

WARM UP x 3 sets

Raise body temp

1. Wall March 10 reps/side
2. Leg Swings 10 reps/side

Activate

3. Glute Bridge 10 reps
4. Wall 'Y' Lift Off 10 reps

Mobilise

5. Spiderman + Reach 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 | | LEARNING | PROGRESS | PEAK | RELOAD |
|-----------------|----------|--|--|--|---|--|
| | A1 | Full Body Circuit (1)- Reverse Lunge (2)- Birddog Hold (3)- Calf Raises | 3 sets (1)- 8 reps/side (2)- 25 seconds/side (3)- 8 reps | 3 sets (1)- 10 reps/side (2)- 30 seconds/side (3)- 10 reps | 4 sets (1)- 10 reps/side (2)- 30 seconds/side (3)- 10 reps | 3 sets (1)- 10 reps/side (2)- 30 seconds/side (3)- 10 reps |
| | B1 | Long Lever Hip Thrust | 3 sets 12 reps | 4 sets 12 reps | 5 sets 12 reps | 4 sets 12 reps |
| | B2 | Prayer Squat Hold | 3 sets 30 seconds | 4 sets 30 seconds | 5 sets 30 seconds | 4 sets 30 seconds |
| | C's | Fitness Circuit (1)- Mountain Climber (2)- Straight Arm Sit Up (3)- Plank to Press (4)- Recover | 4 sets (5 mins 20 seconds) (1)- 20 seconds (2)- 20 seconds (3)- 20 seconds (4)- 20 seconds | 5 sets (6 mins 40 seconds) (1)- 20 seconds (2)- 20 seconds (3)- 20 seconds (4)- 20 seconds | 6 sets (8 mins) (1)- 20 seconds (2)- 20 seconds (3)- 20 seconds (4)- 20 seconds | 5 sets (6 mins 40 seconds) (1)- 20 seconds (2)- 20 seconds (3)- 20 seconds (4)- 20 seconds |
| | D1 | Single Leg Hip Aeroplane | 2 sets 5 reps/side | 3 sets 5 reps/side | 3 sets 6 reps/side | 2 sets 6 reps/side |
| | D2 | Bear Bird Dog | 2 sets 5 reps/side | 3 sets 5 reps/side | 3 sets 6 reps/side | 2 sets 6 reps/side |

| 2 Anywhere 2 | EXERCISE | | LEARNING | PROGRESS | PEAK | RELOAD |
|-----------------|----------|--|--|---|---|---|
| | A's | Full Body Circuit (1)- Side Plank (2)- One Leg Glute Bridge (3)- Strict Shoulder Tap | 3 sets (1)- 25 seconds/side (2)- 8 reps/side (3)- 8 reps/side | 3 sets (1)- 30 seconds/side (2)- 10 reps/side (3)- 10 reps/side | 4 sets (1)- 30 seconds/side (2)- 10 reps/side (3)- 10 reps/side | 3 sets (1)- 30 seconds/side (2)- 10 reps/side (3)- 10 reps/side |
| | B1 | Front Heel Elevated Split Squat | 3 sets 8 reps/side | 4 sets 8 reps/side | 5 sets 8 reps/side | 4 sets 8 reps/side |
| | B2 | Bent Over 'T' Hold | 3 sets 30 seconds | 3 sets 30 seconds | 4 sets 30 seconds | 3 sets 30 seconds |
| | C1 | Heel Tap Crunch | Accumulate 30 reps/side | Accumulate 40 reps/side | Accumulate 50 reps/side | Accumulate 40 reps/side |
| | C2 | Plank Hip Rotations | Accumulate 30 reps/side | Accumulate 40 reps/side | Accumulate 50 reps/side | Accumulate 40 reps/side |
| 3 Anywhere 3 | D's | Fitness Circuit (1)- Low Step Ups (2)- Yoga Pike (3)- Side Step Squats (4)- Burpees | 4 sets (8 minutes) (1)- 30 seconds (2)- 30 seconds (3)- 30 seconds (4)- 30 seconds | 5 sets (10 minutes) (1)- 30 seconds (2)- 30 seconds (3)- 30 seconds (4)- 30 seconds | 6 sets (12 minutes) (1)- 30 seconds (2)- 30 seconds (3)- 30 seconds (4)- 30 seconds | 5 sets (10 minutes) (1)- 30 seconds (2)- 30 seconds (3)- 30 seconds (4)- 30 seconds |

| 3 Anywhere 3 | EXERCISE | | LEARNING | PROGRESS | PEAK | RELOAD |
|-----------------|----------|--|--|---|---|--|
| | A's | Full Body Circuit (1)- Deadbug Hold (2)- One Arm High Plank Row (3)- Glute Bridge March | 3 sets (1)- 25 seconds/side (2)- 8 reps/side (3)- 8 reps/side | 3 sets (1)- 30 seconds/side (2)- 10 reps/side (3)- 10 reps/side | 4 sets (1)- 30 seconds/side (2)- 10 reps/side (3)- 10 reps/side | 3 sets (1)- 30 seconds/side (2)- 10 reps/side (3)- 10 reps/side |
| | B1 | Press Up | 3 sets 8 reps | 4 sets 8 reps | 5 sets 8 reps | 4 sets 8 reps |
| | B2 | Hip Flexor Pelvic Tilt Hold | 3 sets 30 seconds/side | 4 sets 30 seconds/side | 5 sets 30 seconds/side | 4 sets 30 seconds/side |
| | C's | Fitness Circuit (1)- Wall Squat Hold (2)- Straight Arm Plank (3)- Surrenders (4)- Recover | 3 sets (9 minutes) (1)- 45 seconds (2)- 45 seconds (3)- 45 seconds (4)- 45 seconds | 3-4 sets (9-12 minutes) (1)- 45 seconds (2)- 45 seconds (3)- 45 seconds (4)- 45 seconds | 4 sets (12 minutes) (1)- 45 seconds (2)- 45 seconds (3)- 45 seconds (4)- 45 seconds | 3 sets (9 minutes) (1)- 45 seconds (2)- 45 seconds (3)- 45 seconds (4)- 45 seconds |
| | D1 | Child's Pose | 2 sets 15 deep breaths | 2 sets 15 deep breaths (↑ROM) | 2 sets 15 deep breaths (↑ROM) | 2 sets 15 deep breaths (↑ROM) |
| 4 Anywhere 4 | D2 | Cobra Pose | 2 sets 15 deep breaths | 2 sets 15 deep breaths (↑ROM) | 2 sets 15 deep breaths (↑ROM) | 2 sets 15 deep breaths (↑ROM) |