

WARM UP x 3 sets <i>Raise body temp</i> 1. Knee Grab March 10 reps/side 2. Alternate Arm Swings 10 reps/direction <i>Activate</i> 3. Bent Over W's 5 reps 4. Fire Hydrant 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>Mobilize</i> 5. Half Kneel T-Rotation 5 reps/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 - 1.5 reps (1)- Double Leg Deadbug 1.5 (2)- Reverse Lunge 1.5 (3)- Bent Over Lat Pull 1.5	4 sets (1)- 8 reps (2)- 8 reps/side (3)- 8 reps	4 sets (1)- 10 reps (2)- 10 reps/side (3)- 10 reps	4 sets (1)- 12 reps (2)- 12 reps/side (3)- 12 reps	3 sets (1)- 12 reps (2)- 12 reps/side (3)- 12 reps
	B1 Hamstring Walk Out	4 sets 4 reps	4 sets 4 reps (↑difficulty)	4 sets 4 reps (↑difficulty)	3 sets 4 reps
	B2 Press Up	4 sets 8 reps	4 sets 8 reps (↑difficulty)	4 sets 8 reps (↑difficulty)	3 sets 8 reps
	C1 Curtsy Lunge	3 sets 8 reps/side	3 sets 8 reps/side (↑difficulty)	4 sets 8 reps/side	3 sets 8 reps/side
	C2 Side Lying Straight Leg Abduction	3 sets 15 reps/side	3 sets 15 reps/side (↑difficulty)	4 sets 15 reps/side	3 sets 15 reps/side
	D1 Fitness Circuit (1)- Prisoner Surrenders (2)- High Plank Shuffle (3)- Hand Supported In-Out (4)- Recover!	5 sets (6 minutes 40 seconds) (1)- 20 seconds (2)- 20 seconds (3)- 20 seconds (4)- 20 seconds	6 sets (8 minutes) (1)- 20 seconds (2)- 20 seconds (3)- 20 seconds (4)- 20 seconds	7 sets (9 minutes 20 seconds) (1)- 20 seconds (2)- 20 seconds (3)- 20 seconds (4)- 20 seconds	5 sets (6 minutes 40 seconds) (1)- 20 seconds (2)- 20 seconds (3)- 20 seconds (4)- 20 seconds

2	EXERCISE		LEARNING	PROGRESS	PEAK	RELOAD
	A's	Full Body Circuit - 1.5 reps (1)- Side Plank Star 1.5 (2)- Kickstand Glute Bridge 1.5 (3)- Calf Raise 1.5	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	Skater Squat	4 sets 4 reps/side	4 sets 4 reps/side (↑difficulty)	4 sets 4 reps/side (↑difficulty)	3 sets 4 reps/side
	B2	'T' Lift	4 sets 8 reps	4 sets 8 reps (↑difficulty)	4 sets 8 reps (↑difficulty)	3 sets 8 reps
	C1	Hollow Body Lift	3 sets 6 reps	3 sets 6 reps (↑difficulty)	4 sets 6 reps	3 sets 6 reps
	C2	One-Leg Balance Knee Raises	3 sets 6 reps/side	3 sets 6 reps/side (↑difficulty)	4 sets 6 reps/side	3 sets 6 reps/side
3	D's	Fitness Circuit (1)- Heel Tap Crunches (2)- Bear Crawl Hold (3)- Wall Squat Hold (4)- Recover!	4 sets (9 minutes 20 seconds) (1)- 35 seconds (2)- 35 seconds (3)- 35 seconds (4)- 35 seconds	4 sets (10 minutes 40 seconds) (1)- 40 seconds (2)- 40 seconds (3)- 40 seconds (4)- 40 seconds	4 sets (12 minutes) (1)- 45 seconds (2)- 45 seconds (3)- 45 seconds (4)- 45 seconds	4 sets (10 minutes 40 seconds) (1)- 40 seconds (2)- 40 seconds (3)- 40 seconds (4)- 40 seconds

3	EXERCISE		LEARNING	PROGRESS	PEAK	RELOAD
	A's	Full Body Circuit - 1.5 reps (1)- Crunch 1.5 (2)- One Arm Plank Row 1.5 (3)- Prisoner Good Morning 1.5	4 sets (1)- 8 reps (2)- 8 reps/side (3)- 8 reps	4 sets (1)- 10 reps (2)- 10 reps/side (3)- 10 reps	4 sets (1)- 12 reps (2)- 12 reps/side (3)- 12 reps	3 sets (1)- 12 reps (2)- 12 reps/side (3)- 12 reps
	B1	Press Up	4 sets 4 reps	4 sets 4 reps (↑difficulty)	4 sets 4 reps (↑difficulty)	3 sets 4 reps
	B2	Split Squat	4 sets 8 reps/side	4 sets 8 reps/side (↑difficulty)	4 sets 8 reps/side (↑difficulty)	3 sets 8 reps/side
	C's	Fitness Circuit (1)- Squat to Calf Raise (2)- Step Ups (3)- Shoulder Taps	3 sets (7 minutes 30 seconds) (1)- 50 seconds (2)- 50 seconds (3)- 50 seconds	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 (9 minutes) (1)- 60 seconds (2)- 60 seconds (3)- 60 seconds
	D1	90/90 Chest Dip & Reach	3 sets 6 reps/side	3 sets 8 reps/side	3 sets 10 reps/side	2 sets 10 reps/side
Anywhere 3	D2	Spiderman & Reach	3 sets 6 reps/side	3 sets 8 reps/side	3 sets 10 reps/side	2 sets 10 reps/side