

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

1	EXERCISE	TEACHING	PROGRESS	PEAK	RELOAD
Regenerate 1	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

Regenerate 2 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