

<p>WARM UP x 3 sets</p> <p><i>Raise body temp</i></p> <p>1. Knee Grab March 10 reps/side</p> <p>2. Alternate Arm Swings 10 reps/direction</p> <p><i>Activate</i></p> <p>3. Bent Over W's 5 reps</p> <p>4. Fire Hydrant 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>Mobilize</i></p> <p>5. Half Kneel Wall T-Rotation 5 reps/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 Regenerate 1	EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
	A1	1-Leg Glute Bridge	3 sets 8 reps/side	3-4 sets 8 reps/side	4-5 sets 8 reps/side	3 sets 8 reps/side
	A2	Band Push Down	3 sets 8 reps	3-4 sets 8 reps	4-5 sets 8 reps	3 sets 8 reps
	B1	Squat to Box	3 sets 10 reps	3-4 sets 10 reps	4-5 sets 10 reps	3 sets 10 reps
	B2	Straight Arm Band Pulldown	3 sets 10 reps	3-4 sets 10 reps	4-5 sets 10 reps	3 sets 10 reps
	C1	Rack Carry	3 sets 2 lengths	3-4 sets 2 lengths	4-5 sets 2 lengths	3 sets 2 lengths
	C2	1-Leg Balance Knee Raises	3 sets 6 reps/side	3-4 sets 6 reps/side	4-5 sets 6 reps/side	3 sets 6 reps/side
	D1	Zombie Crunch	3 sets 12 reps	3-4 sets 12 reps	4-5 sets 12 reps	3 sets 12 reps
	D2	Arnold Press	3 sets 12 reps	3-4 sets 12 reps	4-5 sets 12 reps	3 sets 12 reps
	E1	Wrist Curls	3 sets 10 reps/direction/side	4 sets 10 reps/direction/side	5 sets 10 reps/direction/side	3 sets 10 reps/direction/side

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Regenerate 2



EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
A1	Side Plank Clam	3 sets 10 reps/side	3-4 sets 10 reps/side	4-5 sets 10 reps/side	3 sets 10 reps/side
A2	TRX Row	3 sets 10 reps	3-4 sets 10 reps	4-5 sets 10 reps	3 sets 10 reps
B1	Feet Elevated Hip Thrust	3 sets 8 reps	3-4 sets 8 reps	4-5 sets 8 reps	3 sets 8 reps
B2	Half Kneeling 1-Arm Overhead Press	3 sets 8 reps/side	3-4 sets 8 reps/side	4-5 sets 8 reps/side	3 sets 8 reps/side
C1	Lateral Step Up	3 sets 6 reps/side	3-4 sets 6 reps/side	4-5 sets 6 reps/side	3 sets 6 reps/side
C2	Pallof Rotation	3 sets 6 reps/side	3-4 sets 6 reps/side	4-5 sets 6 reps/side	3 sets 6 reps/side
D1	Tib Bar Raises	3 sets 12 reps	3-4 sets 12 reps	4-5 sets 12 reps	3 sets 12 reps
D2	Seated Calf Raise	3 sets 12 reps	3-4 sets 12 reps	4-5 sets 12 reps	3 sets 12 reps
E1	Cardio - Pick one. Try to go faster each week. <ul style="list-style-type: none"> • Rower • Assault Bike • Spin Bike 	750m 1500m 10 minutes	750m 1500m 10 minutes	750m 1500m 10 minutes	750m 1500m 10 minutes