






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

1 Regenerate 1	EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
	A1	Side Plank	3 sets 20 seconds/side	3-4 sets 20 seconds/side	4-5 sets 20 seconds/side	3 sets 2 0 seconds/side
	A2	Palms Up Band Row	3 sets 10 reps	3-4 sets 10 reps	4-5 sets 10 reps	3 sets 10 reps
	B1	Hip Thrust Hold	3 sets 20 seconds	3-4 sets 20 seconds	4-5 sets 20 seconds	3 sets 20 seconds
	B2	Seated Overhead Press	3 sets 8 reps	3-4 sets 8 reps	4-5 sets 8 reps	3 sets 8 reps
	C1	TKE	3 sets 12 reps/side	3-4 sets 12 reps/side	4-5 sets 12 reps/side	3 sets 12 reps/side
	C2	Wide Stance Pallof Hold	3 sets 20 seconds/side	3-4 sets 20 seconds/side	4-5 sets 20 seconds/side	3 sets 20 seconds/side
	D1	Seated Prisoner Twist	3 sets 8 reps/side	3-4 sets 8 reps/side	4-5 sets 8 reps/side	3 sets 8 reps/side
	D2	Calf Raise Hold	3 sets 20 seconds	3-4 sets 20 seconds	4-5 sets 20 seconds	3 sets 20 seconds
	E1	Bike/Rower	4-8 minutes	5-9 minutes	6-10 minutes	6 minutes

2 Regenerate 2	EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
	A1	1-Leg Glute Bridge Hold	3 sets 20 seconds/side	3-4 sets 20 seconds/side	4-5 sets 20 seconds/side	3 sets 20 seconds/side
	A2	Shoulder Taps	3 sets 8 reps/side	3-4 sets 8 reps/side	4-5 sets 8 reps/side	3 sets 8 reps/side
	B1	Wall Squat Hold	3 sets 20 seconds	3-4 sets 20 seconds	4-5 sets 20 seconds	3 sets 20 seconds
	B2	DB Pullover	3 sets 10 reps	3-4 sets 10 reps	4-5 sets 10 reps	3 sets 10 reps
	C1	Farmers Walk	3 sets 2 lengths	3-4 sets 2 lengths	4-5 sets 2 lengths	3 sets 2 lengths
	C2	Cobra Hold	3 sets 20 seconds	3-4 sets 20 seconds	4-5 sets 20 seconds	3 sets 20 seconds
	D1	Zombie Crunch Hold	3 sets 20 seconds	3-4 sets 20 seconds	4-5 sets 20 seconds	3 sets 20 seconds
	D2	Wrist Roller	3 sets 2 up/down	3-4 sets 2 up/down	4-5 sets 2 up/down	3 sets 2 up/down
	E1	1-Leg Balance	2 sets 20-40 seconds/side	2 sets 20-40 seconds/side	2 sets 20-40 seconds/side	2 sets 20-40 seconds/side