

#4Georgia host pack

Move together. Support Georgia. · Saturday 24 October 2026 or in your own time

Hosting 4Georgia at your gym

4Georgia is a partner workout anyone can take part in, wherever they are. Choose the workout version that works for each pair's ability and equipment. Partners can choose different movements and weights.

One partner works at a time during the rounds. All quantities are totals for the pair in each round, not per person. Complete four rounds, then finish together.

All we ask is a small donation, whatever each person can comfortably give, to help Georgia access specialist neurological care. There is no entry fee or minimum donation.

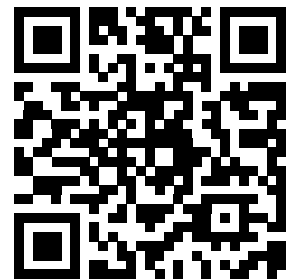
Invite another pair or gym to join you, and share your support using #4Georgia.

Donate to Georgia (scan the QR code)

<https://www.justgiving.com/crowdfunding/4georgia>

Workout and booking details

<https://beyondwalls.uk/4georgia>



Share message

We're taking part in #4Georgia to help Georgia access specialist neurological care. Join us at Beyond Walls on Saturday 24 October, or complete the workout wherever you are. All we ask is a small donation, whatever you can comfortably give. Workout and booking details: <https://beyondwalls.uk/4georgia> Donate:

<https://www.justgiving.com/crowdfunding/4georgia>

The #4Georgia workout

Prescribed

With a partner · 4 rounds · Shared totals per round · One partner works at a time

- **19 power snatches**
35kg barbell
- **300m Diver's Carry**
2 × 17.5kg dumbbells
- **24 toes-to-bar**
- **40m Giant Strides**
bodyweight walking lunges

Then: Run (or walk) or Row 1,250m together to finish.

No time cap on the finish.

Reduced weight

With a partner · 4 rounds · Shared totals per round · One partner works at a time

- **19 power snatches**
lighter barbell, technique bar or PVC pipe
- **300m Diver's Carry**
two lighter dumbbells
- **24 lying knee raises or flutter kicks**
- **40m walking lunges or 40 supported lunges on the spot**

Then: Run (or walk) or Row 1,250m together to finish.

No time cap on the finish.

No equipment

No gym equipment needed. Use household items.

With a partner · 4 rounds · Shared totals per round · One partner works at a time

- **19 floor-to-overhead lifts**
a sturdy, manageable household object
- **300m Diver's Carry**
two sturdy bags or water containers, or an unloaded walk
- **24 lying knee raises or flutter kicks**
- **40m walking lunges or 40 supported lunges on the spot**

Then: Run (or walk) or Row 1,250m together to finish.

No time cap on the finish.

Time limits (all versions)

- Snatches or floor-to-overhead lifts: 2 minutes
- Diver's Carry or unloaded walk: 4 minutes
- Toes-to-bar, knee raises or flutter kicks: 2 minutes
- Walking or supported lunges: 2 minutes

Finish the target or reach the time limit, then move straight on. Maximum 10 minutes per round and 40 minutes for the four rounds. Full details: beyondwalls.uk/4georgia