

WARM UP x 3 sets <i>Raise body temp</i> 1. High Knee March 5 reps/side 2. Cross Arm Swings 5 reps/side <i>Activate</i> 3. Wall Slide 5 reps 4. Glute Bridge 5 reps <i>Mobilise</i> 5. Wide Stance Floor Touch 5 reps	 SCAN HERE FOR A VIDEO DEMONSTRATION OF THE WARM UP :-)		Food diary Track your food and drink and review with a coach	
	How to track your progress? What gets measured, gets managed.		Goal setting Download this worksheet and set your next goal!	

1 Anywhere 1	EXERCISE		LEARNING	PROGRESS	PEAK	RELOAD
	A's	Full Body Circuit (1)- Step Up (2)- Deadbug Hold (3)- Alternating Prone Lat Pulldown	2-4 sets (1)- 12 reps/side (2)- 10-30 seconds/side (3)- 12 reps/side	2-4 sets (1)- 12 reps/side (2)- 10-30 seconds/side (3)- 12 reps/side	2-4 sets (1)- 12 reps/side (2)- 10-30 seconds/side (3)- 12 reps/side	2-3 sets (1)- 12 reps/side (2)- 10-30 seconds/side (3)- 12 reps/side
	B1	Long Lever Hamstring Bridge Hold	2-4 sets 30 seconds	2-4 sets 30 seconds	2-4 sets 30 seconds	2-3 sets 30 seconds
	B2	Press Up Bottom Hold	2-4 sets 10-30 seconds	2-4 sets 10-30 seconds	2-4 sets 10-30 seconds	2-3 sets 10-30 seconds
	C1	Window Wiper	2-4 sets 6 reps/side	2-4 sets 8 reps/side	2-4 sets 10 reps/side	2-3 sets 6 reps/side
	C2	Hand Supported Bent Knee V-Up	2-4 sets 20 reps	2-4 sets 25 reps	2-4 sets 30 reps	2-3 sets 20 reps
	D1	Split Jumps	3 sets (3 minutes) 25 seconds ON - Max Effort 35 seconds REST	3 sets (3 minutes) 30 seconds ON - Max Effort 30 seconds REST	3 sets (3 minutes) 35 seconds ON - Max Effort 25 seconds REST	3 sets (3 minutes) 25 seconds ON - Max Effort 35 seconds REST
	D2	Murpees	3 sets (3 minutes) 25 seconds ON - Max Effort 35 seconds REST	3 sets (3 minutes) 30 seconds ON - Max Effort 30 seconds REST	3 sets (3 minutes) 35 seconds ON - Max Effort 25 seconds REST	3 sets (3 minutes) 25 seconds ON - Max Effort 35 seconds REST

2	EXERCISE		LEARNING	PROGRESS	PEAK	RELOAD
	A's	Full Body Circuit (1)- Pike Shoulder Taps (2)- Hamstring March (3)- Side Plank Star Hold	2-4 sets (1)- 12 reps/side (2)- 12 reps/side (3)- 10-30 seconds/side	2-4 sets (1)- 12 reps/side (2)- 12 reps/side (3)- 10-30 seconds/side	2-4 sets (1)- 12 reps/side (2)- 12 reps/side (3)- 10-30 seconds/side	2-3 sets (1)- 12 reps/side (2)- 12 reps/side (3)- 10-30 seconds/side
	B1	Split Squat Hold + Calf Raise	2-4 sets 30 seconds/side	2-4 sets 30 seconds/side	2-4 sets 30 seconds/side	2-3 sets 30 seconds/side
	B2	Back Widow Hold	2-4 sets 10-30 seconds	2-4 sets 10-30 seconds	2-4 sets 10-30 seconds	2-3 sets 10-30 seconds
	C1	Glute Bridge Knee Squeeze	2-4 sets 20 reps	2-4 sets 25 reps	2-4 sets 30 reps	2-3 sets 20 reps
	C2	Frog Glute Bridge	2-4 sets 20 reps	2-4 sets 25 reps	2-4 sets 30 reps	2-3 sets 20 reps
	D's	VELOCITY MEDLEY (1)- Sprinter Lunges (2)- Plank (3)- Surrenders (4)- T-Rotation (5)- Heel Tap Crunches	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		LEARNING	PROGRESS	PEAK	RELOAD
	A's	Full Body Circuit (1)- Hip Thrust (2)- Birdog Hold (3)- Prone Swimmer	2-4 sets (1)- 12 reps (2)- 10-30 seconds/side (3)- 12 reps	2-4 sets (1)- 12 reps (2)- 10-30 seconds/side (3)- 12 reps	2-4 sets (1)- 12 reps (2)- 10-30 seconds/side (3)- 12 reps	2-3 sets (1)- 12 reps (2)- 10-30 seconds/side (3)- 12 reps
	B1	Press Ups	2-4 sets 6-12 reps	2-4 sets 6-12 reps	2-4 sets 6-12 reps	2-3 sets 6-12 reps
	B2	Split Squat Bottom Hold	2-4 sets 10-30 seconds/side	2-4 sets 10-30 seconds/side	2-4 sets 10-30 seconds/side	2-3 sets 10-30 seconds/side
	C's	Fitness Circuit (1)- Lateral Side Steps (2)- Inchworm (3)- Leg Lower to Toe Touch Crunch	3 sets (9 minutes) (1)- 60 seconds (2)- 60 seconds (3)- 60 seconds	3 sets (10 minutes 30 seconds) (1)- 70 seconds (2)- 70 seconds (3)- 70 seconds	3 sets (12 minutes) (1)- 80 seconds (2)- 80 seconds (3)- 80 seconds	3 sets (10 minutes 30 seconds) (1)- 70 seconds (2)- 70 seconds (3)- 70 seconds
	D1	Adductor Stretch + T-Rotation	2-4 sets 6 reps/side	2-4 sets 6 reps/side	2-4 sets 6 reps/side	2-3 sets 6 reps/side
	D2	Hip Flexor Stretch + Overhead Windmill	2-4 sets 6 reps/direction/side	2-4 sets 6 reps/direction/side	2-4 sets 6 reps/direction/side	2-3 sets 6 reps/direction/side