

Men on the Move ONLINE PROGRAMME

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	Go for a 5k Walk	Follow the BYPB Video 1	Optional Rest Day	Follow our Core & Abs Workout Video	MOM Session 1 BEGINNER ADVANCED	Try Orienteering	Optional Rest Day
WEEK 2	Go for a 5k Walk	Follow the BYPB Video 2	Optional Rest Day	Follow our Flexibility Video	MOM Session 2 BEGINNER ADVANCED	Play Pitch & Putt	Optional Rest Day
WEEK 3	Go for a 5k Walk	Follow the BYPB Video 3	Optional Rest Day	Follow our Core Video	MOM Session 3 BEGINNER ADVANCED	Go for a swim or cycle	Optional Rest Day
WEEK 4	Go for a 5k Walk	Follow the BYPB Video 4	Optional Rest Day	Follow our Pilates Video	MOM Session 4 BEGINNER ADVANCED	Walk & explore your area	Optional Rest Day