

<p><b>WARM UP x 3 sets</b></p> <p><i>Raise body temp</i></p> <p>1. <b>Sprinter Step Back</b> 5 reps/side</p> <p>2. <b>Bent Arm Circles</b> 10 reps/direction</p> <p><i>Activate</i></p> <p>3. <b>Kneeling Prisoner Extension</b> 10 reps</p> <p>4. <b>Birddog</b> 5 reps/side</p> <p><i>Mobilise</i></p> <p>5. <b>Hip Flexor Side Bends</b> 5 reps/direction/side</p>	<p></p> <p>SCAN HERE FOR A VIDEO DEMONSTRATION OF THE WARM UP :-)</p> 	<p><b>Food diary</b></p> <p>Track your food and drink and review with a coach</p> 
	<p><b>How to track your progress?</b></p> <p>What gets measured, gets managed.</p> 	<p><b>Goal setting</b></p> <p>Download this worksheet and set your next goal!</p> 

1 Regenerate 1	EXERCISE	TEACHING	PROGRESS	PEAK	RELOAD
	A1 Side Plank Lat Raise	3 sets 8 reps/side	3-4 sets 8 reps/side	4-5 sets 8 reps/side	3 sets 8 reps/side
	A2 Palms Up TRX Row	3 sets 8 reps	3-4 sets 8 reps	4-5 sets 8 reps	3 sets 8 reps
	B1 Feet Elevated Glute Bridge	3 sets 12 reps	3-4 sets 12 reps	4-5 sets 12 reps	3 sets 12 reps
	B2 One Arm Z-Press	3 sets 6 reps/side	3-4 sets 6 reps/side	4-5 sets 6 reps/side	3 sets 6 reps/side
	C1 Split Squat	3 sets 6 reps/side	3-4 sets 6 reps/side	4-5 sets 6 reps/side	3 sets 6 reps/side
	C2 Half Kneel Pallof Press	3 sets 6 reps/side	3-4 sets 6 reps/side	4-5 sets 6 reps/side	3 sets 6 reps/side
	D1 Seated Bent Over T-Rotation	3 sets 10 reps/side	3-4 sets 10 reps/side	4-5 sets 10 reps/side	3 sets 10 reps/side
	D2 Calf Raise March	3 sets 10 reps/side	3-4 sets 10 reps/side	4-5 sets 10 reps/side	3 sets 10 reps/side
	E1 Bike/Rower/Ropes	3 sets 30 seconds ON 30 seconds OFF	4 sets 30 seconds ON 30 seconds OFF	5 sets 30 seconds ON 30 seconds OFF	3 sets 30 seconds ON 30 seconds OFF

2

Regenerate 2

EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
A1	Step Up	3 sets 8 reps/side	3-4 sets 8 reps/side	4-5 sets 8 reps/side	3 sets 8 reps/side
A2	One Arm Bridge Press	3 sets 8 reps/side	3-4 sets 8 reps/side	4-5 sets 8 reps/side	3 sets 8 reps/side
B1	Swissball Hack Squat	3 sets 10 reps	3-4 sets 10 reps	4-5 sets 10 reps	3 sets 10 reps
B2	One Arm Lat Pulldown	3 sets 10 reps/side	3-4 sets 10 reps/side	4-5 sets 10 reps/side	3 sets 10 reps/side
C1	Suitcase Carry	3 sets 2 lengths/side	3-4 sets 2 lengths/side	4-5 sets 2 lengths/side	3 sets 2 lengths/side
C2	Palms Up BPA	3 sets 12 reps	3-4 sets 12 reps	4-5 sets 12 reps	3 sets 12 reps
D1	Alternating Leg Lowers	3 sets 10 reps/side	3-4 sets 10 reps/side	4-5 sets 10 reps/side	3 sets 10 reps/side
D2	Birddog Same Side	3 sets 5 reps/side	3-4 sets 5 reps/side	4-5 sets 5 reps/side	3 sets 5 reps/side
E1	Thor's Hammer	3 sets 12 reps/side	3-4 sets 12 reps/side	4-5 sets 12 reps/side	3 sets 12 reps/side