

<p>WARM UP x 3 sets <i>Raise body temp</i> 1. Knee Grab March 10 reps/side 2. Reverse Lunge 5 reps/side <i>Activate</i> 3. Bent Over Y 10 reps 4. Birddog 10 reps/side</p>	 SCAN HERE FOR A VIDEO DEMONSTRATION OF THE WARM UP :-) 	<p>Food diary Track your food and drink and review with a coach</p> 
<p><i>Mobilise</i> 5. Adductor Stretch+Reach 5 reps/side</p>	<p>How to track your progress? What gets measured, gets managed.</p> 	<p>Goal setting Download this worksheet and set your next goal!</p> 

1		EXERCISE	LEARNING	PROGRESS	PEAK	RELOAD
Anywhere 1	A1	Full Body Circuit (1)- Step Ups (2)- Side Plank + Leg Circles (3)- Prone Blackburn	4 sets (1)- 8 reps/side (2)- 4 reps/direction/side (3)- 8 reps	4 sets (1)- 10 reps/side (2)- 5 reps/direction/side (3)- 10 reps	4 sets (1)- 12 reps/side (2)- 6 reps/direction/side (3)- 12 reps	3 sets (1)- 12 reps/side (2)- 6 reps/direction/side (3)- 12 reps
	B1	Hip Thrust (5 second lower)	4 sets 8 reps	4 sets 10 reps	4 sets 12 reps	3 sets 12 reps
	B2	Prisoner Hinge	4 sets 8 reps	4 sets 10 reps	4 sets 12 reps	3 sets 12 reps
	C1	Back Widow	4 sets 8 reps	4 sets 10 reps	4 sets 12 reps	3 sets 12 reps
	C2	Floating Heel Split Squat	4 sets 8 reps/side	4 sets 10 reps/side	4 sets 12 reps/side	3 sets 12 reps/side
	D	Fitness Circuit (1)- Sprinter Sit Up (2)- Kneeling Plank to Press (3)- Surrenders	5 sets (8 mins 45 seconds) (1)- 35 seconds (2)- 35 seconds (3)- 35 seconds	5 sets (10 mins) (1)- 40 seconds (2)- 40 seconds (3)- 40 seconds	5 sets (11 mins 15 seconds) (1)- 45 seconds (2)- 45 seconds (3)- 45 seconds	4 sets (9 mins) (1)- 45 seconds (2)- 45 seconds (3)- 45 seconds

2 Anywhere 2	EXERCISE		LEARNING	PROGRESS	PEAK	RELOAD
	A's	Full Body Circuit (1)- Bear Crawl Hip Tap (2)- Donkey Kick Pulses (3)- Scapula Dips	4 sets (1)- 8 reps/side (2)- 8 reps/side (3)- 8 reps	4 sets (1)- 10 reps/side (2)- 10 reps/side (3)- 10 reps	4 sets (1)- 12 reps/side (2)- 12 reps/side (3)- 12 reps	3 sets (1)- 12 reps/side (2)- 12 reps/side (3)- 12 reps
	B1	Squat (5 second lower)	4 sets 8 reps	4 sets 10 reps	4 sets 12 reps	3 sets 12 reps
	B2	Bootstrap Squat	4 sets 4 reps	4 sets 5 reps	4 sets 6 reps	3 sets 6 reps
	C1	Heel Tap Crunch	3 sets 20 reps/side	4 sets 20 reps/side	5 sets 20 reps/side	4 sets 20 reps/side
	C2	Straight Arm Plank + Reach	3 sets 10 reps/side	4 sets 10 reps/side	5 sets 10 reps/side	4 sets 10 reps/side
D's	Fitness Circuit (1)- Lateral Shuffle (2)- Diagonal Mountain Climber (3)- Sprinter Step Ups (4)- Recovery	4 sets (6 mins 40 seconds) (1)- 25 seconds (2)- 25 seconds (3)- 25 seconds (4)- 25 seconds	4 sets (8 minutes) (1)- 30 seconds (2)- 30 seconds (3)- 30 seconds (4)- 30 seconds	4 sets (9 mins 20 seconds) (1)- 35 seconds (2)- 35 seconds (3)- 35 seconds (4)- 35 seconds	3 sets (5 mins 15 seconds) (1)- 35 seconds (2)- 35 seconds (3)- 35 seconds (4)- 35 seconds	

3 Anywhere 3	EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
	A1	Full Body Circuit (1)- Glute Bridge (2)- Table Top Crunch (3)- Bent Over Batwing	4 sets (1)- 12 reps (2)- 10 reps (3)- 8 reps	4 sets (1)- 15 reps (2)- 12 reps (3)- 10 reps	4 sets (1)- 20 reps (2)- 15 reps (3)- 12 reps	3 sets (1)- 20 reps (2)- 15 reps (3)- 12 reps
	B1	Press Up (5 second lower)	4 sets 6-8 reps	4 sets 8-10 reps	4 sets 10-12 reps	3 sets 10-12 reps
	B2	No Money	4 sets 8 reps	4 sets 10 reps	4 sets 12 reps	3 sets 12 reps
	C1	Fitness Circuit (1)- Jumping Jacks (2)- Bodyweight Squats (3)- Hand Supported In Out	(1)- 130 reps (2)- 65 reps (3)- 40 reps	(1)- 140 reps (2)- 70 reps (3)- 45 reps	(1)- 150 reps (2)- 75 reps (3)- 50 reps	(1)- 130 reps (2)- 65 reps (3)- 40 reps
	D1	90/90 Internal Rotation Liftoff	3 sets 4 reps/side	3 sets 5 reps/side	3 sets 6 reps/side	3 sets 6 reps/side
D2	Prone Hip Internal Rotation	3 sets 4 reps/side	3 sets 5 reps/side	3 sets 6 reps/side	3 sets 6 reps/side	