

WARM UP x 3 sets <i>Raise body temp</i> 1. Sprinter Step Back 5 reps/side 2. Bent Arm Circles 10 reps/direction <i>Activate</i> 3. Kneeling Prisoner Extension 10 reps 4. Birddog 5 reps/side	 SCAN HERE FOR A VIDEO DEMONSTRATION OF THE WARM UP :-) 	Food diary Track your food and drink and review with a coach 
<i>Mobilise</i> 5. Hip Flexor Side Bends 5 reps/direction/side	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)- Side Plank March (2)- Forward Lunge (3)- Bent Over Alternating Lat Pull	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	4 sets (1)- 15 reps/side (2)- 15 reps/side (3)- 15 reps/side	3 sets (1)- 15 reps/side (2)- 15 reps/side (3)- 15 reps/side
	B1 Hamstring Bridge	4 sets 8 reps	4 sets 10 reps	4 sets 12 reps	3 sets 12 reps
	B2 Press Up	4 sets 4 reps	4 sets 5 reps	4 sets 6 reps	3 sets 6 reps
	C1 Lateral Squat Walk	3 sets 20 reps/side	3 sets 25 reps/side	2 sets 30 reps/side	2 sets 30 reps/side
	C2 Side Lying Leg Circles	3 sets 10 reps/direction/side	3 sets 12 reps/direction/side	3 sets 15 reps/direction/side	2 sets 15 reps/direction/side
	D1 Fitness Circuit (1)- Low Step Taps (2)- High Plank + Reach (3)- Sit Ups (4)- RECOVER	5 sets (6 minutes 40 seconds) (1)- 20 seconds (2)- 20 seconds (3)- 20 seconds (3)- 20 seconds	5 sets (8 minutes 20 seconds) (1)- 25 seconds (2)- 25 seconds (3)- 25 seconds (3)- 25 seconds	5 sets (10 minutes) (1)- 30 seconds (2)- 30 seconds (3)- 30 seconds (3)- 30 seconds	4 sets (8 minutes) (1)- 30 seconds (2)- 30 seconds (3)- 30 seconds (3)- 30 seconds

2	EXERCISE		LEARNING	PROGRESS	PEAK	RELOAD
	A's	Full Body Circuit (1)- Straight Leg Deadbug (2)- Kickstand Glute Bridge (3)- Toes Out Calf Raise	4 sets (1)- 10 reps/side (2)- 10 reps/side (3)- 20 reps	4 sets (1)- 12 reps/side (2)- 12 reps/side (3)- 25 reps	4 sets (1)- 15 reps/side (2)- 15 reps/side (3)- 30 reps	3 sets (1)- 15 reps/side (2)- 15 reps/side (3)- 30 reps
	B1	Cossack Lunge	4 sets 8 reps/side	4 sets 10 reps/side	4 sets 12 reps/side	3 sets 12 reps/side
	B2	Bent Over W Pull	4 sets 8 reps	4 sets 10 reps	4 sets 12 reps	3 sets 12 reps
	C1	Crunch	3 sets 12 reps	3 sets 16 reps	3 sets 20 reps	2 sets 20 reps
	C2	High Plank Alternating Knee Tuck	3 sets 12 reps/side	3 sets 16 reps/side	3 sets 20 reps/side	2 sets 20 reps/side
	D's	Fitness Circuit (1)- Murpees (2)- Yoga Pike Toe Taps (3)- Surrenders (4)- Rest	4 sets (12 minutes) (1)- 45 seconds (2)- 45 seconds (3)- 45 seconds (4)- 45 seconds	4 sets (11 minutes) (1)- 45 seconds (2)- 45 seconds (3)- 45 seconds (4)- 30 seconds	4 sets (10 minutes) (1)- 45 seconds (2)- 45 seconds (3)- 45 seconds (4)- 15 seconds	4 sets (11 minutes) (1)- 45 seconds (2)- 45 seconds (3)- 45 seconds (4)- 30 seconds

3 Anywhere 3	EXERCISE		LEARNING	PROGRESS	PEAK	RELOAD
	A's	Full Body Circuit (1)- Hollow Body Hold (2)- T-Rotation (3)- Kickstand RDL	4 sets (1)- 20 seconds (2)- 10 reps/side (3)- 10 reps/side	4 sets (1)- 25 seconds (2)- 12 reps/side (3)- 12 reps/side	4 sets (1)- 30 seconds (2)- 15 reps/side (3)- 15 reps/side	3 sets (1)- 30 seconds (2)- 15 reps/side (3)- 15 reps/side
	B1	Press Up	4 sets 8 reps	4 sets 8 reps	4 sets 8 reps	3 sets 8 reps
	B2	Split Squat	4 sets 8 reps/side	4 sets 8 reps/side	4 sets 8 reps/side	3 sets 8 reps/side
	C's	Fitness Circuit (1)- Sprinter Lunges (2)- Kneeling Cross Punches (3)- Wall March	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 (13 minutes 30 seconds) (1)- 90 seconds (2)- 90 seconds (3)- 90 seconds	3 sets (12 minutes) (1)- 80 seconds (2)- 80 seconds (3)- 80 seconds
	D1	Quadruped Hip C.A.R.	2 sets 6 reps/direction/side	2 sets 8 reps/direction/side	2 sets 10 reps/direction/side	2 sets 6 reps/direction/side
	D2	Hip Flexor Rotate & Rock Back	2 sets 6 reps/side	2 sets 8 reps/side	2 sets 10 reps/side	2 sets 6 reps/side