

<p>WARM UP x 3 sets</p> <p>Raise body temp</p> <p>1. Butt Kicks 10 reps/side</p> <p>2. Squats 10 reps</p> <p>Activate</p> <p>3. Prisoner Hinge 10 reps</p> <p>4. Wall Blackburns 5 reps</p> <p>Mobilise</p> <p>5. Frog Rock Back & Rotate 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>Goal setting Download this worksheet and set your next goal!</p> 
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1	EXERCISE	TEACHING	PROGRESS	PEAK	RELOAD
A's Full Body Circuit (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	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	4 sets 10 reps	3 sets 10 reps
B2 Isometric Hamstring Bridge	4 sets 20 seconds	4 sets 25 seconds	4 sets 30 seconds	4 sets 30 seconds	3 sets 30 seconds
C's Fitness Circuit (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	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	4 sets 35 seconds	3 sets 35 seconds
D2 Dutch Sit Up	4 sets 25 seconds	4 sets 30 seconds	4 sets 35 seconds	4 sets 35 seconds	3 sets 35 seconds

2	Anywhere 2	EXERCISE	TEACHING	PROGRESS	PEAK	RELOAD
		A's Full Body Circuit (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
		D's Fitness Circuit (1)- Surrenders (2)- Lateral Shuffle + Sprawl (3)- Sit Up	4 sets (1)- 6 reps (2)- 8 reps/side (3)- 12 reps	5 sets (1)- 6 reps (2)- 8 reps/side (3)- 12 reps	6 sets (1)- 6 reps (2)- 8 reps/side (3)- 12 reps	5 sets (1)- 6 reps (2)- 8 reps/side (3)- 12 reps

3	Anywhere 3	EXERCISE	TEACHING	PROGRESS	PEAK	RELOAD
		A's Full Body Circuit (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 Fitness Circuit (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 EXTENSIVE TEMPO (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