

<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><i>Mobilise</i></p> <ol style="list-style-type: none"> 5. Side Lying Windmill 5 reps/side 	<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>How to track your progress? What gets measured, gets managed.</p>	<p>Goal setting Download this worksheet and set your next goal!</p>

1 Regenerate 1	EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
	A1	Side Plank Clam	3 sets 12 reps/side	3-4 sets 12 reps/side	4-5 sets 12 reps/side	3 sets 12 reps/side
	A2	Kneeling 1-Arm Band Row	3 sets 12 reps/side	3-4 sets 12 reps/side	4-5 sets 12 reps/side	3 sets 12 reps/side
	B1	Deadlift	3 sets 6 reps	3-4 sets 6 reps	4-5 sets 6 reps	3 sets 6 reps
	B2	1-Arm Seated Overhead Press	3 sets 6 reps/side	3-4 sets 6 reps/side	4-5 sets 6 reps/side	3 sets 6 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	Palof Rotation	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 Deadbug	3 sets 10 reps	3-4 sets 10 reps	4-5 sets 10 reps	3 sets 10 reps
	D2	Seated Calf Raise	3 sets 10 reps	3-4 sets 10 reps	4-5 sets 10 reps	3 sets 10 reps
	E1	Bike/Rower/Ropes	5 sets 35s ON : 25s OFF	5 sets 40s ON : 20s OFF	5 sets 45s ON : 15s OFF	4 sets 45s ON : 15s OFF

2

Regenerate 2

EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
A1	1-Leg Hip Thrust Hold	3 sets 20 secs/side	3-4 sets 20 secs/side	4-5 sets 20 secs/side	3 sets 20 secs/side
A2	DB Pullover	3 sets 10 reps	3-4 sets 10 reps	4-5 sets 10 reps	3 sets 10 reps
B1	Sumo Squat	3 sets 8 reps	3-4 sets 8 reps	4-5 sets 8 reps	3 sets 8 reps
B2	1-Arm DB Floor Press	3 sets 8 reps/side	3-4 sets 8 reps/side	4-5 sets 8 reps/side	3 sets 8 reps/side
C1	Offset Farmers Walk	3 sets 2 lengths/side	3-4 sets 2 lengths/side	4-5 sets 2 lengths/side	3 sets 2 lengths/side
C2	Star Excursion	3 sets 4 reps/side	3-4 sets 4 reps/side	4-5 sets 4 reps/side	3 sets 4 reps/side
D1	Zombie Crunch	3 sets 12 reps	3-4 sets 12 reps	4-5 sets 12 reps	3 sets 12 reps
D2	Bicep Curl	3 sets 12 reps	3-4 sets 12 reps	4-5 sets 12 reps	3 sets 12 reps
E1	Bike <i>or</i> Rower	10 minutes	10 minutes	10 minutes	10 minutes