

SATURDAY 24 OCTOBER 2026

4Georgia

Move together. Support Georgia.

ONE WORKOUT. A SMALL DONATION. REAL SUPPORT.



Find a partner. Choose your version. Take part wherever you are.

Help Georgia access specialist neurological care. All we ask is a small donation, whatever you can comfortably give.

[Donate: justgiving.com/crowdfunding/4georgia](https://justgiving.com/crowdfunding/4georgia)

WORKOUT OPTIONS: 5-7 / DONATING & BOOKING: 12

THE PERSON BEHIND THE WORKOUT

Georgia's story

At 24, Georgia is facing another health crisis after fighting hard to rebuild a life she loved.

Following a spinal cord injury, Georgia learnt to walk again, taking her first steps after three and a half years. She travelled the world, returned to the ocean, became a Divemaster and built a life in Bali.

Then a serious illness changed everything again. She experienced paralysis, seizures and critical illness, including needing ventilation. Medically evacuated to the UK, she has lost abilities she worked so hard to regain and is still seeking answers about the problems affecting her brain and spinal cord.

4Georgia brings people together to help her access private specialist assessment, investigations and rehabilitation. Our first fundraising goal is £600 towards an initial specialist neurological assessment.



Happier times



The journey home



Georgia in hospital

"Because I've taken them before. And I want to take them again. This is not where my story ends."

Georgia, on her hope of taking her first steps again.

EVERY PART HAS A STORY

More than a workout

4 rounds, with a partner

Four rounds for Georgia. Shared work because she is not alone.

19 power snatches

19 was her age at her first health crisis. Snatches are a movement she loves.

35kg

Inspired by Georgia's love of diving and the hawksbill turtles found around Bali.

300m Diver's Carry

The distance she walked to work on the island. The two weights are inspired by carrying diving tanks.

24 toes-to-bar

Her age during this latest health crisis, paired with her most hated movement. Flutter kicks are a nod to the leg action used in diving.

40m Giant Strides

40m was her deepest dive. Giant Strides takes its name from the step off a boat into the water.

1,250m Home

A symbolic journey home from Bali, finished with the support of your partner.

READ THIS BEFORE YOU START

How it works

The same rules apply to all three versions.

- 1 Choose your movements and equipment.** Partners may use different weights or versions. Read the movement notes before starting.
- 2 Work through four movements in order.** This is one round. Repeat the sequence four times.
- 3 One partner works at a time.** The other rests, counts and watches the clock. All reps and distances in a round are totals for your pair, not for each person.
- 4 Split the work however you like.** Swap before you become too tired to move well. A rep means one complete repetition of a movement.
- 5 Finish the target or reach the cap, then move on.** You do not have to use all the time. Leave unfinished work behind; do not add it to the next round.
- 6 After round four, complete 1,250m Home once.** This final section has no time cap.

FIRM MOVEMENT CAPS: 2 / 4 / 2 / 2 MINUTES

Snatches: 2 minutes. Carry: 4 minutes. Core movement: 2 minutes. Lunges: 2 minutes. Maximum 10 minutes per round, 40 minutes for all four rounds.

Keep the clocks running. Start the first cap with the workout. Start each new cap immediately when the previous movement finishes or times out. Setup, rests and partner changes count within the cap. No extra rest between rounds.

Example: finish the snatches in 1:20 and start the carry clock immediately. If the carry is unfinished at 4:00, put the weights down and move to your core exercise.

OPTION 1 / FULL EQUIPMENT

As prescribed

For partners already comfortable with barbell snatches and toes-to-bar.

You need: a barbell loaded to 35kg in total, two 17.5kg dumbbells, a secure pull-up bar, a measured route and a timer.

EACH ROUND × 4 • SHARED TOTALS • ONE PARTNER WORKS

19**Power snatches**

35kg barbell, including the bar.

2 min**MAX****300m****Diver's Carry**

Two 17.5kg dumbbells, one in each hand.

4 min**MAX****24****Toes-to-bar**

Both feet touch the bar together for each rep.

2 min**MAX****40m****Giant Strides**

Bodyweight walking lunges.

2 min**MAX**

THEN, ONCE: 1,250m HOME

Run or walk together, 1,250m each. Row together on separate machines, 1,250m each, or split 1,250m total on one shared rower.

No time cap.

All round targets are shared. One person works at a time. Change to an adapted movement or lighter weight whenever you need to. See pages 8-10 for movement instructions.

OPTION 2 / GENERAL GYM

Adapted gym workout

The same shared challenge, using lighter weights and accessible alternatives.

You need: a lighter barbell, technique bar or PVC pipe; two manageable dumbbells; floor space or a mat; a route and timer. A stable chair and cushion are optional.

EACH ROUND × 4 • SHARED TOTALS • ONE PARTNER WORKS

19**Power snatches**

Lighter barbell, technique bar or PVC pipe.

2 min**MAX****300m****Diver's Carry**

Two lighter dumbbells, one in each hand.

4 min**MAX****24****Lying knee raises or flutter kicks**

Flutter kicks: left + right = one rep.

2 min**MAX****40m****Walking lunges**

Or 40 supported lunges on the spot.

2 min**MAX**

THEN, ONCE: 1,250m HOME

Run or walk together, 1,250m each. Row together on separate machines, 1,250m each, or split 1,250m total on one shared rower.

No time cap.

Start light. Practise before the clock starts. If snatches are new to you, use a PVC pipe and seek a technique check from gym staff before adding weight. Partners can choose different loads.

OPTION 3 / AT HOME OR OUTDOORS

No specialist equipment

Use simple household items and a clear space to move.

You need: one sturdy, securely grippable object for lifting; two robust bags or water containers for carrying; a route and timer. A mat, stable chair and cushion are optional.

EACH ROUND × 4 • SHARED TOTALS • ONE PARTNER WORKS

19**Floor-to-overhead lifts**

One manageable object; one continuous lift.

2 min**MAX****300m****Diver's Carry**

Two bags or containers, or an unloaded walk.

4 min**MAX****24****Lying knee raises or flutter kicks**

Flutter kicks: left + right = one rep.

2 min**MAX****40m****Walking lunges**

Or 40 supported lunges on the spot.

2 min**MAX**

THEN, ONCE: 1,250m HOME

Run or walk together, 1,250m each. Row together on separate machines, 1,250m each, or split 1,250m total on one shared rower.

No time cap.

Check your equipment first. Use secure handles and lids, with no sharp edges or loose contents. Choose a controllable overhead load. Lower objects carefully; never throw or drop them.

MOVEMENT GUIDE / LIFT AND CARRY

From floor to overhead

Power snatch: barbell or PVC pipe

Start with feet around hip-width and a wide, overhand grip. Bend at the hips and knees, keep your back steady and hold the bar close to your legs. For a loaded bar, start with the plates on the floor.

- 1** Push through your feet and extend your hips and knees, keeping the bar close.
- 2** Guide the bar overhead in one continuous movement, receiving it with straight arms and a small knee bend, rather than a deep squat.
- 3** Stand tall with hips, knees and arms straight and the bar balanced overhead. This completes one rep. Lower under control and reset.

Using a PVC pipe or small plates? Start around mid-shin height rather than forcing the pipe or bar to the floor. Keep the same movement pattern. Practise unloaded before adding weight.

Household object: floor-to-overhead lift

Choose a compact, sturdy object you can grip securely with both hands. Bend your hips and knees to pick it up. Use your legs to stand and guide it close to your body, continuing overhead without resting it at your shoulders. Finish standing tall with arms straight. Lower carefully to the floor for the next rep.

Diver's Carry

Pick up one weight in each hand, stand tall and walk with controlled steps and your arms by your sides. Keep shoulders relaxed and the route clear. Put the weights down carefully before swapping partners.

Count distance, not steps. On a 10m route, every one-way length counts as 10m; out and back is 20m. Complete 30 one-way lengths between you for 300m, or stop at four minutes.

Easier options: lighter dumbbells, lighter bags or containers, or an unloaded walk. Only the working partner's distance counts towards the round total.

MOVEMENT GUIDE / CORE

Your core movement

Share 24 reps between you. All options have a firm two-minute cap.

Toes-to-bar

Use this option if you already know the movement. Hang from a secure bar with arms straight. Raise both feet to touch the bar between your hands together, then lower under control to a full hang, with feet returning behind the bar's vertical line. That is one rep. Do not learn swinging toes-to-bar during the workout.

Lying knee raises

Lie on your back on a mat or comfortable surface. Bend your knees and bring both knees towards your chest together, then slowly extend your legs away again. Keep the movement controlled and your lower back comfortable. One knees-in-and-out cycle counts as one rep.

Make it manageable: keep more bend in your knees and shorten how far you extend your legs. Rest your feet between reps if needed.

Flutter kicks

Lie on your back with your head resting down and arms by your sides. Lift your feet a little and make small, alternating up-and-down kicks. Keep the movement slow enough to control, without arching your lower back.

COUNT LEFT + RIGHT AS ONE REP

One left-leg kick followed by one right-leg kick = one rep. Complete 24 pairs of kicks between you, not 24 per person. For example, each partner could do 12 pairs.

Adjust for comfort: bend your knees slightly or hold your legs higher if that helps you control your back. Flutter kicks are an alternative, but will not feel easier for everyone. Choose the option you can perform comfortably.

Different options within one pair? Add the reps together. For example, 10 toes-to-bar plus 14 lying knee raises completes the shared target of 24.

MOVEMENT GUIDE / GIANT STRIDES

Lunge your way forward

40m walking lunges, or 40 supported lunges on the spot. Two minutes maximum.

Walking lunges

- 1** Stand tall and take a comfortable step forward. Bend both knees, keeping your front knee in line with your toes.
- 2** Lower with control until your back knee gently touches the floor, if comfortable. Do not bang your knee down.
- 3** Push through your front foot, stand up fully and step into the next lunge with the other leg. Keep alternating legs along your measured route.

Count metres. Mark a clear 10m route and complete four one-way lengths between you. Swap partners whenever needed, or stop at the two-minute cap.

Supported lunges on the spot

- 1** Use a sturdy chair secured against a wall, or a broom handle for light balance support on a non-slip surface. Place a firm cushion under where your back knee will lower.
- 2** Take a split stance and gently lower your back knee towards the cushion. Use the cushion to shorten the movement, keeping within a comfortable range.
- 3** Press back up to standing, then change legs. Each lowering-and-standing movement counts as one rep. Complete 40 alternating reps between you, or stop at two minutes.

IF YOU MIX WALKING AND SUPPORTED LUNGES

Agree shares before starting. For example, one partner completes half the target as 20m walking lunges, and the other half as 20 supported reps. This is a practical event conversion, not an exact distance equivalence.

Use a secure chair if you need more than light balance support. The aim is controlled movement, not reaching the floor at any cost.

THE FINISH / GETTING READY

1,250m Home

Once only, after all four rounds. No time cap.

Run or walk together

Both partners cover the full 1,250m. Choose a pace that keeps you together, and walk whenever you need to. A measured route or distance-tracking app can help you plan the finish.

Row together, or share one machine

With two rowing machines, row 1,250m each at the same time and aim to finish together. With one machine, share a total of 1,250m, swapping whenever you choose. Leave the distance running when you change partners.

New to rowing? Secure the foot straps. Push with your legs, lean back slightly, then draw the handle towards your lower ribs. Return arms first, then lean forward from the hips, then bend your knees. Use a comfortable rhythm.



A finish to share.

Keep encouraging each other. Take the time you need. This final section reflects the support of the people around Georgia on her journey home.

DONATING AND BOOKING

Take part. Donate. Share.

Join us at Beyond Walls

We're opening our doors to anyone who wants to complete 4Georgia on Saturday 24 October, with sessions from 7:30am to 10:30am. You do not need to be a member, but please book before coming along.

New to Beyond Walls? Create an account using the link below, then book a 4Georgia session. Creating an account alone does not reserve a place.

Create your account, then book your session

Already have an account? Use your usual Beyond Walls booking account to book a 4Georgia session. Check the event page for session details.

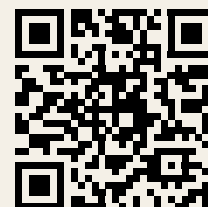
Find us: Unit 40B, Lower Mount Farm, Long Lane, Cookham, Maidenhead SL6 9RF.

Take part wherever you are

Complete the workout at your own gym or with friends in your own time. You do not need a Beyond Walls account to participate elsewhere. Find a partner and choose the version that works for your ability and equipment.

Our first goal: £600

Towards Georgia's first private specialist neurological assessment. This is an estimated cost, pending a confirmed quote. Any additional funds will help towards further specialist investigations and rehabilitation. Beyond Walls is organising this fundraiser in support of Georgia and her family.



Scan to donate

Donate: justgiving.com/crowdfunding/4georgia

All we ask is a small donation, whatever you can comfortably give. You can also donate or share the fundraiser without doing the workout.

Event details: beyondwalls.uk/4georgia

YOUR EVENT CHECKLIST

Ready to take part?

Before the clock starts

Set out your equipment, mark the carry and lunge routes, and agree who counts and times each movement. Spend 5-10 minutes warming up with easy walking and gentle practice of your chosen movements. Keep loads manageable and leave room for each other.

Rest whenever you need to; the movement clock keeps running. Stop if a movement causes pain or you feel unwell. If a movement does not suit your ability, ask a coach for an appropriate alternative.

Share your support

Post a photo, video or message using #4Georgia and invite another pair or gym to join. Tag @uk_beyond_walls if you wish. Only share photos of others with their agreement.

Workout and event details: beyondwalls.uk/4georgia

Donate: justgiving.com/crowdfunding/4georgia

KEEP TRACK OF YOUR FOUR ROUNDS

Round 1

Round 2

Round 3

Round 4

Quick page finder

The story: 2-3. How it works and timing: 4. Workout options: 5-7.

Movement instructions: 8-10. The finish: 11.

Donating and booking: 12. Event checklist: 13.

Updated 11 October 2026. Event format and adaptations: Beyond Walls.

Movement references: CrossFit: The Power Snatch; Concept2: Indoor Rowing Technique.