





<p>WARM UP x 3 sets <i>Raise body temp</i></p> <p>1. Standing Hip Circles 10 reps/side 2. Narrow Stance Squats 10 reps</p> <p><i>Activate</i></p> <p>3. Forearm Wall Slide 10 reps 4. Glute Bridge + Reach 5 reps/side</p> <p><i>Mobilise</i></p> <p>5. Side Lying Windmill 5 reps/side</p>	<p>Goal setting Download this worksheet and set your next goal!</p> 	<p>Food diary Track your food and drink and review with a coach</p> 
	<p>How to track your progress? What gets measured, gets managed.</p> 	<p>Healthy Eating Guide Top tips on what to eat</p> 

1 Regenerate 1	EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
	A1	Side Plank Clam	3 sets 12 reps/side	3-4 sets 12 reps/side	4-5 sets 12 reps/side	3 sets 12 reps/side
	A2	Kneeling 1-Arm Band Row	3 sets 12 reps/side	3-4 sets 12 reps/side	4-5 sets 12 reps/side	3 sets 12 reps/side
	B1	Deadlift	3 sets 8 reps	3-4 sets 8 reps	4-5 sets 8 reps	3 sets 8 reps
	B2	1-Arm Seated 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	TKE Split Squat	3 sets 8 reps/side	3-4 sets 8 reps/side	4-5 sets 8 reps/side	3 sets 8 reps/side
	C2	Pallof Rotation	3 sets 8 reps/side	3-4 sets 8 reps/side	4-5 sets 8 reps/side	3 sets 8 reps/side
	D1	Double Leg Deadbug	3 sets 10 reps	3-4 sets 10 reps	4-5 sets 10 reps	3 sets 10 reps
	D2	Seated Calf Raise	3 sets 10 reps	3-4 sets 10 reps	4-5 sets 10 reps	3 sets 10 reps
E1	Bike/Rower/Ropes	5 sets 35s ON : 25s OFF	5 sets 40s ON : 20s OFF	5 sets 45s ON : 15s OFF	4 sets 45s ON : 15s OFF	

2

Regenerate 2

EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
A1	1-Leg Hip Thrust Hold	3 sets 20 secs/side	3-4 sets 20 secs/side	4-5 sets 20 secs/side	3 sets 20 secs/side
A2	DB Pullover	3 sets 10 reps	3-4 sets 10 reps	4-5 sets 10 reps	3 sets 10 reps
B1	Sumo Squat	3 sets 8 reps	3-4 sets 8 reps	4-5 sets 8 reps	3 sets 8 reps
B2	1-Arm DB Floor Press	3 sets 8 reps/side	3-4 sets 8 reps/side	4-5 sets 8 reps/side	3 sets 8 reps/side
C1	Racked Carry	3 sets 2 lengths	3-4 sets 2 lengths	4-5 sets 2 lengths	3 sets 2 lengths
C2	Star Excursion	3 sets 4 reps/side	3-4 sets 4 reps/side	4-5 sets 4 reps/side	3 sets 4 reps/side
D1	Zombie Crunch	3 sets 12 reps	3-4 sets 12 reps	4-5 sets 12 reps	3 sets 12 reps
D2	Reverse Wrist Curl	3 sets 12 reps	3-4 sets 12 reps	4-5 sets 12 reps	3 sets 12 reps
E1	Butterfly Stretch + Floor Slide	3 sets 20 reps	3-4 sets 20 reps	4-5 sets 20 reps	3 sets 20 reps