



# THE MUM GYM

## Planning the month

### Workouts

1. You will find a monthly planner [here](#). Use this to plan your week ahead.
2. There are 3 workouts each month and the goal is to complete each one, once a week for the month. This ensures the fitness principle "progressive overload" is met. This means doing the same exercises repeatedly to ensure you place enough stress on the muscles to help them strengthen and grow.
3. There are videos and pdfs for each workout. Maybe by week 3 you may not need the video hence the pdf which you can print out or screenshot on your phone . It is all about making it as easy as possible for you to get the workout in. So if the thought of getting the videos set up and going is too much (which is perfectly ok if it is) then have the workout on your phone ready to go.
4. REMEMBER: consistency over perfection! If the workout calls for 3 rounds and you only get one round in... that one round is A LOT better than zero rounds!! If you are having a very unmotivated day.... tell yourself you will do just one round or you will just do the quick finisher..... you may just surprise yourself and do it all!
5. Check in! There is a check in [form here](#) to fill in on fridays. It's optional, but if you think a bit of accountability is going to help then use this resource! I'll reply back in a day or two!