





WARM UP x 3 sets 1. Knee Grab March 10 reps/side Raise body 2. Step Back Touchdowns 10 reps/side temp 3. Bent Over Y's 10 reps Activate 4. Birddog Heel Circles 10 reps/side 5. Long Adductor Toe Reach 5 reps/side Mobilise	Goal setting Download this worksheet and set your next goal! 	Food diary Track your food and drink and review with a coach 
<p>PRO TIPS</p> <p>This month is a strength development month. You'll be handling more weight over the month but also doing more advanced variations of some exercises.</p> <p>Maintain the technique and range of motion you've been developing over the past 2 months to maximize your results.</p>	How to track your progress? What gets measured, gets managed. 	Healthy Eating Guide Top tips on what to eat 
The women's record for 50 calories on an Assault Bike is 1 minute 8 seconds. Whilst the most calories completed in 30 minutes is 408!		

1 Regenerate 1	EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
	A1	Side Lying Leg Circle	3 sets 8 direction/side	3-4 sets 8 direction/side	4-5 sets 8 direction/side	3 sets 8 direction/side
	A2	1-Arm DB/KB Row	3 sets 8 reps/side	3-4 sets 8 reps/side	4-5 sets 8 reps/side	3 sets 8 reps/side
	B1	Band Hinge	3 sets 10 reps	3-4 sets 10 reps	4-5 sets 10 reps	3 sets 10 reps
	B2	1-Arm Front Raise	3 sets 10 reps/side	3-4 sets 10 reps/side	4-5 sets 10 reps/side	3 sets 10 reps/side
	C1	Step Up	3 sets 8 reps/side	3-4 sets 8 reps/side	4-5 sets 8 reps/side	3 sets 8 reps/side
	C2	Russian Twist Hug	3 sets 8 reps/side	3-4 sets 8 reps/side	4-5 sets 8 reps/side	3 sets 8 reps/side
	D1	Zombie March	3 sets 12 reps/side	3-4 sets 12 reps/side	4-5 sets 12 reps/side	3 sets 12 reps/side
	D2	1-Leg Calf Raise Hold	3 sets 20 seconds/side	3-4 sets 20 seconds/side	4-5 sets 20 seconds/side	3 sets 20 seconds/side
	E1	Farmers Hold	2 sets 60 seconds	2 sets 60 seconds	2 sets 60 seconds	2 sets 60 seconds

2 Regenerate 2	EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
	A1	1-Leg Glute Bridge Hold	3 sets 20 seconds/side	3-4 sets 20 seconds/side	4-5 sets 20 seconds/side	3 sets 20 seconds/side
	A2	Band Pushdown	3 sets 12 reps	3-4 sets 12 reps	4-5 sets 12 reps	3 sets 12 reps
	B1	Goblet Squat	3 sets 10 reps	3-4 sets 10 reps	4-5 sets 10 reps	3 sets 10 reps
	B2	Band Lat Pull Down	3 sets 10 reps	3-4 sets 10 reps	4-5 sets 10 reps	3 sets 10 reps
	C1	Farmers Walk	3 sets 4 lengths	3-4 sets 4 lengths	4-5 sets 4 lengths	3 sets 4 lengths
	C2	1-Leg Toe Touch	3 sets 6 reps/side	3-4 sets 6 reps/side	4-5 sets 6 reps/side	3 sets 6 reps/side
	D1	McGill Sit Up	3 sets 8 reps/side	3-4 sets 8 reps/side	4-5 sets 8 reps/side	3 sets 8 reps/side
	D2	Band Face Pull	3 sets 8 reps	3-4 sets 8 reps	4-5 sets 8 reps	3 sets 8 reps
	E1	Bike or Rower	2000m or 1000m	2000m or 1000m	2000m or 1000m	2000m or 1000m