

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 Regenerate 1	EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
	A1	Side Plank	3 sets 20 secs/side	3-4 sets 20 secs/side	4 sets 20 secs/side	3 sets 20 secs/side
	A2	TRX Row	3 sets 8 reps	3-4 sets 8 reps	4 sets 8 reps	3 sets 8 reps
	B1	Plate Hinge	3 sets 12 reps	3-4 sets 12 reps	4 sets 12 reps	3 sets 12 reps
	B2	One Arm Lat Raise	3 sets 12 reps/side	3-4 sets 12 reps/side	4 sets 12 reps/side	3 sets 12 reps/side
	C1	TKE	3 sets 10 reps/side	3-4 sets 10 reps/side	4 sets 10 reps/side	3 sets 10 reps/side
	C2	Russian Twist	3 sets 10 reps/side	3-4 sets 10 reps/side	4 sets 10 reps/side	3 sets 10 reps/side
	D1	Goblet Carry	3 sets 2 lengths	3-4 sets 2 lengths	4 sets 2 lengths	3 sets 2 lengths
	D2	Calf Raise	3 sets 8 reps	3-4 sets 8 reps	4 sets 8 reps	3 sets 8 reps
	E1	Bike/Rower	4-8 mins	5-10 mins	6-12 mins	4-8 mins

2

Regenerate 2



EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
A1	One Leg Glute Bridge Hold	3 sets 20 secs/side	3-4 sets 20 secs/side	4 sets 20 secs/side	3 sets 20 secs/side
A2	Band Pushdown	3 sets 8 reps	3-4 sets 8 reps	4 sets 8 reps	3 sets 8 reps
B1	Goblet Squat to Box	3 sets 10 reps	3-4 sets 10 reps	4 sets 10 reps	3 sets 10 reps
B2	One Arm Band Lat Pull Down	3 sets 10 reps/side	3-4 sets 10 reps/side	4 sets 10 reps/side	3 sets 10 reps/side
C1	Plank	3 sets 30 secs	3-4 sets 30 secs	4 sets 30 secs	3 sets 30 secs
C2	One Leg Balance	3 sets 30 secs/side	3-4 sets 30 secs/side	4 sets 30 secs/side	3 sets 30 secs/side
D1	Deadbug	3 sets 12 reps/side	3-4 sets 12 reps/side	4 sets 12 reps/side	3 sets 12 reps/side
D2	Seated Prisoner Twist	3 sets 12 reps/side	3-4 sets 12 reps/side	4 sets 12 reps/side	3 sets 12 reps/side
E1	Ropes	5 sets 20 seconds FAST 40 seconds SLOW	5 sets 25 seconds FAST 35 seconds SLOW	5 sets 30 seconds FAST 30 seconds SLOW	5 sets 20 seconds FAST 40 seconds SLOW