

<p>WARM UP x 3 sets</p> <p><i>Raise body temp</i></p> <p>1. High Knee March 10 reps/side</p> <p>2. Cross Arm Swings 10 reps</p> <p><i>Activate</i></p> <p>3. Wall Slide 5 reps</p> <p>4. Glute Bridge 5 reps</p> <p><i>Mobilise</i></p> <p>5. Wide Stance Floor Touch 5 reps</p>	 <p>SCAN HERE FOR A VIDEO DEMONSTRATION OF THE WARM UP :-)</p> 	<p>Food diary</p> <p>Track your food and drink and review with a coach</p>
		<p>Goal setting</p> <p>Download this worksheet and set your next goal!</p> 

1 Anywhere 1	EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
	A's	Full Body Circuit (1)- Side Plank Star Hold (2)- Sumo Squat Hold (3)- Press Up Bottom Hold	3-4 sets (1)- 10 seconds/side (2)- 20 seconds (3)- 10 seconds	3-4 sets (1)- 15 seconds/side (2)- 30 seconds (3)- 15 seconds	3-4 sets (1)- 20 seconds/side (2)- 40 seconds (3)- 20 seconds	2-3 sets (1)- 20 seconds/side (2)- 40 seconds (3)- 20 seconds
	B1	Kickstand Hip Thrust	3-4 sets 8 reps/side	3-4 sets 10 reps/side	3-4 sets 12 reps/side	2-3 sets 12 reps/side
	B2	Hollow Lifts	3-4 sets 6 reps	3-4 sets 8 reps	3-4 sets 10 reps	2-3 sets 10 reps
	C's	Fitness Circuit (1)- 1-Arm Low Jack (2)- Hip Taps (3)- Walking Lunges	5 sets (5 minutes) (1)- 20 seconds (2)- 20 seconds (3)- 20 seconds	5 sets (6 minutes 15 seconds) (1)- 25 seconds (2)- 25 seconds (3)- 25 seconds	5 sets (7 minutes 30 seconds) (1)- 30 seconds (2)- 30 seconds (3)- 30 seconds	4 sets (6 minutes) (1)- 30 seconds (2)- 30 seconds (3)- 30 seconds
	D	Workout of the Week				

2	EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
	A's	Full Body Circuit (1)- Cobra Hold (2)- Double Leg Dead Bug Hold (3)- 1-Leg Glute Bridge Hold	3-4 sets (1)- 10 seconds (2)- 20 seconds (3)- 10 seconds/side	3-4 sets (1)- 15 seconds (2)- 30 seconds (3)- 15 seconds/side	3-4 sets (1)- 20 seconds (2)- 40 seconds (3)- 20 seconds/side	2-3 sets (1)- 20 seconds (2)- 40 seconds (3)- 20 seconds/side
	B1	One-Leg Squat to Chair	3-4 sets 6 reps/side	3-4 sets 8 reps/side	3-4 sets 10 reps/side	2-3 sets 10 reps/side
	B2	Wall Squat Hold	3-4 sets 20 seconds	3-4 sets 25 seconds	3-4 sets 30 seconds	2-3 sets 30 seconds
	C1	Wall Tricep Push Away	3-4 sets 6 reps	3-4 sets 8 reps	3-4 sets 10 reps	2-3 sets 10 reps
	C2	Tricep Dip Bottom Hold	3-4 sets 10 seconds	3-4 sets 15 seconds	3-4 sets 20 seconds	2-3 sets 20 seconds
	D's	Fitness Circuit (1)- Line Touch (2)- Inchworm (3)- Leg Lower to Toe Touch Crunch	3 sets (9 minutes) (1)- 60 seconds (2)- 60 seconds (3)- 60 seconds	3 sets (10 minutes 30 seconds) (1)- 70 seconds (2)- 70 seconds (3)- 70 seconds	3 sets (12 minutes) (1)- 80 seconds (2)- 80 seconds (3)- 80 seconds	3 sets (10 minutes 30 seconds) (1)- 70 seconds (2)- 70 seconds (3)- 70 seconds

3	EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
	A's	Full Body Circuit (1)- Split Squat Hold (2)- Long Lever Plank (3)- Nordic Hold	3-4 sets (1)- 10 seconds/side (2)- 20 seconds (3)- 10 seconds	3-4 sets (1)- 15 seconds/side (2)- 30 seconds (3)- 15 seconds	3-4 sets (1)- 20 seconds/side (2)- 40 seconds (3)- 20 seconds	2-3 sets (1)- 20 seconds/side (2)- 40 seconds (3)- 20 seconds
	B1	Press Up	3-4 sets 6 reps	3-4 sets 8 reps	3-4 sets 10 reps	2-3 sets 10 reps
	B2	Supine 'W' Hold	3-4 sets 20 seconds	3-4 sets 25 seconds	3-4 sets 30 seconds	2-3 sets 30 seconds
	C1	Hip Thrust Hold + Psoas March	3-4 sets 8 reps/side	3-4 sets 10 reps/side	3-4 sets 12 reps/side	2-3 sets 12 reps/side
	C2	RFESS Bottom Hold	3-4 sets 10 seconds/side	3-4 sets 15 seconds/side	3-4 sets 20 seconds/side	2-3 sets 20 seconds/side
	D's	Fitness Circuit (1)- Step Toe Tap (2)- Bear Crawl Shoulder Tap (3)- Window Wiper (4)- Rest	3 sets (8 minutes) (1)- 40 seconds (2)- 40 seconds (3)- 40 seconds (4)- 40 seconds	3 sets (10 minutes) (1)- 50 seconds (2)- 50 seconds (3)- 50 seconds (4)- 50 seconds	3 sets (12 minutes) (1)- 60 seconds (2)- 60 seconds (3)- 60 seconds (4)- 60 seconds	3 sets (10 minutes) (1)- 50 seconds (2)- 50 seconds (3)- 50 seconds (4)- 50 seconds