FROM
SIMPLY SELECTING ONE OF THE
WALKING WORKOUTS
ON THIS THIS PLAYLIST

ABOUT WEEK 4

THE 12 MINUTE WORKOUT

So we are now on the final week and as your online personal trainer I know you are going to be feeling so good from these workouts and you will have boosted your overall fitness levels, so once again I have upped the intensity and the time as this week we will be doing 12 minutes. For your optional extras, we have a mix of 5 minutes up to 12 minutes, so easy to fit in, even on a busy day.

**PLEASE NOTE THIS WORKOUT WILL LAUNCH ON
SEPTEMBER THE 25TH AT 6:30 AM (GMT) 2023**

(If you click before it will say the video is private)



12 MIN

**FULL BODY
CARDIO**

HIGH & LOW IMPACT OPTIONS

You repeat the same 12 minute workout from Monday to Saturday. The workout is designed so that you can pick and choose if you want to do the low or high-impact moves. All the links are below.

WEEK 4

CLICK ON THE PLAY BUTTON FOR WORKOUT 

Please note that you will need to be online to view the workouts. You can split the workouts up so you do one in the morning then one later in the day or you could do one after the other. Whatever works best for you.

AM

PM

Mon

12 MIN
CARDIO



8 MIN
ABS &
WAIST



Tues

12 MIN
CARDIO



9 MIN
FULL
BODY



Wed

12 MIN
CARDIO



12 MIN
CHEST &
GLUTES



Thu

12 MIN
CARDIO



7 MIN
ABS



Fri

12 MIN
CARDIO



7 MIN
ARMS



Sat

12 MIN
CARDIO



5 MIN
STRETCH



Sun

INDOOR
WALK



YOU PICK HOW LONG YOU
WANT TO WALK FOR FROM
SIMPLY SELECTING ONE OF THE
WALKING WORKOUTS
ON THIS THIS PLAYLIST

FREE HEALTHY RECIPES

CLICK ON ANY PICTURE FOR THE RECIPE



USEFUL BLOGS

Click on any of the pictures for the blog

START YOUR HEALTH JOURNEY



THE IMPORTANCE OF HYDRATION



HOW TO INCREASE YOUR ENERGY



BENEFITS OF WALKING



**CLICK ON ANY SOCIAL
MEDIA ICON
TO CONNECT**

And do let me know how you got on.



**Always
here to
keep *YOU*
and *YOUR*
loved
ones**

MOVING AND MOTIVATED

Lucy H

