





<p>WARM UP x 3 sets</p> <p><i>Raise body temp</i></p> <p>1. Squat Duck Unders 5 reps/side</p> <p>2. Lateral Leg Swings 10 reps/side</p> <p><i>Activate</i></p> <p>3. Blackburns 5 reps</p> <p>4. Donkey Kick 5 reps/side</p> <p><i>Mobilise</i></p> <p>5. Seated Forward Fold 5 reps</p>	<p>Goal setting Download this worksheet and set your next goal!</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>Healthy Eating Guide Top tips on what to eat</p> 

1 Regenerate 1	EXERCISE		LEARNING	PROGRESS	PEAK	RELOAD
	A1	Side Plank	3 sets 30s/side	3-4 sets 30s/side	4-5 sets 30s/side	3 sets 30s/side
	A2	1-Arm TRX Row	3 sets 6 reps/side	3-4 sets 6 reps/side	4-5 sets 6 reps/side	3 sets 6 reps/side
	B1	Kickstand Glute Bridge	3 sets 8 reps/side	3-4 sets 8 reps/side	4-5 sets 8 reps/side	3 sets 8 reps/side
	B2	Alternating Overhead Press	3 sets 8 reps/side	3-4 sets 8 reps/side	4-5 sets 8 reps/side	3 sets 8 reps/side
	C1	Lateral Step Up	3 sets 10 reps/side	3-4 sets 10 reps/side	4-5 sets 10 reps/side	3 sets 10 reps/side
	C2	Band Rotation	3 sets 10 reps/side	3-4 sets 10 reps/side	4-5 sets 10 reps/side	3 sets 10 reps/side
	D1	Half Kneel Thoracic Rotation	3 sets 12 reps/side	3-4 sets 12 reps/side	4-5 sets 12 reps/side	3 sets 12 reps/side
	D2	Calf Raises	3 sets 12 reps	3-4 sets 12 reps	4-5 sets 12 reps	3 sets 12 reps
E1	Bike/Rower/Ropes	4 sets 30 seconds ON 30 seconds OFF	5 sets 30 seconds ON 30 seconds OFF	6 sets 30 seconds ON 30 seconds OFF	4 sets 30 seconds ON 30 seconds OFF	

2

Regenerate 2

EXERCISE		LEARNING	PROGRESS	PEAK	RELOAD
A1	Straight Leg Donkey Kick	3 sets 8 reps/side	3-4 sets 8 reps/side	4-5 sets 8 reps/side	3 sets 8 reps/side
A2	1-Arm Floor Press	3 sets 8 reps/side	3-4 sets 8 reps/side	4-5 sets 8 reps/side	3 sets 8 reps/side
B1	Sumo Squat	3 sets 10 reps	3-4 sets 10 reps	4-5 sets 10 reps	3 sets 10 reps
B2	1-Arm Straight Arm 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	Plate Zombie Carry	3 sets 2 lengths	3-4 sets 2 lengths	4-5 sets 2 lengths	3 sets 2 lengths
C2	Plate Pinch Twist	3 sets 30s/side	3-4 sets 30s/side	4-5 sets 30s/side	3 sets 30s/side
D1	McGill Sit Up	3 sets 6 reps/side	3-4 sets 6 reps/side	4-5 sets 6 reps/side	3 sets 6 reps/side
D2	Hands Overhead Balance	3 sets 20-40s/side	3-4 sets 20-40s/side	4-5 sets 20-40s/side	3 sets 20-40s/side
E1	Bike/Rower	2 sets 3 mins ON 1 min OFF	2 sets 4 mins ON 1 min OFF	2 sets 4 mins ON 1 min OFF	2 sets 3 mins ON 1 min OFF