

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

1	EXERCISE	TEACHING	PROGRESS	PEAK	RELOAD
<b>Regenerate 1</b>	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	EXERCISE	TEACHING	PROGRESS	PEAK	RELOAD
Regenerate 2	A1	One Leg Glute Bridge Hold	3 sets 20 secs/side	3-4 sets 20 secs/side	4 sets 20 secs/side
	A2	Band Pushdown	3 sets 8 reps	3-4 sets 8 reps	4 sets 8 reps
	B1	Goblet Squat to Box	3 sets 10 reps	3-4 sets 10 reps	4 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
	C1	Plank	3 sets 30 secs	3-4 sets 30 secs	4 sets 30 secs
	C2	One Leg Balance	3 sets 30 secs/side	3-4 sets 30 secs/side	4 sets 30 secs/side
	D1	Deadbug	3 sets 12 reps/side	3-4 sets 12 reps/side	4 sets 12 reps/side
	D2	Seated Prisoner Twist	3 sets 12 reps/side	3-4 sets 12 reps/side	4 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