

WARM UP x 3 sets <i>Raise body temp</i> 1. Butt Kicks 10 reps/side 2. Shuffle Steps 10 reps/side <i>Activate</i> 3. Glute Bridge March 10 reps/side 4. Slow Mountain Climbers 5 reps/side <i>Mobilise</i> 5. Overhead Squat 5 reps	WARM UP 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 Anywhere 1	EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
	A's	Full Body Circuit (1)- Side Plank March (2)- FFESS (3)- Prone Lat Pulldown	3 sets (1)- 8 reps/leg/side (2)- 8 reps/side (3)- 8 reps	4 sets (1)- 8 reps/leg/side (2)- 8 reps/side (3)- 8 reps	4 sets (1)- 10 reps/leg/side (2)- 10 reps/side (3)- 10 reps	3-4 sets (1)- 10 reps/leg/side (2)- 10 reps/side (3)- 10 reps
	B1	Feet Elevated Hip Thrust	4 sets 6 reps	4 sets 8 reps	4 sets 10 reps	3-4 sets 10 reps
	B2	Shoulder Tap to Rotation	4 sets 6 reps/side	4 sets 8 reps/side	4 sets 10 reps/side	3-4 sets 10 reps
	C's	Fitness Circuit (1)- Low Lateral Shuffle (2)- Diagonal Mountain Climbers (3)- Sprinter Sit Ups (4)- RECOVER	4 sets (5 mins 20 seconds) (1)- 20 seconds (2)- 20 seconds (3)- 20 seconds (4)- 20 seconds	5 sets (6 mins 20 seconds) (1)- 20 seconds (2)- 20 seconds (3)- 20 seconds (4)- 20 seconds	6 sets (7 minutes 20 seconds) (1)- 20 seconds (2)- 20 seconds (3)- 20 seconds (4)- 20 seconds	5 sets (6 mins 20 seconds) (1)- 20 seconds (2)- 20 seconds (3)- 20 seconds (4)- 20 seconds
	D	Workout of the Week				

2	EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
	A's	Full Body Circuit (1)- Tricep Dips (2)- Hollow Hold (3)- Cyclist Squat	3 sets (1)- 8 reps (2)- 20 seconds (3)- 10 reps	4 sets (1)- 8 reps (2)- 20 seconds (3)- 10 reps	4 sets (1)- 10 reps (2)- 30 seconds (3)- 12 reps	3-4 sets (1)- 10 reps (2)- 30 seconds (3)- 12 reps
	B1	Feet Elevated Split Squat	4 sets 6 reps/side	4 sets 8 reps/side	4 sets 10 reps/side	3-4 sets 10 reps
	B2	Bent Over Cuban Rotation	4 sets 6 reps	4 sets 8 reps	4 sets 10 reps	3-4 sets 10 reps
	C1	Plank with Leg Lift Hold	3 sets 20 seconds/side	3 sets 25 seconds/side	3 sets 30 seconds/side	3 sets 25 seconds/side
	C2	4-point Star Excursion	3 sets 4 reps/side	3 sets 5 reps/side	3 sets 6 reps/side	3 sets 5 reps/side
	D's	Fitness Circuit (1)- Reverse Lunge + Twist (2)- Handwalkout to Cobra (3)- Star Jump Floor Touch	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	EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
	A's	Full Body Circuit (1)- Side Plank Leg Lift (2)- Straight Arm Plank Row (3)- Frog Thrust	3 sets (1)- 8 reps/side (2)- 8 reps/side (3)- 8 reps	4 sets (1)- 8 reps/side (2)- 8 reps/side (3)- 8 reps	4 sets (1)- 10 reps/side (2)- 10 reps/side (3)- 10 reps	3-4 sets (1)- 10 reps/side (2)- 10 reps/side (3)- 10 reps
	B1	Press Up Lowerers	3 sets 4-8 reps	4 sets 4-8 reps (↑difficulty)	4 sets 4-8 reps (↑difficulty)	3-4 sets 4-8 reps
	B2	Forward Lunges	4 sets 6 reps/side	4 sets 8 reps/side	4 sets 10 reps/side	3-4 sets 10 reps/side
	C's	EMOM 'til you drop Pick Burpees, Double Mountain Climbers or Handwalkouts	1st min - 2 reps (rest for remainder of minute) 2nd min - 4 reps 3rd min - 6 reps.... Continue adding 2 each minute until you can no longer complete. Record minutes completed.	Aim to complete more minutes.	Aim to complete more minutes.	Match PEAK performance
	D1	Forward Fold	3 sets 30 seconds	3 sets 30 seconds	3 sets 30 seconds	3 sets 30 seconds
Anywhere 3	D2	90/90 Hip CAR's	3 sets 4 reps/side	3 sets 5 reps/side	3 sets 6 reps/side	3 sets 6 reps/side