

<p>WARM UP x 3 sets</p> <p>Raise body temp</p> <p>1. Wall March</p> <p>2. Leg Swings</p> <p>Activate</p> <p>3. Glute Bridge</p> <p>4. Wall 'Y' Lift Off</p> <p>Mobilise</p> <p>5. Spiderman + Reach</p>	<p>10 reps/side</p> <p>10 reps/side</p> <p>10 reps</p> <p>10 reps</p> <p>5 reps/side</p>	 <p>SCAN HERE FOR A VIDEO DEMONSTRATION OF THE WARM UP :-)</p>	 <p>Food diary Track your food and drink and review with a coach</p>	
		 <p>How to track your progress? What gets measured, gets managed.</p>	 <p>Goal setting Download this worksheet and set your next goal!</p>	

1	EXERCISE	LEARNING	PROGRESS	PEAK	RELOAD
<p>Anywhere 1</p>	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

EXERCISE		LEARNING	PROGRESS	PEAK	RELOAD
2 Anywhere 2	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
	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

EXERCISE		LEARNING	PROGRESS	PEAK	RELOAD
3 Anywhere 3	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)
	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)