






<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>	 <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	EXERCISE		TEACHING		PROGRESS		PEAK		RELOAD	
	A1	Standing Straight Leg Abduction	3 sets	10 reps/side	3-4 sets	10 reps/side	4-5 sets	10 reps/side	3 sets	10 reps/side
A2	Palms Up BPA	3 sets	10 reps	3-4 sets	10 reps	4-5 sets	10 reps	3 sets	10 reps	
B1	Miniband Glute Bridge	3 sets	8 reps	3-4 sets	8 reps	4-5 sets	8 reps	3 sets	8 reps	
B2	Arnold Press	3 sets	8 reps	3-4 sets	8 reps	4-5 sets	8 reps	3 sets	8 reps	
C1	Sprinter Step Up	3 sets	6 reps/side	3-4 sets	6 reps/side	4-5 sets	6 reps/side	3 sets	6 reps/side	
C2	Window Wiper	3 sets	6 reps/side	3-4 sets	6 reps/side	4-5 sets	6 reps/side	3 sets	6 reps/side	
D1	T-Rotation	3 sets	6 reps/side	3-4 sets	6 reps/side	4-5 sets	6 reps/side	3 sets	6 reps/side	
D2	Tip Toe Farmers March	3 sets	12 reps/side	3-4 sets	12 reps/side	4-5 sets	12 reps/side	3 sets	12 reps/side	
E1	Bike/Rower	5-6 minutes steady pace		7-8 minutes steady pace		9-10 minutes steady pace		5-6 minutes steady pace		

Regenerate 1

2

Regenerate 2

EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
A1	Donkey Kick from Elbows	3 sets 8 reps/side	3-4 sets 8 reps/side	4-5 sets 8 reps/side	3 sets 8 reps/side
A2	Band Floor Press	3 sets 8 reps	3-4 sets 8 reps	4-5 sets 8 reps	3 sets 8 reps
B1	Zombie Squat	3 sets 10 reps	3-4 sets 10 reps	4-5 sets 10 reps	3 sets 10 reps
B2	1-Arm Band Lat Pull Down	3 sets 10 reps/side	3-4 sets 10 reps/side	4-5 sets 10 reps/side	3 sets 10 reps/side
C1	Suitcase Carry	3 sets 2 lengths/side	3-4 sets 2 lengths/side	4-5 sets 2 lengths/side	3 sets 2 lengths/side
C2	March Hold	3 sets 20-40s/side	3-4 sets 20-40s/side	4-5 sets 20-40s/side	3 sets 20-40s/side
D1	Toe Touch	3 sets 12 reps	3-4 sets 12 reps	4-5 sets 12 reps	3 sets 12 reps
D2	No Money	3 sets 12 reps	3-4 sets 12 reps	4-5 sets 12 reps	3 sets 12 reps
E1	DB Hold	2 sets 30 seconds	2 sets 35 seconds	2 sets 40 seconds	2 sets 30 seconds