






<p>WARM UP x 3 sets <i>Raise body temp</i></p> <p>1. Lateral Hurdle Steps 5 reps/side 2. Side Step Shuffle 10 reps/side</p> <p><i>Activate</i></p> <p>3. Deadbugs 5 reps/side 4. Fire Hydrant 5 reps/side</p> <p><i>Mobilise</i></p> <p>5. Yoga Pike 5 reps</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>How to track your progress? What gets measured, gets managed.</p> 	<p>Goal setting Download this worksheet and set your next goal!</p> 

1 Anywhere 1	EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
	A's	Full Body Circuit (1)- One Leg Hip Thrust (2)- Side Plank Hip Dips (3)- Prone Y to W	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	4 sets (1)- 14 reps/side (2)- 14 reps/side (3)- 14 reps	3 sets (1)- 14 reps/side (2)- 14 reps/side (3)- 14 reps
	B1	1-Leg RDL to Reverse Lunge	4 sets 6 reps/side	4 sets 7 reps/side	4 sets 8 reps/side	3 sets 8 reps/side
	B2	Alternating V - Up	4 sets 6 reps/side	4 sets 7 reps/side	4 sets 8 reps/side	3 sets 8 reps/side
	C1	Tricep Dips	4 sets 10 reps	4 sets 11 reps	4 sets 12 reps	3 sets 12 reps
	C2	Diamond Straight Arm Plank	4 sets 30 seconds	4 sets 35 seconds	4 sets 40 seconds	3 sets 40 seconds
D's	Fitness Circuit (1)- Sprinter Squat (2)- Yoga Pike to Mountain Climbers (3)- Bicycle Crunch	3 sets (9 mins) (1)- 60 seconds (2)- 60 seconds (3)- 60 seconds	3 sets (10 mins 30 seconds) (1)- 70 seconds (2)- 70 seconds (3)- 70 seconds	3 sets (12 mins) (1)- 80 seconds (2)- 80 seconds (3)- 80 seconds	3 sets (10 mins 30 seconds) (1)- 70 seconds (2)- 70 seconds (3)- 70 seconds	

2 Anywhere 2	EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
	A's	Full Body Circuit (1)- Bear Shoulder Tap (2)- Feet Elevated Glute Bridge (3)- Alternating Leg Lowers	4 sets (1)- 10 reps/side (2)- 10 reps (3)- 10 reps/side	4 sets (1)- 12 reps/side (2)- 12 reps (3)- 12 reps/side	4 sets (1)- 14 reps/side (2)- 14 reps (3)- 14 reps/side	3 sets (1)- 14 reps/side (2)- 14 reps (3)- 14 reps/side
	B1	Cyclist Squat	4 sets 8 reps	4 sets 9 reps	4 sets 10 reps	3 sets 10 reps
	B2	Bent Over 'I'	4 sets 8 reps	4 sets 9 reps	4 sets 10 reps	3 sets 10 reps
	C's	Donkey Kick from Elbows	3 sets 15 reps/side	3 sets 20 reps/side	4 sets 20 reps/side	3 sets 20 reps/side
	C2	Straight Leg Fire Hydrants	3 sets 15 reps/side	3 sets 20 reps/side	4 sets 20 reps/side	3 sets 20 reps/side
D's	Fitness Circuit (1)- Cross Jacks (2)- Plank Saw (3)- Forward Lunges (4)- Recover	5 sets (8 mins 20 seconds) (1)- 25 seconds (2)- 25 seconds (3)- 25 seconds (4)- 25 seconds	5 sets (10 minutes) (1)- 30 seconds (2)- 30 seconds (3)- 30 seconds (4)- 30 seconds	5 sets (11 mins 40 seconds) (1)- 35 seconds (2)- 35 seconds (3)- 35 seconds (4)- 35 seconds	4 sets (9 mins 20 seconds) (1)- 35 seconds (2)- 35 seconds (3)- 35 seconds (4)- 35 seconds	

3 Anywhere 3	EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
	A's	Full Body Circuit (1)- Wall Press One Leg RDL (2)- Superman Straight Arm Plank Lift (3)- Birddog to Row	4 sets (1)- 10 reps/side (2)- 10 reps/side (3)- 10 reps/side	4 sets (1)- 12 reps/side (2)- 12 reps/side (3)- 12 reps/side	4 sets (1)- 14 reps/side (2)- 14 reps/side (3)- 14 reps/side	3 sets (1)- 14 reps/side (2)- 14 reps/side (3)- 14 reps/side
	B1	Press Up	4 sets 6 reps	4 sets 7 reps	4 sets 8 reps	3 sets 8 reps
	B2	One Leg Squat to Box	4 sets 6 reps/side	4 sets 7 reps/side	4 sets 8 reps/side	3 sets 8 reps/side
	C1	Burpees &/or Mountain Climbers &/or Low Jacks	5 sets (5 mins) 40 seconds	6-7 sets (6-7 mins) 40 seconds	8 sets (8 mins) 40 seconds	6 sets (6 mins) 40 seconds
	C2	Long Lever Plank	5 sets 20 seconds	6-7 sets 20 seconds	8 sets 20 seconds	6 sets 20 seconds
	D1	Figure 4 to 90/90	3 sets 5 reps/side	3 sets 5 reps/side (↑difficulty)	3 sets 5 reps/side (↑difficulty)	3 sets 5 reps/side
	D2	90/90 Side Lying Hip Swivel	3 sets 5 reps/side	3 sets 5 reps/side (↑difficulty)	3 sets 5 reps/side (↑difficulty)	3 sets 5 reps/side