

<p><b>WARM UP x 3 sets</b></p> <p><i>Raise body temp</i></p> <p><b>1. Butt Kicks</b> <b>10 reps/side</b></p> <p><b>2. Squats</b> <b>10 reps</b></p> <p><i>Activate</i></p> <p><b>3. Prisoner Hinge</b> <b>10 reps</b></p> <p><b>4. Wall Blackburns</b> <b>5 reps</b></p>	 <p><b>SCAN HERE FOR A VIDEO DEMONSTRATION OF THE WARM UP :-)</b></p> 	<p><b>Food diary</b></p> <p>Track your food and drink and review with a coach</p> 
<p><i>Mobilise</i></p> <p><b>5. Frog Rock Back &amp; Rotate</b> <b>5 reps/side</b></p>	<p><b>How to track your progress?</b></p> <p>What gets measured, gets managed.</p> 	<p><b>Goal setting</b></p> <p>Download this worksheet and set your next goal!</p> 

1 Regenerate 1	EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
	A1	Miniband Clam	3 sets 12 reps/side	3-4 sets 12 reps/side	4-5 sets 12 reps/side	3 sets 12 reps/side
	A2	Band Row	3 sets 12 reps	3-4 sets 12 reps	4-5 sets 12 reps	3 sets 12 reps
	B1	Band Resisted Hinge	3 sets 10 reps	3-4 sets 10 reps	4-5 sets 10 reps	3 sets 10 reps
	B2	One-Arm Overhead Press	3 sets 10 reps/side	3-4 sets 10 reps/side	4-5 sets 10 reps/side	3 sets 10 reps/side
	C1	Split Squat	3 sets 8 reps/side	3-4 sets 8 reps/side	4-5 sets 8 reps/side	3 sets 8 reps/side
	C2	Pallof Press	3 sets 8 reps/side	3-4 sets 8 reps/side	4-5 sets 8 reps/side	3 sets 8 reps/side
	D1	Double Leg Lower	3 sets 10 reps	3-4 sets 10 reps	4-5 sets 10 reps	3 sets 10 reps
	D2	Toes Elevated Calf Raise	3 sets 10 reps	3-4 sets 10 reps	4-5 sets 10 reps	3 sets 10 reps
	E1	Bike/Rower/Ropes	40s ON:20s OFF x 4 sets	40s ON:20s OFF x 5 sets	40s ON:20s OFF x 6 sets	40s ON:20s OFF x 4 sets

2 Regenerate 2	EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
	A1	Hip Thrust	3 sets 12 reps	3-4 sets 12 reps	4-5 sets 12 reps	3 sets 12 reps
	A2	One-Arm Straight Arm Band Pulldown	3 sets 12 reps/side	3-4 sets 12 reps/side	4-5 sets 12 reps/side	3 sets 12 reps/side
	B1	Squat + Miniband	3 sets 10 reps	3-4 sets 10 reps	4-5 sets 10 reps	3 sets 10 reps
	B2	One-Arm DB Floor Press	3 sets 10 reps/side	3-4 sets 10 reps/side	4-5 sets 10 reps/side	3 sets 10 reps/side
	C1	Suitcase Carry	3 sets 2 lengths/side	3-4 sets 2 lengths/side	4-5 sets 2 lengths/side	3 sets 2 lengths/side
	C2	T-Rotation	3 sets 8 reps/side	3-4 sets 8 reps/side	4-5 sets 8 reps/side	3 sets 8 reps/side
	D1	Birddog	3 sets 8 reps/side	3-4 sets 8 reps/side	4-5 sets 8 reps/side	3 sets 8 reps/side
	D2	Wrist Roller	3 sets 2 down, 2 up	3-4 sets 2 down, 2 up	4-5 sets 2 down, 2 up	3 sets 2 down, 2 up
	E1	Tip Toe Hold	3 sets 40 secs	3-4 sets 40 secs	4 sets 40 secs	3 sets 40 secs