

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. Birdog 5 reps/side <i>Mobilise</i> 5. Hip Flexor Side Bends 5 reps/direction/side	 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 Regenerate 1 	EXERCISE	LEARNING	PROGRESS	PEAK	RELOAD
	A1 Side Plank Lat Raise	3 sets 8 reps/side	3-4 sets 8 reps/side	4-5 sets 8 reps/side	3 sets 8 reps/side
	A2 Palms Up TRX Row	3 sets 8 reps	3-4 sets 8 reps	4-5 sets 8 reps	3 sets 8 reps
	B1 Feet Elevated Glute Bridge	3 sets 12 reps	3-4 sets 12 reps	4-5 sets 12 reps	3 sets 12 reps
	B2 One Arm Z-Press	3 sets 6 reps/side	3-4 sets 6 reps/side	4-5 sets 6 reps/side	3 sets 6 reps/side
	C1 Split Squat	3 sets 6 reps/side	3-4 sets 6 reps/side	4-5 sets 6 reps/side	3 sets 6 reps/side
	C2 Half Kneel 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 Seated Bent Over T-Rotation	3 sets 10 reps/side	3-4 sets 10 reps/side	4-5 sets 10 reps/side	3 sets 10 reps/side
	D2 Calf Raise March	3 sets 10 reps/side	3-4 sets 10 reps/side	4-5 sets 10 reps/side	3 sets 10 reps/side
	E1 Bike/Rower/Ropes	3 sets 30 seconds ON 30 seconds OFF	4 sets 30 seconds ON 30 seconds OFF	5 sets 30 seconds ON 30 seconds OFF	3 sets 30 seconds ON 30 seconds OFF

2 Regenerate 2	EXERCISE		LEARNING	PROGRESS	PEAK	RELOAD
	A1	Step Up	3 sets 8 reps/side	3-4 sets 8 reps/side	4-5 sets 8 reps/side	3 sets 8 reps/side
	A2	One Arm Bridge Press	3 sets 8 reps/side	3-4 sets 8 reps/side	4-5 sets 8 reps/side	3 sets 8 reps/side
	B1	Swissball Hack Squat	3 sets 10 reps	3-4 sets 10 reps	4-5 sets 10 reps	3 sets 10 reps
	B2	One Arm Lat Pulldown	3 sets 10 reps/side	3-4 sets 10 reps/side	4-5 sets 10 reps/side	3 sets 10 reps/side
	C1	Suitcase Carry	3 sets 2 lengths/side	3-4 sets 2 lengths/side	4-5 sets 2 lengths/side	3 sets 2 lengths/side
	C2	Palms Up BPA	3 sets 12 reps	3-4 sets 12 reps	4-5 sets 12 reps	3 sets 12 reps
	D1	Alternating Leg Lowers	3 sets 10 reps/side	3-4 sets 10 reps/side	4-5 sets 10 reps/side	3 sets 10 reps/side
	D2	Birddog Same Side	3 sets 5 reps/side	3-4 sets 5 reps/side	4-5 sets 5 reps/side	3 sets 5 reps/side
	E1	Thor's Hammer	3 sets 12 reps/side	3-4 sets 12 reps/side	4-5 sets 12 reps/side	3 sets 12 reps/side