

<p><b>WARM UP x 3 sets</b></p> <p><i>Raise body temp</i></p> <p><b>1. Squat Duck Unders</b>      <b>5 reps/side</b></p> <p><b>2. Lateral Leg Swings</b>      <b>10 reps/side</b></p> <p><i>Activate</i></p> <p><b>3. Blackburns</b>      <b>5 reps</b></p> <p><b>4. Donkey Kick</b>      <b>5 reps/side</b></p> <p><i>Mobilise</i></p> <p><b>5. Seated Forward Fold</b>      <b>5 reps</b></p>	<p>SCAN HERE FOR A VIDEO DEMONSTRATION OF THE WARM UP :-)</p>	<p><b>Food diary</b></p> <p>Track your food and drink and review with a coach</p>
	<p><b>How to track your progress?</b></p> <p>What gets measured, gets managed.</p>	<p><b>Goal setting</b></p> <p>Download this worksheet and set your next goal!</p>

1		EXERCISE	LEARNING	PROGRESS	PEAK	RELOAD
Anywhere 1	A's	<b>Full Body Circuit</b> (1)- Front Foot Elevated Split Squat (2)- Side Plank Leg Lifts to Front Kick (3)- Prone Alternating Lat Pull	4 sets (1)- 8 reps/side (2)- 8 reps/side (3)- 8 reps/side	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	3 sets (1)- 12 reps/side (2)- 12 reps/side (3)- 12 reps/side
	B1	One Leg RDL to Step Up	4 sets 6 reps/side	4 sets 6 reps/side (↑difficulty)	4 sets 6 reps/side (↑difficulty)	3 sets 6 reps/side
	B2	Press Up	4 sets 6 reps	4 sets 6 reps (↑difficulty)	4 sets 6 reps (↑difficulty)	3 sets 6 reps
	C2	Sumo Squat	3 sets 12 reps	3 sets 16 reps	3 sets 20 reps	3 sets 16 reps
	C2	Cyclist Squat	3 sets 12 reps	3 sets 16 reps	3 sets 20 reps	3 sets 16 reps
	D1	Mountain Climbers	3 sets (3 minutes) 20 seconds <b>ON</b> - Max Effort 40 seconds <b>REST</b>	3 sets (3 minutes) 25 seconds <b>ON</b> - Max Effort 35 seconds <b>REST</b>	3 sets (3 minutes) 30 seconds <b>ON</b> - Max Effort 30 seconds <b>REST</b>	3 sets (3 minutes) 20 seconds <b>ON</b> - Max Effort 40 seconds <b>REST</b>
	E1	Star Jumps	3 sets (3 minutes) 20 seconds <b>ON</b> - Max Effort 40 seconds <b>REST</b>	3 sets (3 minutes) 25 seconds <b>ON</b> - Max Effort 35 seconds <b>REST</b>	3 sets (3 minutes) 30 seconds <b>ON</b> - Max Effort 30 seconds <b>REST</b>	3 sets (3 minutes) 20 seconds <b>ON</b> - Max Effort 40 seconds <b>REST</b>

2			LEARNING	PROGRESS	PEAK	RELOAD
	A's	<b>Full Body Circuit</b> (1)- Strict Shoulder Tap (2)- One Leg Hip Thrust (3)- Wall Press Deadbug	4 sets (1)- 8 reps/side (2)- 8 reps/side (3)- 8 reps/side	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	3 sets (1)- 12 reps/side (2)- 12 reps/side (3)- 12 reps/side
B1	One-Leg Squat off Step	4 sets 6 reps/side	4 sets 6 reps/side (↑difficulty)	4 sets 6 reps/side (↑difficulty)	3 sets 6 reps/side	
B2	Bent Over T Raise	4 sets 6 reps	4 sets 6 reps (↑difficulty)	4 sets 6 reps (↑difficulty)	3 sets 6 reps	
C1	Behind the Leg Pass Crunch	3 sets 12 reps	3 sets 16 reps	3 sets 20 reps	3 sets 16 reps	
C2	Dolphin Plank	3 sets 12 reps	3 sets 16 reps	3 sets 20 reps	3 sets 16 reps	
D's	<b>Fitness Circuit</b> (1)- Line Touch (2)- Bear Crawl Lift Offs (3)- Side Step Squat (4)- Recover	3 sets (8 minutes) (1)- 40 seconds (2)- 40 seconds (3)- 40 seconds (4)- 40 seconds	3 sets (10 minutes) (1)- 50 seconds (2)- 50 seconds (3)- 50 seconds (4)- 50 seconds	3 sets (12 minutes) (1)- 60 seconds (2)- 60 seconds (3)- 60 seconds (4)- 60 seconds	3 sets (8 minutes) (1)- 40 seconds (2)- 40 seconds (3)- 40 seconds (4)- 40 seconds	

3	EXERCISE		LEARNING	PROGRESS	PEAK	RELOAD
	A's	<b>Full Body Circuit</b> (1)- Glute Bridge March (2)- Bear Birddog (3)- Alternating Plank One Arm Row	4 sets (1)- 8 reps/side (2)- 8 reps/side (3)- 8 reps/side	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	3 sets (1)- 12 reps/side (2)- 12 reps/side (3)- 12 reps/side
B1	Press Up	4 sets 6 reps	4 sets 6 reps (↑difficulty)	4 sets 6 reps (↑difficulty)	3 sets 6 reps	
B2	Split Squat	4 sets 6 reps/side	4 sets 6 reps/side (↑difficulty)	4 sets 6 reps/side (↑difficulty)	3 sets 6 reps/side	
C's	<b>Fitness Circuit</b> (1)- Cossack Hand Walkouts (2)- Walking Lunges (3)- Plank Jack (4)- Side Step Jacks	4 sets (8 minutes) (1)- 30 seconds (2)- 30 seconds (3)- 30 seconds (4)- 30 seconds	5 sets (10 minutes) (1)- 30 seconds (2)- 30 seconds (3)- 30 seconds (4)- 30 seconds	6 sets (12 minutes) (1)- 30 seconds (2)- 30 seconds (3)- 30 seconds (4)- 30 seconds	5 sets (10 minutes) (1)- 30 seconds (2)- 30 seconds (3)- 30 seconds (4)- 30 seconds	
D1	Single Leg Balance Pass	3 sets 6 reps/direction/side	3 sets 6 reps/direction/side(↑difficulty)	3 sets 6 reps/direction/side(↑difficulty)	3 sets 6 reps/direction/side	
D2	One Leg RDL Hip Aeroplane	3 sets 6 reps/side	3 sets 6 reps/side (↑difficulty)	3 sets 6 reps/side (↑difficulty)	3 sets 6 reps/side	