






<b>WARM UP x 3 sets</b> <i>Raise body temp</i> <b>1. Butt Kicks</b> 10 reps/side <b>2. Squats</b> 10 reps <i>Activate</i> <b>3. Prisoner Hinge</b> 10 reps <b>4. Wall Blackburns</b> 5 reps <i>Mobilise</i> <b>5. Frog Rock Back &amp; Rotate</b> 5 reps/side	 SCAN HERE FOR A VIDEO DEMONSTRATION OF THE WARM UP :-) 	<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 Anywhere 1	EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
	A's	<b>Full Body Circuit</b> (1)- Non-Alternating Step Up (2)- Side Plank Clam (3)- Alternating Prone Overhead Lift Off	4 sets (1)- 8 reps/side (2)- 8 reps/side (3)- 8 reps/side	4 sets (1)- 10 reps/side (2)- 10 reps/side (3)- 10 reps/side	4 sets (1)- 12 reps/side (2)- 12 reps/side (3)- 12 reps/side	3 sets (1)- 12 reps/side (2)- 12 reps/side (3)- 12 reps/side
	B1	Hip Thrust (Tempo - 3.1.3.1)	4 sets 8 reps	4 sets 10 reps	4 sets 12 reps	3 sets 10 reps
	B2	Isometric Hamstring Bridge	4 sets 20 seconds	4 sets 25 seconds	4 sets 30 seconds	3 sets 30 seconds
	C's	<b>Fitness Circuit</b> (1)- Low Jacks (2)- Kneeling Handwalkouts (3)- Sprinter Lunges (4)- Deadbugs	4 sets (9 mins 20 seconds) (1)- 35 seconds (2)- 35 seconds (3)- 35 seconds (4)- 35 seconds	4 sets (10 mins 40 seconds) (1)- 40 seconds (2)- 40 seconds (3)- 40 seconds (4)- 40 seconds	4 sets (12 mins) (1)- 45 seconds (2)- 45 seconds (3)- 45 seconds (4)- 45 seconds	3 sets (9 mins) (1)- 45 seconds (2)- 45 seconds (3)- 45 seconds (4)- 45 seconds
	D1	Reverse Nordic Hold	4 sets 25 seconds	4 sets 30 seconds	4 sets 35 seconds	3 sets 35 seconds
	D2	Dutch Sit Up	4 sets 25 seconds	4 sets 30 seconds	4 sets 35 seconds	3 sets 35 seconds

2	EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
	A's	<b>Full Body Circuit</b> (1)- Side Plank + Front & Back Toe Taps (2)- Glute Bridge March (3)- High Plank One-Arm Row	4 sets (1)- 8 reps/side (2)- 8 reps/side (3)- 8 reps/side	4 sets (1)- 10 reps/side (2)- 10 reps/side (3)- 10 reps/side	4 sets (1)- 12 reps/side (2)- 12 reps/side (3)- 12 reps/side	3 sets (1)- 12 reps/side (2)- 12 reps/side (3)- 12 reps/side
	B1	Squat (Tempo - 3.1.3.1)	4 sets 8 reps	4 sets 10 reps	4 sets 12 reps	3 sets 10 reps
	B2	Isometric Split Squat with Calf Raise	4 sets 8 reps/side	4 sets 10 reps/side	4 sets 12 reps/side	3 sets 10 reps/side
	C1	Double Leg Lowers	4 sets 30 seconds	5 sets 30 seconds	6 sets 30 seconds	4 sets 30 seconds
	C2	Plank Jacks	4 sets 30 seconds	5 sets 30 seconds	6 sets 30 seconds	4 sets 30 seconds
Anywhere 2	D's	<b>Fitness Circuit</b> (1)- Surrenders (2)- Lateral Shuffle + Sprawl (3)- Sit Up	<b>4 sets</b> (1)- 6 reps (2)- 8 reps/side (3)- 12 reps	<b>5 sets</b> (1)- 6 reps (2)- 8 reps/side (3)- 12 reps	<b>6 sets</b> (1)- 6 reps (2)- 8 reps/side (3)- 12 reps	<b>5 sets</b> (1)- 6 reps (2)- 8 reps/side (3)- 12 reps

3	EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
	A's	<b>Full Body Circuit</b> (1)- Donkey Kick (2)- Plank + Leg Lift (3)- One-Leg RDL Hold + Batwing Row	4 sets (1)- 8 reps/side (2)- 8 reps/side (3)- 8 reps/side	4 sets (1)- 10 reps/side (2)- 10 reps/side (3)- 10 reps/side	4 sets (1)- 12 reps/side (2)- 12 reps/side (3)- 12 reps/side	3 sets (1)- 12 reps/side (2)- 12 reps/side (3)- 12 reps/side
	B1	Press Up	4 sets 8 reps	4 sets 10 reps	4 sets 12 reps	3 sets 10 reps
	B2	Bent Over Y Hold	4 sets 8 reps/side	4 sets 10 reps/side	4 sets 12 reps/side	3 sets 10 reps/side
	C's	<b>Fitness Circuit</b> (1)- Wall Squat Hold + Wall Slide (2)- Straight Arm Plank + Reach (3)- Glute Bridge Hold + Overhead Reach (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	<b>EXTENSIVE TEMPO</b> (1) Star Jumps (2) Plank Saw	10 sets (c. 7.5 minutes) (1)- 30 seconds (2)- 15 reps	10-12 sets (c. 7.5-9 minutes) (1)- 30 seconds (2)- 15 reps	12 sets (c. 9 minutes) (1)- 30 seconds (2)- 15 reps	10 sets (c. 7.5 minutes) (1)- 30 seconds (2)- 15 reps
Anywhere 3						