






<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? What gets measured, gets managed.</p> 	<p>Goal setting</p> <p>Download this worksheet and set your next goal!</p> 

1		EXERCISE	LEARNING	PROGRESS	PEAK	RELOAD
Regenerate 1	A1	Side Plank Clam	3 sets 12 reps/side	3-4 sets 12 reps/side	4-5 sets 12 reps/side	3 sets 12 reps/side
	A2	One-Arm DB/KB Row	3 sets 12 reps/side	3-4 sets 12 reps/side	4-5 sets 12 reps/side	3 sets 12 reps/side
	B1	Hip Thrust	3 sets 10 reps	3-4 sets 10 reps/side	4-5 sets 10 reps/side	3 sets 10 reps/side
	B2	Seesaw Overhead Press	3 sets 10 reps/side	3-4 sets 10 reps/side	4-5 sets 10 reps/side	3 sets 10 reps/side
	C1	High(er) 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	Pallof Press	3 sets 6 reps/side	3-4 sets 6 reps/side	4-5 sets 6 reps/side	3 sets 6 reps/side
	D1	Static Spiderman + Rotate	3 sets 8 reps/side	3-4 sets 8 reps/side	4-5 sets 8 reps/side	3 sets 8 reps/side
	D2	1-Leg Calf Raise	3 sets 8 reps	3-4 sets 8 reps	4-5 sets 8 reps	3 sets 8 reps
	E1	Bike/Rower/Ropes	3 sets 45 seconds ON 15 seconds OFF	4 sets 45 seconds ON 15 seconds OFF	5 sets 45 seconds ON 15 seconds OFF	4 sets 45 seconds ON 15 seconds OFF

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Regenerate 2

EXERCISE		LEARNING	PROGRESS	PEAK	RELOAD
A1	Resisted 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	Close Grip Floor Press	3 sets 8 reps	3-4 sets 8 reps	4-5 sets 8 reps	3 sets 8 reps
B1	Cyclist Squat	3 sets 10 reps	3-4 sets 10 reps	4-5 sets 10 reps	3 sets 10 reps
B2	Leaning Straight Arm Pulldown	3 sets 10 reps	3-4 sets 10 reps	4-5 sets 10 reps	3 sets 10 reps
C1	Goblet Carry	3 sets 2 lengths	3-4 sets 2 lengths	4-5 sets 2 lengths	3 sets 2 lengths
C2	Standing Deadbug	3 sets 6 reps/side	3-4 sets 6 reps/side	4-5 sets 6 reps/side	3 sets 6 reps/side
D1	Heel Tap Crunch	3 sets 12 reps/side	3-4 sets 12 reps/side	4-5 sets 12 reps/side	3 sets 12 reps/side
D2	Prisoner Chest Stretch	3 sets 12 reps	3-4 sets 12 reps	4-5 sets 12 reps	3 sets 12 reps
E1	Bike/Rower	3 sets 1 minute 30 seconds ON 1 minute OFF	3 sets 1 minute 45 seconds ON 1 minute OFF	3 sets 2 minutes ON 1 minute OFF	3 sets 1 minute 30 seconds ON 1 min OFF