

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 Regenerate 1	EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
	A1	One-Leg Hip Thrust	3 sets 6 reps/side	3-4 sets 6 reps/side	4-5 sets 6 reps/side	3 sets 6 reps/side
	A2	Bottoms Up Floor Press	3 sets 6 reps/side	3-4 sets 6 reps/side	4-5 sets 6 reps/side	3 sets 6 reps/side
	B1	Squat	3 sets 8 reps	3-4 sets 8 reps	4-5 sets 8 reps	3 sets 8 reps
	B2	Band Pull Down	3 sets 8 reps	3-4 sets 8 reps	4-5 sets 8 reps	3 sets 8 reps
	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	4-point Star Excursion	3 sets 4 reps/side	3-4 sets 4 reps/side	4-5 sets 4 reps/side	3 sets 4 reps/side
	D1	Toe Touch Crunch	3 sets 12 reps	3-4 sets 12 reps	4-5 sets 12 reps	3 sets 12 reps
	D2	TRX Face Pull	3 sets 12 reps	3-4 sets 12 reps	4-5 sets 12 reps	3 sets 12 reps
	E1	Wrist Roller	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	Side Plank Star Hold	3 sets 20 secs/side	3-4 sets 20 secs/side	4-5 sets 20 secs/side	3 sets 20 secs/side
	A2	One-Arm KB/DB Row	3 sets 10 reps/side	3-4 sets 10 reps/side	4-5 sets 10 reps/side	3 sets 10 reps/side
	B1	Deadlift	3 sets 8 reps	3-4 sets 8 reps	4-5 sets 8 reps	3 sets 8 reps
	B2	One-Arm Seated 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	RFESS	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	Palms Up BPA	3 sets 12 reps	3-4 sets 12 reps	4-5 sets 12 reps	3 sets 12 reps
	D2	One-Leg Calf Raise	3 sets 12 reps/side	3-4 sets 12 reps/side	4-5 sets 12 reps/side	3 sets 12 reps/side
	E1	Cardio - Bike, Rower, Ropes	3 sets 1 minute FASTER 30 seconds SLOWER	4 sets 1 minute FASTER 30 seconds SLOWER	5 sets 1 minute FASTER 30 seconds SLOWER	3 sets 1 minute FASTER 30 seconds SLOWER