

<p>WARM UP x 3 sets</p> <p><i>Raise body temp</i></p> <p>1. Sprinter Step Back 5 reps/side</p> <p>2. Bent Arm Circles 10 reps/direction</p> <p><i>Activate</i></p> <p>3. Handcuff Lift Off 10 reps</p> <p>4. Birddog 5 reps/side</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><i>Mobilise</i></p> <p>5. Hip Flexor Side Bends 5 reps/direction/side</p>	<p>How to track your progress?</p> <p>What gets measured, gets managed.</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 Front Kick (2)- 1.5 rep Squat (3)- Bent Over 'A'	3 sets (1)- 10 reps/side (2)- 10 reps (3)- 10 reps	4 sets (1)- 10 reps/side (2)- 10 reps (3)- 10 reps	4 sets (1)- 12 reps/side (2)- 12 reps (3)- 12 reps	3 sets (1)- 12 reps/side (2)- 12 reps (3)- 12 reps
	B1 Cossack Squat	4 sets 8 reps/side	4 sets 9 reps/side	4 sets 10 reps/side	3 sets 10 reps/side
	B2 Same Side Birddog	4 sets 4 reps/side	4 sets 5 reps/side	4 sets 6 reps/side	3 sets 6 reps/side
	C's Fitness Circuit (1)- Reverse Lunge + Reach (2)- High Plank + Reach (3)- Sprinter Sit Ups (4)- REST	5 sets (6 minutes 40 seconds) (1)- 20 seconds (2)- 20 seconds (3)- 20 seconds (3)- 20 seconds	5 sets (8 minutes 20 seconds) (1)- 25 seconds (2)- 25 seconds (3)- 25 seconds (3)- 25 seconds	5 sets (10 minutes) (1)- 30 seconds (2)- 30 seconds (3)- 30 seconds (3)- 30 seconds	4 sets (8 minutes) (1)- 30 seconds (2)- 30 seconds (3)- 30 seconds (3)- 30 seconds
	D Workout of the Week				

2	EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
	A's	Full Body Circuit (1)- Pike Shoulder Tap (2)- 1.5 rep Double Leg Deadbug (3)- 1.5 rep Hip Thrust	3 sets (1)- 10 reps/side (2)- 10 reps (3)- 10 reps	4 sets (1)- 10 reps/side (2)- 10 reps (3)- 10 reps	4 sets (1)- 12 reps/side (2)- 12 reps (3)- 12 reps	3 sets (1)- 12 reps/side (2)- 12 reps (3)- 12 reps
	B1	Curtsey Lunge	4 sets 6 reps/side	4 sets 9 reps/side	4 sets 12 reps/side	3 sets 6 reps/side
	B2	Scissor Crunch	4 sets 6 reps/side	4 sets 9 reps/side	4 sets 12 reps/side	3 sets 6 reps/side
	C1	Kang Squat	4 sets 6 reps	4 sets 9 reps	4 sets 12 reps	3 sets 12 reps
	C2	Scorpion Plank	4 sets 6 reps/side	4 sets 9 reps/side	4 sets 12 reps/side	3 sets 6 reps/side
	D's	Fitness Circuit (1)- Sprinter Step Ups (2)- Spidermans (3)- Reverse Low Jack	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 (13 minutes 30 seconds) (1)- 90 seconds (2)- 90 seconds (3)- 90 seconds	3 sets (12 minutes) (1)- 80 seconds (2)- 80 seconds (3)- 80 seconds

3 Anywhere 3	EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
	A's	Full Body Circuit (1)- Straight Arm Russian Twist (2)- Prone Prisoner Lift Off (3)- Adductor 1-Leg RDL	3 sets (1)- 10 reps/side (2)- 10 reps (3)- 10 reps/side	4 sets (1)- 10 reps/side (2)- 10 reps (3)- 10 reps/side	4 sets (1)- 12 reps/side (2)- 12 reps (3)- 12 reps/side	3 sets (1)- 12 reps/side (2)- 12 reps (3)- 12 reps/side
	B1	Rhythmic Back/Forward Line Jumps	3 sets 20 reps	3 sets 25 reps	3 sets 30 reps	2 sets 30 reps
	B2	Rhythmic Skater Hops	3 sets 6 reps/side	3 sets 8 reps/side	3 sets 10 reps/side	2 sets 10 reps/side
	C1	Press Up T-Rotation	4 sets 2-4 reps/side	4 sets 3-6 reps/side	4 sets 4-8 reps/side	3 sets 4-8 reps/side
	C2	Front Foot Elevated Split Squat	4 sets 8 reps/side	4 sets 9 reps/side	4 sets 10 reps/side	3-4 sets 10 reps/side
	D's	Fitness Circuit (1)- Murpees (2)- Yoga Pike Toe Taps (3)- Surrenders (4)- Rest	4 sets (12 minutes) (1)- 45 seconds (2)- 45 seconds (3)- 45 seconds (4)- 45 seconds	4 sets (11 minutes) (1)- 45 seconds (2)- 45 seconds (3)- 45 seconds (4)- 30 seconds	4 sets (10 minutes) (1)- 45 seconds (2)- 45 seconds (3)- 45 seconds (4)- 15 seconds	4 sets (11 minutes) (1)- 45 seconds (2)- 45 seconds (3)- 45 seconds (4)- 30 seconds