






<p>WARM UP x 3 sets</p> <p><i>Raise body temp</i></p> <p>1. Squats 5 reps</p> <p>2. Cross Body Wall March 5 reps/side</p> <p><i>Activate</i></p> <p>3. Prisoner Hinge 5 reps</p> <p>4. Side Lying Overhead Windmill 5 reps/side</p>	 <p>SCAN HERE FOR A VIDEO DEMONSTRATION OF THE WARM UP :-)</p> 	<p>Food diary</p> <p>Track your food and drink and review with a coach</p> 
<p><i>Mobilise</i></p> <p>5. Adductor Rock Backs 5 reps/side</p>	<p>How to track your progress?</p> <p>What gets measured, gets managed.</p> 	<p>Goal setting</p> <p>Download this worksheet and set your next goal!</p> 

1		EXERCISE	TEACHING	PROGRESS	PEAK	RELOAD
Anywhere 1	A's	Full Body Circuit (1)- Rear Foot Elevated Split Squat (2)- Double Leg Deadbug (3)- Palms Up Back Widow	4 sets (1)- 8 reps/side (2)- 8 reps (3)- 8 reps	4 sets (1)- 10 reps/side (2)- 10 reps (3)- 10 reps	4 sets (1)- 12 reps/side (2)- 12 reps (3)- 12 reps	3 sets (1)- 12 reps/side (2)- 12 reps (3)- 12 reps
	B1	Walking One Leg RDL	4 sets 6 reps/side	4 sets 8 reps/side	4 sets 10 reps/side	3 sets 10 reps/side
	B2	Press Up	4 sets 6 reps	3 sets 8 reps	4 sets 10 reps	3 sets 10 reps
	C1	One-Leg Calf Raise	4 sets 10 reps/side	4 sets 12 reps/side	4 sets 14 reps/side	3 sets 14 reps/side
	C2	Standing Deadbug	4 sets 10 reps/side	4 sets 12 reps/side	4 sets 14 reps/side	3 sets 14 reps/side
	D1	Forward Scissors	4 sets (4 minutes) 20 seconds ON - Max Effort 40 seconds REST	4 sets (4 minutes) 25 seconds ON - Max Effort 35 seconds REST	4 sets (4 minutes) 30 seconds ON - Max Effort 30 seconds REST	3 sets (3 minutes) 30 seconds ON - Max Effort 30 seconds REST
	D2	Low Jacks	4 sets (4 minutes) 20 seconds ON - Max Effort 40 seconds REST	4 sets (4 minutes) 25 seconds ON - Max Effort 35 seconds REST	4 sets (4 minutes) 30 seconds ON - Max Effort 30 seconds REST	3 sets (3 minutes) 30 seconds ON - Max Effort 30 seconds REST

2	EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
	A's	Full Body Circuit (1)- One-Arm Plank + Reach (2)- Side Plank Dip to Leg Lift (3)- Frog Thrust	4 sets (1)- 8 reps/side (2)- 8 reps/side (3)- 8 reps	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	3 sets (1)- 12 reps/side (2)- 12 reps/side (3)- 12 reps
B1	Wall Supported Skater Squat	4 sets 4 reps/side	4 sets 6 reps/side	4 sets 8 reps/side	3 sets 8 reps/side	
B2	Floor Cobra Pull	4 sets 4 reps	3 sets 6 reps	4 sets 8 reps	3 sets 8 reps	
C1	Straight Leg Deadbugs	3 sets 40 seconds	3 sets 50 seconds	3 sets 60 seconds	3 sets 40 seconds	
C2	Plank Walk Outs	3 sets 40 seconds	3 sets 50 seconds	3 sets 60 seconds	3 sets 40 seconds	
D's	VELOCITY MEDLEY (1)- Reverse Lunge Touchdown (2)- Seal Jacks (3)- Mountain Climber Switch (4)- Sprinter Squat (5)- Sit Ups	2 sets (10 minutes) (1)- 35s ON : 25s OFF (2)- 35s ON : 25s OFF (3)- 35s ON : 25s OFF (4)- 35s ON : 25s OFF (5)- 35s ON : 25s OFF	2 sets (10 minutes) (1)- 40s ON : 20s OFF (2)- 40s ON : 20s OFF (3)- 40s ON : 20s OFF (4)- 40s ON : 20s OFF (5)- 40s ON : 20s OFF	2 sets (10 minutes) (1)- 45s ON : 15s OFF (2)- 45s ON : 15s OFF (3)- 45s ON : 15s OFF (4)- 45s ON : 15s OFF (5)- 45s ON : 15s OFF	2 sets (10 minutes) (1)- 40s ON : 20s OFF (2)- 40s ON : 20s OFF (3)- 40s ON : 20s OFF (4)- 40s ON : 20s OFF (5)- 40s ON : 20s OFF	

3	EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
	A's	Full Body Circuit (1)- Kickstand Good Morning (2)- Straight Arm Plank Knee to Hand (3)- Prone Shoulder External Rotation	4 sets (1)- 8 reps/side (2)- 8 reps/side (3)- 8 reps	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	3 sets (1)- 12 reps/side (2)- 12 reps/side (3)- 12 reps
B1	Press Up	4 sets 6 reps	3 sets 6 reps (↑difficulty)	4 sets 6 reps (↑difficulty)	3 sets 6 reps	
B2	Reverse Lunge	4 sets 6 reps/side	4 sets 8 reps/side	4 sets 10 reps/side	3 sets 10 reps/side	
C's	Fitness Circuit (1)- Star Jumps (2)- Shoulder Taps (3)- Squat to Toes	5 sets (7 minutes 30 seconds) (1)- 30 seconds (2)- 30 seconds (3)- 30 seconds	5 sets (8 minutes 45 seconds) (1)- 35 seconds (2)- 35 seconds (3)- 35 seconds	5 sets (10 minutes) (1)- 40 seconds (2)- 40 seconds (3)- 40 seconds	5 sets (7 minutes 30 seconds) (1)- 30 seconds (2)- 30 seconds (3)- 30 seconds	
D1	Spiderman + Rotate	4 sets 10 reps/side	4 sets 12 reps/side	4 sets 14 reps/side	3 sets 14 reps/side	
D2	Prisoner Chest Stretch	4 sets 10 reps/side	4 sets 12 reps/side	4 sets 14 reps/side	3 sets 14 reps/side	