

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 <i>Mobilize</i> 5. Half Kneel T-Rotation 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	
		How to track your progress? What gets measured, gets managed.		Goal setting Download this worksheet and set your next goal!	

1 Regenerate 1	EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
	A1	One-Leg Glute Bridge	3 sets 8 reps/side	3-4 sets 8 reps/side	4-5 sets 8 reps/side	3 sets 8 reps/side
	A2	Band Push Down	3 sets 8 reps	3-4 sets 8 reps	4-5 sets 8 reps	3 sets 8 reps
	B1	Squat to Box	3 sets 10 reps	3-4 sets 10 reps	4-5 sets 10 reps	3 sets 10 reps
	B2	Straight Arm Band Pulldown	3 sets 10 reps	3-4 sets 10 reps	4-5 sets 10 reps	3 sets 10 reps
	C1	Rack Carry	3 sets 2 lengths	3-4 sets 2 lengths	4-5 sets 2 lengths	3 sets 2 lengths
	C2	One-Leg Balance Knee Raises	3 sets 6 reps/side	3-4 sets 6 reps/side	4-5 sets 6 reps/side	3 sets 6 reps/side
	D1	Zombie Crunch	3 sets 12 reps	3-4 sets 12 reps	4-5 sets 12 reps	3 sets 12 reps
	D2	Arnold Press	3 sets 12 reps	3-4 sets 12 reps	4-5 sets 12 reps	3 sets 12 reps
	E1	Bike/Rower/Ropes	6 sets 20 seconds ON 20 seconds OFF	8 sets 20 seconds ON 20 seconds OFF	10 sets 20 seconds ON 20 seconds OFF	6-10 sets 20 seconds ON 20 seconds OFF

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Regenerate 2

EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
A1	Side Plank Clam	3 sets 10 reps/side	3-4 sets 10 reps/side	4-5 sets 10 reps/side	3 sets 10 reps/side
A2	TRX Row	3 sets 10 reps	3-4 sets 10 reps	4-5 sets 10 reps	3 sets 10 reps
B1	Feet Elevated Hip Thrust	3 sets 8 reps	3-4 sets 8 reps	4-5 sets 8 reps	3 sets 8 reps
B2	Half Kneeling One-Arm Overhead Press	3 sets 8 reps/side	3-4 sets 8 reps/side	4-5 sets 8 reps/side	3 sets 8 reps/side
C1	Lateral 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	Palloy Rotation	3 sets 6 reps/side	3-4 sets 6 reps/side	4-5 sets 6 reps/side	3 sets 6 reps/side
D1	Tib Raises	3 sets 12 reps	3-4 sets 12 reps	4-5 sets 12 reps	3 sets 12 reps
D2	Seated Calf Raise	3 sets 12 reps	3-4 sets 12 reps	4-5 sets 12 reps	3 sets 12 reps
E1	Cardio - Pick one. Try to go faster each week. • Rower • Assault Bike • Spin Bike	750m 1500m 10 minutes	750m 1500m 10 minutes	750m 1500m 10 minutes	750m 1500m 10 minutes