

WARM UP x 3 sets <i>Raise body temp</i> 1. Side Step Squat 5 reps/side 2. Lateral Leg Swings 10 reps/side <i>Activate</i> 3. Birddog 5 reps/side 4. Yoga Pike 5 reps <i>Mobilize</i> 5. Spider Steps 5 reps/side	 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 Bend (2)- Split Squat (3)- Prone Swimmers	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 sets (1)- 10 reps/side (2)- 10 reps/side (3)- 10 reps
	B1	1-Leg Hip Thrust	3 sets 6 reps/side	4 sets 6 reps/side	4 sets 8 reps/side	3 sets 8 reps/side
	B2	Cobra Lift Hold	3 sets 15 seconds	4 sets 15 seconds	4 sets 20 seconds	3 sets 20 seconds
	C1	Mountain Climbers	5 sets 20 seconds	7 sets 20 seconds	9 sets 20 seconds	7 sets 20 seconds
	C2	Rest	5 sets 20 seconds	7 sets 20 seconds	9 sets 20 seconds	7 sets 20 seconds
	D	Workout of the Week				

2	EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
	A's	Full Body Circuit (1)- Wall Tricep Extension (2)- Y-Lift (3)- Wide Stance Glute Bridge	3 sets (1)- 8 reps (2)- 10 reps (3)- 12 reps	4 sets (1)- 8 reps (2)- 10 reps (3)- 12 reps	4 sets (1)- 10 reps (2)- 12 reps (3)- 15 reps	3 sets (1)- 8 reps (2)- 10 reps (3)- 15 reps
	B1	Cyclist Squat	3 sets 10 reps	4 sets 10 reps	4 sets 12 reps	3 sets 12 reps
	B2	Straight Arm Sit Up	3 sets 10 reps	4 sets 10 reps	4 sets 12 reps	3 sets 12 reps
	C1	Arm Supported Scissors	3 sets 15 reps/side	4 sets 16 reps/side	4 sets 18 reps/side	3 sets 18 reps/side
	C2	Heel Tap Crunch	3 sets 15 reps/side	4 sets 16 reps/side	4 sets 18 reps/side	3 sets 18 reps/side
	D's	Fitness Circuit (1)- Sprinter Step Ups (2)- Shoulder Tap + Leg Lifts (3)- High Jacks	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 (12 minutes) (1)- 80 seconds (2)- 80 seconds (3)- 80 seconds	3 sets (10 minutes 30 seconds) (1)- 70 seconds (2)- 70 seconds (3)- 70 seconds

3	EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
	A's	Full Body Circuit (1)- Squat Pulses (2)- Dutch Sit Up Hold (3)- Bear Crawl Square	5 sets (5 mins) (1)- 20 seconds (2)- 20 seconds (3)- 20 seconds	6 sets (6 mins) (1)- 20 seconds (2)- 20 seconds (3)- 20 seconds	7 sets (7 mins) (1)- 20 seconds (2)- 20 seconds (3)- 20 seconds	6 sets (6 mins) (1)- 20 seconds (2)- 20 seconds (3)- 20 seconds
	B1	Press Up	3 sets 3-6 reps	4 sets 3-6 reps	4 sets 4-8 reps	3 sets 4-8 reps
	B2	Side Plank Leg Circle	3 sets 6 reps/side	4 sets 6 reps/side	4 sets 8 reps/side	3 sets 8 reps/side
	C's	Fitness Circuit (1)- Squat to Toes (2)- High Plank Knee Taps (3)- Alternating Leg Lowers (4)- Rest	4 sets (13 minutes) (1)- 45 seconds (2)- 45 seconds (3)- 45 seconds (4)- 60 seconds	4 sets (11 minutes) (1)- 45 seconds (2)- 45 seconds (3)- 45 seconds (4)- 30 seconds	4 sets (9 minutes) (1)- 45 seconds (2)- 45 seconds (3)- 45 seconds (4)- 0 seconds	4 sets (11 minutes) (1)- 45 seconds (2)- 45 seconds (3)- 45 seconds (4)- 30 seconds
	D1	World's Greatest Stretch	3 sets 3 reps/side	3 sets 4 reps/side (↑ROM)	3 sets 5 reps/side (↑ROM)	2 sets 5 reps/side
	D2	Adductor Rock Back with Thoracic Rotation	3 sets 3 reps/side	3 sets 4 reps/side (↑ROM)	3 sets 5 reps/side (↑ROM)	2 sets 5 reps/side