

<p>WARM UP x 3 sets <i>Raise body temp</i></p> <ol style="list-style-type: none"> 1. Standing Hip Circles 10 reps/direction 2. Narrow Stance Squats 10 reps <p><i>Activate</i></p> <ol style="list-style-type: none"> 3. Forearm Wall Slide 10 reps 4. Glute Bridge + Reach 10 reps 	 <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><i>Mobilise</i></p> <ol style="list-style-type: none"> 5. Side Lying Windmill 5 reps/side 	<p>How to track your progress? What gets measured, gets managed.</p> 	<p>Goal setting Download this worksheet and set your next goal!</p> 

		EXERCISE	LEARNING	PROGRESS	PEAK	RELOAD
1 Anywhere 1	A's	Full Body Circuit (1)- Deficit Reverse Lunge (2)- Plank Hip Rotations (3)- Superman Pull Downs	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	1-Leg Long Lever Bridge	4 sets 8 reps/side	4 sets 8 reps/side (longer!)	4 sets 8 reps/side (longer)	3 sets 8 reps/side
	B2	Heel Tap Crunch	4 sets 15 reps/side	4 sets 15 reps/side (↑difficulty)	4 sets 15 reps/side (↑difficulty)	3 sets 15 reps/side
	C1	Side Plank Clam	4 sets 6 reps/side	4 sets 8 reps/side	4 sets 10 reps/side	3 sets 8 reps/side
	C2	Star Excursion	4 sets 3 reps/side	4 sets 4 reps/side	4 sets 5 reps/side	3 sets 5 reps/side
	D's	Fitness Circuit (1)- Sumo Squats (2)- Plank to Press (3)- Walking Squat (4)- Fast Mini Punches	4 sets (5 mins 20 seconds) (1)- 20 seconds (2)- 20 seconds (3)- 20 seconds (4)- 20 seconds	5 sets (6 mins 40 seconds) (1)- 20 seconds (2)- 20 seconds (3)- 20 seconds (4)- 20 seconds	6 sets (8 mins) (1)- 20 seconds (2)- 20 seconds (3)- 20 seconds (4)- 20 seconds	4 sets (5 mins 20 seconds) (1)- 20 seconds (2)- 20 seconds (3)- 20 seconds (4)- 20 seconds

2 Anywhere 2	EXERCISE		LEARNING	PROGRESS	PEAK	RELOAD
	A's	Full Body Circuit (1)- Prone Y Raise (2)- 1-Leg Foot Elevated Glute Bridge (3)- Zombie Crunch	4 sets (1)- 8 reps (2)- 8 reps/side (3)- 8 reps	4 sets (1)- 10 reps (2)- 10 reps/side (3)- 10 reps	4 sets (1)- 12 reps (2)- 12 reps/side (3)- 12 reps	3 sets (1)- 12 reps (2)- 12 reps/side (3)- 12 reps
	B1	RFESS	4 sets 8 reps/side	4 sets 8 reps/side (↑difficulty)	4 sets 8 reps/side (↑difficulty)	3 sets 8 reps/side
	B2	Side Plank Twist	4 sets 8 reps/side	4 sets 8 reps/side (↑difficulty)	4 sets 8 reps/side (↑difficulty)	3 sets 8 reps/side
	C1	Hip Flexor Plank with Lift	4 sets 6 reps/side	4 sets 8 reps/side	4 sets 10 reps/side	3 sets 10 reps/side
	C2	Couch Stretch Rocks	4 sets 12 reps/side	4 sets 16 reps/side	4 sets 20 reps/side	3 sets 20 reps/side
D's	Fitness Circuit (1)- Shoulder Tap + Leg Lift (2)- Seal Jack (3)- Prisoner Surrenders	4 sets (12 mins) (1)- 35s ON : 25s OFF (2)- 35s ON : 25s OFF (3)- 35s ON : 25s OFF	4 sets (12 mins) (1)- 40s ON : 20s OFF (2)- 40s ON : 20s OFF (3)- 40s ON : 20s OFF	4 sets (12 mins) (1)- 45s ON : 15s OFF (2)- 45s ON : 15s OFF (3)- 45s ON : 15s OFF	4 sets (12 mins) (1)- 30s ON : 30s OFF (2)- 30s ON : 30s OFF (3)- 30s ON : 30s OFF	

3 Anywhere 3	EXERCISE		LEARNING	PROGRESS	PEAK	RELOAD
	As	Full Body Circuit (1)- Hip Thrust (2)- Toe Lift Crunch (3)- Prone Snow Angels	4 sets (1)- 8 reps (2)- 8 reps (3)- 8 reps/side	4 sets (1)- 10 reps (2)- 10 reps (3)- 10 reps/side	4 sets (1)- 12 reps (2)- 12 reps (3)- 12 reps/side	3 sets (1)- 12 reps (2)- 12 reps (3)- 12 reps/side
	B1	Forward Lean Split Squat	4 sets 8 reps/side	4 sets 8 reps/side (↑difficulty)	4 sets 8 reps/side (↑difficulty)	3 sets 8 reps/side
	B2	Double Leg Lowers	4 sets 8 reps	4 sets 8 reps (↑difficulty)	4 sets 8 reps (↑difficulty)	3 sets 8 reps
	C1	Toes In, Toes Out, Toes Straight Calf Raises	3 sets 8 reps of each	3 sets 10 reps of each	3 sets 12 reps of each	2 sets 12 reps of each
	C2	Bodyweight Tib Raise	3 sets 8 reps	3 sets 10 reps	3 sets 12 reps	2 sets 12 reps
D's	Fitness Circuit (1)- Line Touches (total) (2)- Double Leg Mountain Climber (3)- Sit Ups	(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)- 140 reps (2)- 70 reps (3)- 45 reps	