






<p><b>WARM UP x 3 sets</b></p> <p><i>Raise body temp</i></p> <p><b>1. Knee Grab March</b> 10 reps/side</p> <p><b>2. Alternate Arm Swings</b> 10 reps/direction</p> <p><i>Activate</i></p> <p><b>3. Bent Over W's</b> 5 reps</p> <p><b>4. Fire Hydrant</b> 5 reps/side</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><i>Mobilize</i></p> <p><b>5. Half Kneel Wall T-Rotation</b> 5 reps/side</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 Anywhere 1	EXERCISE	TEACHING	PROGRESS	PEAK	RELOAD
	A's <b>Full Body Circuit</b> (1)- Side Plank Clam (2)- Non-Alternating Step Up (3)- Window Wipers	4 sets (1)- 8 reps/side (2)- 8 reps/side (3)- 8 reps/side	4 sets (1)- 10 reps/side (2)- 10 reps/side (3)- 10 reps/side	4 sets (1)- 10 reps/side (↑difficulty) (2)- 10 reps/side (↑height) (3)- 10 reps/side (↑ROM)	3-4 sets (1)- 10 reps/side (2)- 10 reps/side (3)- 10 reps/side
	B1 RFESS	4 sets 8 reps/side	4 sets 10 reps/side	4 sets 10 reps/side (↑ROM)	3-4 sets 10 reps/side
	B2 Toes Out Calf Raise	4 sets 12 reps	4 sets 15 reps	4 sets 15 reps (↑stretch)	3-4 sets 15 reps
	C's <b>Fitness Circuit</b> (1)- Prisoner Surrenders (2)- High Plank Shuffle (3)- Hand Supported In-Out (4)- Recover	5 sets (6 minutes 40 seconds) (1)- 20 seconds (2)- 20 seconds (3)- 20 seconds (4)- 20 seconds	6 sets (8 minutes) (1)- 20 seconds (2)- 20 seconds (3)- 20 seconds (4)- 20 seconds	7 sets (9 minutes 20 seconds) (1)- 20 seconds (2)- 20 seconds (3)- 20 seconds (4)- 20 seconds	5 sets (6 minutes 40 seconds) (1)- 20 seconds (2)- 20 seconds (3)- 20 seconds (4)- 20 seconds
	D <b>Workout of the Week</b>				

2	EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
	A's	<b>Full Body Circuit</b> (1)- Pike Shoulder Taps (2)- RKC Plank (3)- Kickstand Hip Thrust	4 sets (1)- 6 reps/side (2)- 15 seconds (3)- 6 reps/side	4 sets (1)- 8 reps/side (2)- 20 seconds (3)- 8 reps/side	4 sets (1)- 8 reps/side (↑angle) (2)- 20 seconds (↑tension) (3)- 8 reps/side (↑difficulty)	3-4 sets (1)- 8 reps/side (2)- 20 seconds (3)- 8 reps/side
	B1	Deficit Reverse Lunge	3 sets 8 reps/side	3 sets 10 reps/side	3 sets 10 reps/side (↑ROM)	3-4 sets 10 reps/side
	B2	Tib Raise Hold	4 sets 25 seconds	4 sets 30 seconds	4 sets 35 seconds	3-4 sets 35 seconds
	C1	Slow Russian Twist	3 sets 10 reps/side	3 sets 12 reps/side	3 sets 12 reps/side (↑slower/ROM)	3 sets 12 reps/side
	C2	1-Leg Balance Knee Raise	3 sets 10 reps/side	3 sets 12 reps/side	3 sets 12 reps/side (↑slower/ROM)	3 sets 12 reps/side
	D's	<b>Fitness Circuit</b> (1)- Wall Squat Hold (2)- Alternating Leg Lowers (3)- Shoulder Taps	3 sets (7 minutes 30 seconds) (1)- 50 seconds (2)- 50 seconds (3)- 50 seconds	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 (9 minutes) (1)- 60 seconds (2)- 60 seconds (3)- 60 seconds

3	EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
	A's	<b>Full Body Circuit</b> (1)- 1-Arm Sit Up (2)- 1-Arm Plank Row (3)- Reverse Nordic	4 sets (1)- 10 reps/side (2)- 8 reps/side (3)- 6 reps	4 sets (1)- 12 reps/side (2)- 10 reps/side (3)- 8 reps	4 sets (1)- 12 reps/side (↑difficulty) (2)- 10 reps/side (↑difficulty) (3)- 8 reps (↑ROM)	3-4 sets (1)- 12 reps/side (2)- 10 reps/side (3)- 8 reps
	B1	Press Up	4 sets 4-8 reps	4 sets 4-8 reps (↑difficulty)	4 sets 4-8 reps (↑difficulty)	3-4 sets 4-8 reps
	B2	V-Up	4 sets 8 reps	4 sets 10 reps	4 sets 10 reps (↑ROM)	3-4 sets 10 reps/side
	C1	Forward Lean Walking Lunge	3 sets 8 reps/side	3 sets 10 reps/side	3 sets 12 reps/side	2 sets 12 reps/side
	C2	Feet Elevated Glute Bridge	3 sets 12 reps	3 sets 15 reps	3 sets 15 reps (↑weight)	2-3 sets 15 reps
	D's	<b>Fitness Circuit</b> (1)- Heel Tap Crunches (2)- Bear Crawl Hold (3)- Low Jacks (4)- Recover	4 sets (9 minutes 20 seconds) (1)- 35 seconds (2)- 35 seconds (3)- 35 seconds (4)- 35 seconds	4 sets (10 minutes 40 seconds) (1)- 40 seconds (2)- 40 seconds (3)- 40 seconds (4)- 40 seconds	4 sets (12 minutes) (1)- 45 seconds (2)- 45 seconds (3)- 45 seconds (4)- 45 seconds	4 sets (10 minutes 40 seconds) (1)- 40 seconds (2)- 40 seconds (3)- 40 seconds (4)- 40 seconds