

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

1 Regenerate 1	EXERCISE		LEARNING	PROGRESS	PEAK	RELOAD
	A1	Side Lying Leg Circle	3 sets 8 direction/side	3-4 sets 8 direction/side	4-5 sets 8 direction/side	3 sets 8 direction/side
	A2	1-Arm DB/KB Row	3 sets 8 reps/side	3-4 sets 8 reps/side	4-5 sets 8 reps/side	3 sets 8 reps/side
	B1	Band Hinge	3 sets 10 reps	3-4 sets 10 reps	4-5 sets 10 reps	3 sets 10 reps
	B2	1-Arm Front Raise	3 sets 10 reps/side	3-4 sets 10 reps/side	4-5 sets 10 reps/side	3 sets 10 reps/side
	C1	Step Up	3 sets 8 reps/side	3-4 sets 8 reps/side	4-5 sets 8 reps/side	3 sets 8 reps/side
	C2	Russian Twist Hug	3 sets 8 reps/side	3-4 sets 8 reps/side	4-5 sets 8 reps/side	3 sets 8 reps/side
	D1	Zombie March	3 sets 12 reps/side	3-4 sets 12 reps/side	4-5 sets 12 reps/side	3 sets 12 reps/side
	D2	1-Leg Calf Raise Hold	3 sets 20 seconds/side	3-4 sets 20 seconds/side	4-5 sets 20 seconds/side	3 sets 20 seconds/side
	E1	Farmers Hold	3 sets 30 seconds	3-4 sets 30 seconds	4-5 sets 30 seconds	3 sets 30 seconds
E2	Ropes	3 sets 30 seconds	3-4 sets 30 seconds	4-5 sets 30 seconds	3 sets 30 seconds	

2 Regenerate 2	EXERCISE		LEARNING	PROGRESS	PEAK	RELOAD
	A1	1-Leg Glute Bridge Hold	3 sets 20 seconds/side	3-4 sets 20 seconds/side	4-5 sets 20 seconds/side	3 sets 20 seconds/side
	A2	Band Pushdown	3 sets 12 reps	3-4 sets 12 reps	4-5 sets 12 reps	3 sets 12 reps
	B1	Goblet Squat	3 sets 10 reps	3-4 sets 10 reps	4-5 sets 10 reps	3 sets 10 reps
	B2	Band Lat Pull Down	3 sets 10 reps	3-4 sets 10 reps	4-5 sets 10 reps	3 sets 10 reps
	C1	Rack Carry	3 sets 2 lengths	3-4 sets 2 lengths	4-5 sets 2 lengths	3 sets 2 lengths
	C2	1-Leg Toe Touch	3 sets 6 reps/side	3-4 sets 6 reps/side	4-5 sets 6 reps/side	3 sets 6 reps/side
	D1	McGill Sit Up	3 sets 8 reps/side	3-4 sets 8 reps/side	4-5 sets 8 reps/side	3 sets 8 reps/side
	D2	Band Face Pull	3 sets 8 reps	3-4 sets 8 reps	4-5 sets 8 reps	3 sets 8 reps
E1	Bike <i>or</i> Rower	2000m <i>or</i> 1000m	2000m <i>or</i> 1000m	2000m <i>or</i> 1000m	2000m <i>or</i> 1000m	