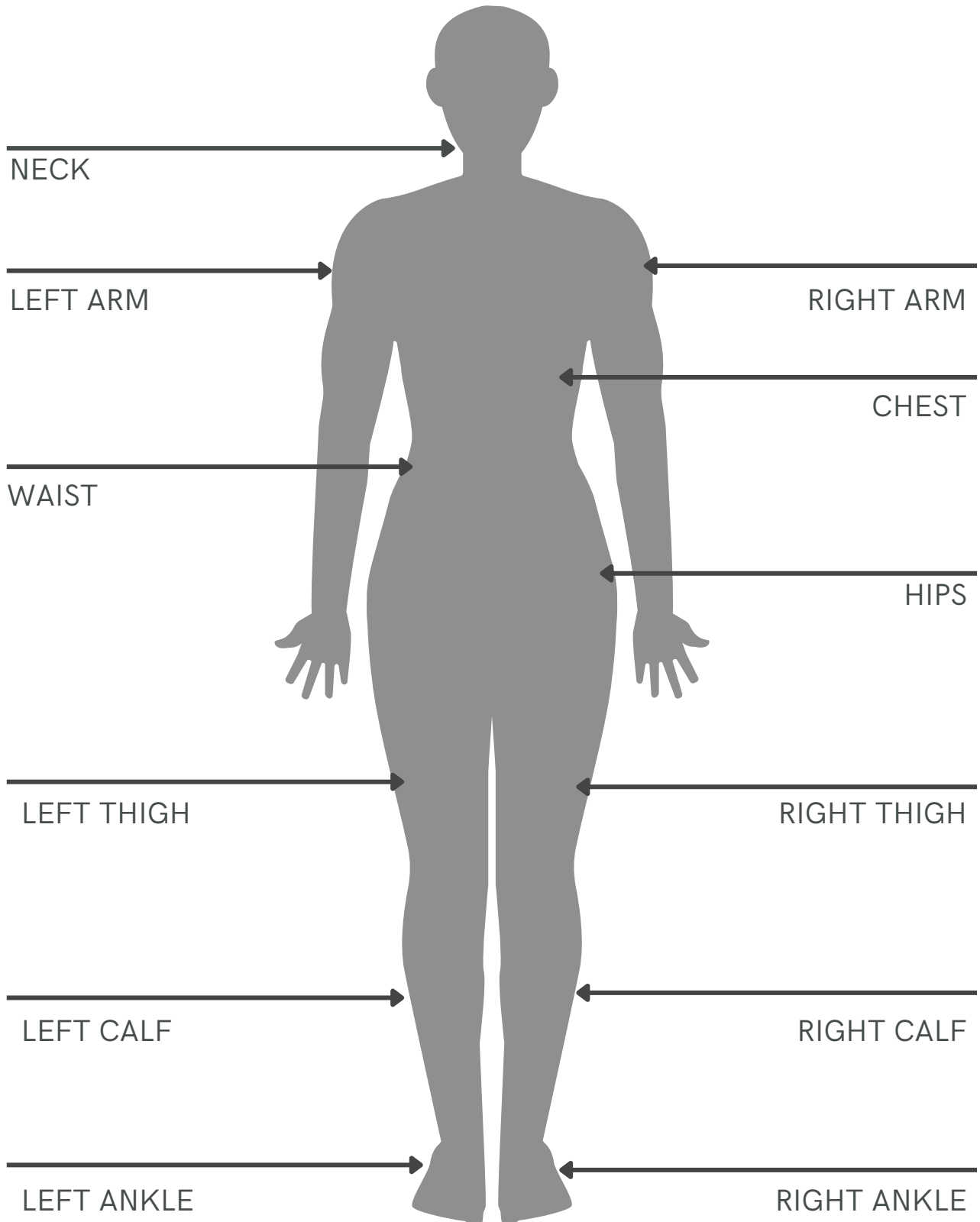


# BODY MEASUREMENTS CHART

Date: \_\_\_\_\_



WEIGHT: \_\_\_\_\_

# *SMART* GOALS

WHEN SETTING GOALS, MAKE SURE IT FOLLOWS THE SMART STRUCTURE. USE THE QUESTIONS BELOW TO CREATE YOUR GOALS.

S	<p><u>SPECIFIC</u></p> <p>WHAT DO I WANT TO ACCOMPLISH?</p>	
M	<p><u>MEASURABLE</u></p> <p>HOW WILL I KNOW WHEN IT IS ACCOMPLISHED?</p>	
A	<p><u>ACHIEVABLE</u></p> <p>IS MY GOAL POSSIBLE? CHOOSE SOMETHING REALISTIC</p>	
R	<p><u>RELEVANT</u></p> <p>IS MY GOAL FITNESS RELATED?</p>	
T	<p><u>TIME BOUND</u></p> <p>WHEN CAN I ACCOMPLISH THIS GOAL?</p>	



7 DAY

# HABIT TRACKER

KEEPING TRACK OF YOUR HABITS CAN HELP YOU STAY ON TRACK AND ACHIEVE YOUR GOALS. FILL OUT YOUR TOP 12 GOALS AND MARK THEM OFF EACH DAY YOU SUCCESSFULLY COMPLETE THEM. CHOOSE FITNESS, FOOD, SELF CARE & PRODUCTIVITY GOALS.

WEEK OF: \_\_\_\_\_

HABIT / SELF-CARE STEP

(S) (M) (T) (W) (T) (F) (S)

EG: *Make my bed everyday*

EG: *Drink 2l Water*

01

02

03

04

05

06

07

08

09

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REFLECTION NOTES

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# WORKOUT 1S

EXERCISE	INSTRUCTION	COACHING POINT
Warm Up	Sets : 1 Reps : Resistance :	RPE: 4/10 Time: 10 mins Distance:
		Gentle warm up. Use something like: Uphill Walk, Bicycle, Step Machine, Cross Trainer/Eliptical

EXERCISE	INSTRUCTION	COACHING POINT
Marching	Sets : 3 Reps : Resistance :	RPE: 5/10 Time: 40 secs Distance:
		March on spot, exaggerate arm and leg movements. Focus on breathing and engaging core

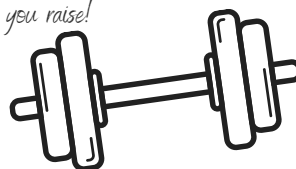
EXERCISE	INSTRUCTION	COACHING POINT
Dumbbell Bench Press	Sets : 3 Reps : 12-15 Resistance :	RPE: 7/10 Time: Distance:
		Bring elbows down in line with chest while inhaling. Exhale as you push the DB up

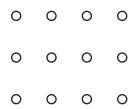
EXERCISE	INSTRUCTION	COACHING POINT
Seated Row	Sets : 3 Reps : 12-15 Resistance :	RPE: 8/10 Time: Distance:
		Use cable machine, play with plates until you can finish 12 reps but the last two are a challenge. Rest 30-90secs between sets

EXERCISE	INSTRUCTION	COACHING POINT
Single Arm Seated Dumbbell Shoulder Press	Sets : 3 Reps : 12-15 Resistance :	RPE: 8/10 Time: Distance:
		Start with weakest arm to determine RPE. Ensure elbow is 45 degrees from body. Complete reps + sets on each arm

EXERCISE	INSTRUCTION	COACHING POINT
Goblet Squat	Sets : 3 Reps : 12-15 Resistance :	RPE: 7/10 Time: Distance:
		Keep chest up and forward and DB/KB touching chest. If you get to 20kg with this, please don't go higher - move to back squat.

EXERCISE	INSTRUCTION	COACHING POINT
Standing Tricep Extension	Sets : 3 Reps : 12-15 Resistance :	RPE: 8/10 Time: Distance:
		Elbow hinge is the key movement here. Stand up nice and tall and engage core. Inhale as you lower, exhale as you raise!





# WORKOUT 1S *continued*

EXERCISE	INSTRUCTION	COACHING POINT
<i>Standing Bicep Curl</i>	Sets : <i>3</i> Reps : <i>12-15</i> Resistance :	RPE: <i>8/10</i> Time: Distance:
		<i>Nice straight back, shoulders back. Exhale as you raise + inhale as you lower the weight.</i>

EXERCISE	INSTRUCTION	COACHING POINT
<i>Cool Down</i>	Sets : <i>1</i> Reps : Resistance :	RPE: <i>4/10</i> Time: <i>5 mins</i> Distance:
		<i>Can walk on treadmill, use slight incline or trickle along on a bike. Be sure to stretch!</i>

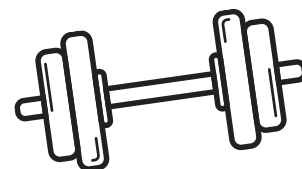
# WORKOUT 1C

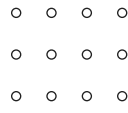
EXERCISE	INSTRUCTION	COACHING POINT
<i>Warm Up</i>	Sets : <i>1</i> Reps : Resistance :	RPE: <i>4/10</i> Time: <i>10 mins</i> Distance:
		<i>Do the same as you're doing in the main part of the session. EG: if using bike, cycle at 4-10RPE for 5 mins, then 5-10RPE for 5 mins before getting to the main part.</i>

EXERCISE	INSTRUCTION	COACHING POINT
<i>Cardio</i>	Sets : <i>1</i> Reps : Resistance :	RPE: <i>8/10</i> Time <i>30 mins</i> Distance:
		<i>This should be a good effort throughout but you should finish the 30 mins. Record any relevant info - incline, resistance etc and the distance achieved in the time set. Use this data to set goals</i>

EXERCISE	INSTRUCTION	COACHING POINT
<i>Stretch</i>	Sets : <i>1</i> Reps : Resistance :	RPE: Time: <i>5 mins +</i> Distance:
		<i>Stretch! If you are unsure of how to stretch, look for reputable follow-along videos on YouTube!</i>

FILL IN THE BLANKS  
IN YOUR WORKOUT JOURNAL, KEEP A RECORD OF ANY INFORMATION I  
HAVE LEFT BLANK. EG RECORD RESISTANCE, DISTANCE COVERED IN  
THE TIME SET & ANY OTHER RELEVANT INFORMATION!





# WORKOUT 2S

EXERCISE	INSTRUCTION	COACHING POINT
Warm Up	Sets : 1 Reps : Resistance :	RPE: 4/10 Time: 10 mins Distance:
		Gentle warm up. Use something like: Uphill Walk, Bicycle, Step Machine, Cross Trainer/Elliptical

EXERCISE	INSTRUCTION	COACHING POINT
Walking Lunges	Sets : 3 Reps : Resistance :	RPE: 7/10 Time: 1 min Distance:
		1 min walking lunge, rest 20 secs and repeat twice (three in total). Keep shoulders back and face forward

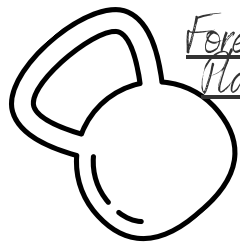
EXERCISE	INSTRUCTION	COACHING POINT
Single Arm Bent Over Row	Sets : 3 Reps : 12-15 each arm Resistance :	RPE: 8/10 Time: Distance:
		Can use KB or DB. Begin with weakest arm to determine reps + RPE. Keep back flat and shoulders pinned back

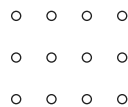
EXERCISE	INSTRUCTION	COACHING POINT
Split Squat	Sets : 3 Reps : 12-15 each leg Resistance :	RPE: 8/10 Time: Distance:
		Use KB or DB for weight. Shoulders back. Look straight ahead. Look for 90 degree bend in both knees

EXERCISE	INSTRUCTION	COACHING POINT
Lat Pull Down	Sets : 3 Reps : 12-15 Resistance :	RPE: 7/10 Time: Distance:
		Avoid swinging or lifting from seat. Chest up nice and high, elbows out.

EXERCISE	INSTRUCTION	COACHING POINT
Standing Bicep Curl	Sets : 3 Reps : 12-15 Resistance :	RPE: 8/10 Time: Distance:
		Nice straight back, shoulders back. Exhale as you raise + inhale as you lower the weight.

EXERCISE	INSTRUCTION	COACHING POINT
Forearm Plank	Sets : 1 Reps : Resistance :	RPE: Time: Long as Poss Distance:
		Keep hips tucked under to achieve a straight plank. Squeeze core and breathe! Record best effort and set goals to improve





# WORKOUT 2S continued

EXERCISE	INSTRUCTION	COACHING POINT
<i>Russian Twist</i>	Sets : 3 Reps : 20 Resistance :	RPE: 7/10 Time: Distance:
		Use bodyweight or add a DB, KB or plate to achieve correct RPE. Experiment with feet on/off the floor to suit your comfort

EXERCISE	INSTRUCTION	COACHING POINT
<i>Cool Down</i>	Sets : 1 Reps : Resistance :	RPE: 4/10 Time: 5 mins Distance:
		Can walk on treadmill, use slight incline or trickle along on a bike. Be sure to stretch!

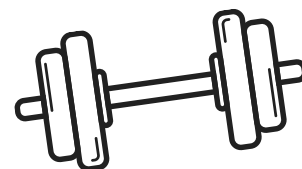
# WORKOUT 2C

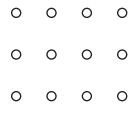
EXERCISE	INSTRUCTION	COACHING POINT
<i>Warm Up</i>	Sets : 1 Reps : Resistance :	RPE: 4/10 Time: 10 mins Distance:
		Do the same as you're doing in the main part of the session. EG: if using bike, cycle at 4-10RPE for 5 mins, then 5-10RPE for 5 mins before getting to the main part.

EXERCISE	INSTRUCTION	COACHING POINT
<i>Cardio</i>	Sets : 1 Reps : Resistance :	RPE: 9/10 Time 15 mins Distance:
		This should be a short, intense effort throughout but you should finish the 15 mins. Record any relevant info - incline, resistance etc and the distance covered for future goal setting.

EXERCISE	INSTRUCTION	COACHING POINT
<i>Stretch</i>	Sets : 1 Reps : Resistance :	RPE: Time: 5 mins + Distance:
		Stretch! If you are unsure of how to stretch, look for reputable follow-along videos on YouTube!

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# WORKOUT 3S

EXERCISE	INSTRUCTION	COACHING POINT
Warm Up	Sets : 1 Reps : Resistance :	RPE: 4/10 Time: 10 mins Distance:
		Gentle warm up. Use something like: Uphill Walk, Bicycle, Step Machine, Cross Trainer/Eliptical

EXERCISE	INSTRUCTION	COACHING POINT
Step Up	Sets : 3 Reps : 20 total Resistance :	RPE: 8/10 Time: Distance:
		Use bodyweight or add a DB, KB or plate to achieve correct RPE. Use box, bench or steps. Drive up + forward. Alternate legs!

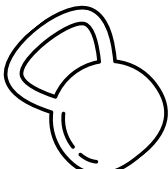
EXERCISE	INSTRUCTION	COACHING POINT
Dumbbell Fly.	Sets : 3 Reps : 12-15 Resistance :	RPE: 8/10 Time: Distance:
		Start with arms at chest level, elbows bent and pointing out. Exhale and lift your arms above your chest. Inhale as you lower arms to starting point.

EXERCISE	INSTRUCTION	COACHING POINT
Dumbbell Shrug	Sets : 3 Reps : 12-15 Resistance :	RPE: 8/10 Time: Distance:
		You will be surprised at how much weight you can use for this movement. Exhale as you shrug! Keep head neutral and neck relaxed

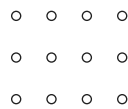
EXERCISE	INSTRUCTION	COACHING POINT
Lat Pull Down	Sets : 3 Reps : 12-15 Resistance :	RPE: 8/10 Time: Distance:
		Avoid swinging or lifting from seat. Chest up nice and high, elbows out.

EXERCISE	INSTRUCTION	COACHING POINT
Standing Single Arm Tricep Extension	Sets : 3 Reps : 12-15 each arm Resistance :	RPE: 8/10 Time: Distance:
		Elbow hinge is the key movement here. Stand up nice and tall and engage core. Inhale as you lower, exhale as you raise!

EXERCISE	INSTRUCTION	COACHING POINT
Hammer Curl to Press	Sets : 3 Reps : 12-15 Resistance :	RPE: 8/10 Time: Distance:
		Avoid swinging + keep back still + straight. Chest up nice and high, head neutral.







# WORKOUT 3S continued

EXERCISE	INSTRUCTION	COACHING POINT
<i>Deadbug</i>	Sets : <i>3</i> Reps : <i>20 total</i> Resistance :	RPE: <i>7/10</i> Time: Distance:
		<i>Use bodyweight or add a DB. to achieve correct RPE. Maintain control + aim to keep still leg perfectly still with 90degree bend in knee throughout movement</i>

EXERCISE	INSTRUCTION	COACHING POINT
<i>Cool Down</i>	Sets : <i>1</i> Reps : Resistance :	RPE: <i>4/10</i> Time: <i>5 mins</i> Distance:
		<i>Walk on treadmill. use slight incline or trickle along on a bike. Be sure to stretch!</i>

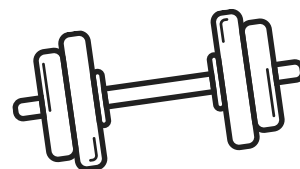
# WORKOUT 3C

EXERCISE	INSTRUCTION	COACHING POINT
<i>Warm Up</i>	Sets : <i>1</i> Reps : Resistance :	RPE: <i>4/10</i> Time: <i>10 mins</i> Distance:
		<i>Do the same as you're doing in the main part of the session. EG. if using bike. cycle at 4-10RPE for 5 mins. then 5-10RPE for 5 mins before getting to the main part.</i>

EXERCISE	INSTRUCTION	COACHING POINT
<i>Cardio</i>	Sets : <i>1</i> Reps : Resistance :	RPE: <i>8/10</i> Time <i>40 mins</i> Distance:
		<i>This should be a moderate effort throughout but you should finish the 40 mins. Record any relevant info - incline, resistance etc and the distance covered for future goal setting.</i>

EXERCISE	INSTRUCTION	COACHING POINT
<i>Stretch</i>	Sets : <i>1</i> Reps : Resistance :	RPE: Time: <i>5 mins +</i> Distance:
		<i>Stretch! If you are unsure of how to stretch, look for reputable follow-along videos on YouTube!</i>

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# WORKOUT 4S

EXERCISE	INSTRUCTION	COACHING POINT
Warm Up	Sets : 1 Reps : Resistance :	RPE: 4/10 Time: 10 mins Distance:
		Gentle warm up. Use something like: Uphill Walk, Bicycle, Step Machine, Cross Trainer/Elliptical/Rower

EXERCISE	INSTRUCTION	COACHING POINT
<u>Dumbbell Bench Press</u>	Sets : 3 Reps : 12-15 Resistance :	RPE: 8/10 Time: Distance:
		Knuckles facing forward. Lower elbows to chest level (while inhaling) and push up directly in front of middle of chest (while exhaling)

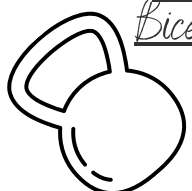
EXERCISE	INSTRUCTION	COACHING POINT
<u>Seal Row</u>	Sets : 3 Reps : 12-15 Resistance :	RPE: 8/10 Time: Distance:
		Keep elbows close to the body and moving vertically rather than outwards. Imagine you are squeezing a pencil between your shoulder blades when you pull. Elbows come past ribs

EXERCISE	INSTRUCTION	COACHING POINT
<u>Single Arm Seated Dumbbell Shoulder Press</u>	Sets : 3 Reps : 12-15 Resistance :	RPE: 8/10 Time: Distance:
		Start with weakest arm to determine RPE. Ensure elbow is 4-5 degrees from body. Complete reps + sets on each arm

EXERCISE	INSTRUCTION	COACHING POINT
<u>Goblet Squat</u>	Sets : 3 Reps : 12-15 Resistance :	RPE: 8/10 Time: Distance:
		Keep chest up and forward and DBAB touching chest. Increase weight or reps to reach new RPE (check last time's leg!)

EXERCISE	INSTRUCTION	COACHING POINT
<u>Standing Tricep Extension</u>	Sets : 3 Reps : 12-15 Resistance :	RPE: 7/10 Time: Distance:
		Elbow hinge is the key movement here. Stand up nice and tall and engage core. Inhale as you lower, exhale as you raise!

EXERCISE	INSTRUCTION	COACHING POINT
<u>Standing Bicep Curl</u>	Sets : 3 Reps : 12-15 Resistance :	RPE: 7/10 Time: Distance:
		Nice straight back, shoulders back. Exhale as you raise + inhale as you lower the weight.



# WORKOUT 4S continued

EXERCISE	INSTRUCTION	COACHING POINT
<i>Dorsal Raise</i>	Sets : 3 Reps : 20 Resistance :	RPE: 7/10 Time: Distance:
		<i>Keep all lower body flat on the mat. Raise chest and shoulders off the floor while keeping neck relaxed. If this is uncomfortable, please do not continue</i>

EXERCISE	INSTRUCTION	COACHING POINT
<i>Cardio</i>	Sets : 1 Reps : Resistance :	RPE: 8/10 Time: 7 mins Distance:
		<i>Walk, run, cycle or row for 7mins at 8/10RPE. Record distance achieved in this time for goal setting</i>

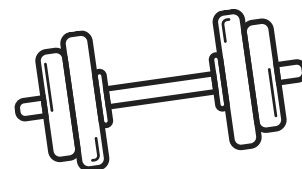
EXERCISE	INSTRUCTION	COACHING POINT
<i>Cool Down</i>	Sets : 1 Reps : Resistance :	RPE: 4/10 Time: 5 mins Distance:
		<i>Walk on treadmill, use slight incline or trickle along on a bike. Be sure to stretch!</i>

# WORKOUT 4C

EXERCISE	INSTRUCTION	COACHING POINT
<i>Warm Up</i>	Sets : 1 Reps : Resistance :	RPE: 4/10 Time: 10 mins Distance:
		<i>Do the same as you're doing in the main part of the session. EG. if using bike, cycle at 4/10RPE for 5 mins, then 5/10RPE for 5 mins before getting to the main part.</i>

EXERCISE	INSTRUCTION	COACHING POINT
<i>Cardio</i>	Sets : 1 Reps : Resistance :	RPE: 9/10 Time 10 mins Distance:
		<i>This should be a moderate effort throughout but you should finish the 10 mins. Record any relevant info - incline, resistance etc and the distance covered for future goal setting.</i>

EXERCISE	INSTRUCTION	COACHING POINT
<i>Stretch</i>	Sets : 1 Reps : Resistance :	RPE: Time: 5 mins + Distance:
		<i>Stretch! If you are unsure of how to stretch, look for reputable follow-along videos on YouTube!</i>



# WORKOUT 5S

EXERCISE	INSTRUCTION	COACHING POINT
<p>Warm Up</p> <p>Sets : 1</p> <p>Reps :</p> <p>Resistance :</p>	<p>RPE: 4/10</p> <p>Time: 10 mins</p> <p>Distance:</p>	<p>Gentle warm up. Use something like: Uphill Walk, Bicycle, Step Machine, Cross Trainer/Eliptical</p>

EXERCISE	INSTRUCTION	COACHING POINT
<p>Marching</p> <p>Sets : 3</p> <p>Reps :</p> <p>Resistance :</p>	<p>RPE: 5/10</p> <p>Time: 60 secs</p> <p>Distance:</p>	<p>March on spot, exaggerate arm and leg movements. Focus on breathing and engaging core</p>

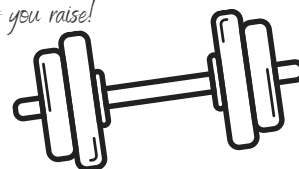
EXERCISE	INSTRUCTION	COACHING POINT
<p>Dumbbell Bench Press</p> <p>Sets : 3</p> <p>Reps : 15</p> <p>Resistance :</p>	<p>RPE: 8/10</p> <p>Time:</p> <p>Distance:</p>	<p>Bring elbows down in line with chest while inhaling. Exhale as you push the DB up</p>

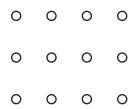
EXERCISE	INSTRUCTION	COACHING POINT
<p>Seated Row</p> <p>Sets : 3</p> <p>Reps : 15</p> <p>Resistance :</p>	<p>RPE: 8/10</p> <p>Time:</p> <p>Distance:</p>	<p>Use cable machine, play with plates until you can finish 12 reps but the last two are a challenge. Rest 30-90secs between sets</p>

EXERCISE	INSTRUCTION	COACHING POINT
<p>Single Arm Seated Dumbbell Shoulder Press</p> <p>Sets : 3</p> <p>Reps : 15</p> <p>Resistance :</p>	<p>RPE: 8/10</p> <p>Time:</p> <p>Distance:</p>	<p>Start with weakest arm to determine RPE. Ensure elbow is 4-5 degrees from body. Complete reps + sets on each arm</p>

EXERCISE	INSTRUCTION	COACHING POINT
<p>Goblet Squat</p> <p>Sets : 3</p> <p>Reps : 15</p> <p>Resistance :</p>	<p>RPE: 8/10</p> <p>Time:</p> <p>Distance:</p>	<p>Keep chest up and forward and DB/KB touching chest. If you get to 20kg with this, please don't go higher - move to back squat.</p>

EXERCISE	INSTRUCTION	COACHING POINT
<p>Standing Tricep Extension</p> <p>Sets : 3</p> <p>Reps : 15</p> <p>Resistance :</p>	<p>RPE: 8/10</p> <p>Time:</p> <p>Distance:</p>	<p>Elbow hinge is the key movement here. Stand up nice and tall and engage core. Inhale as you lower, exhale as you raise!</p>





# WORKOUT 5S *continued*

EXERCISE	INSTRUCTION	COACHING POINT
<i>Standing Bicep Curl</i>	Sets : 3 Reps : 15 Resistance :	RPE: 8/10 Time: Distance:
		<i>Nice straight back, shoulders back. Exhale as you raise + inhale as you lower the weight.</i>

EXERCISE	INSTRUCTION	COACHING POINT
<i>Cool Down</i>	Sets : 1 Reps : Resistance :	RPE: 4/10 Time: 5 mins Distance:
		<i>Can walk on treadmill, use slight incline or trickle along on a bike. Be sure to stretch!</i>

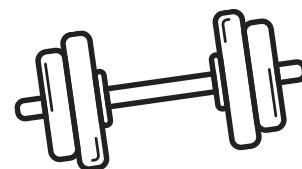
# WORKOUT 5C

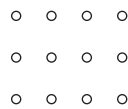
EXERCISE	INSTRUCTION	COACHING POINT
<i>Warm Up</i>	Sets : 1 Reps : Resistance :	RPE: 4/10 Time: 10 mins Distance:
		<i>Do the same as you're doing in the main part of the session. EG: if using bike, cycle at 4-10RPE for 5 mins, then 5-10RPE for 5 mins before getting to the main part.</i>

EXERCISE	INSTRUCTION	COACHING POINT
<i>Cardio</i>	Sets : 1 Reps : Resistance :	RPE: 8/10 Time 30 mins Distance:
		<i>This should be a good effort throughout but you should finish the 30 mins. Record the distance achieved in the time set. This is an opportunity to beat WIC1. Use this data to set goals</i>

EXERCISE	INSTRUCTION	COACHING POINT
<i>Stretch</i>	Sets : 1 Reps : Resistance :	RPE: Time: 5 mins + Distance:
		<i>Stretch! If you are unsure of how to stretch, look for reputable follow-along videos on YouTube!</i>

FILL IN THE BLANKS  
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THE TIME SET & ANY OTHER RELEVANT INFORMATION!





# WORKOUT 6S

EXERCISE	INSTRUCTION	COACHING POINT
Warm Up	Sets : 1 Reps : Resistance :	RPE: 4/10 Time: 10 mins Distance:
		Gentle warm up. Use something like: Uphill Walk, Bicycle, Step Machine, Cross Trainer/Elliptical

EXERCISE	INSTRUCTION	COACHING POINT
Walking Lunges	Sets : 3 Reps : Resistance :	RPE: 7/10 Time: 1 min Distance:
		1 min walking lunge, rest 10 secs and repeat twice (three in total). Keep shoulders back and face forward

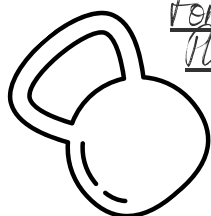
EXERCISE	INSTRUCTION	COACHING POINT
Single Arm Bent Over Row	Sets : 3 Reps : 15 each arm Resistance :	RPE: 8/10 Time: Distance:
		Can use KB or DB. Begin with weakest arm to determine reps + RPE. Keep back flat and shoulders pinned back

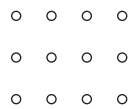
EXERCISE	INSTRUCTION	COACHING POINT
Split Squat	Sets : 3 Reps : 15 each leg Resistance :	RPE: 8/10 Time: Distance:
		Use KB or DB for weight. Shoulders back. Look straight ahead. Look for 90 degree bend in both knees

EXERCISE	INSTRUCTION	COACHING POINT
Lat Pull Down	Sets : 3 Reps : 15 Resistance :	RPE: 8/10 Time: Distance:
		Avoid swinging or lifting from seat. Chest up nice and high, elbows out.

EXERCISE	INSTRUCTION	COACHING POINT
Standing Bicep Curl	Sets : 3 Reps : 15 Resistance :	RPE: 8/10 Time: Distance:
		Nice straight back, shoulders back. Exhale as you raise + inhale as you lower the weight.

EXERCISE	INSTRUCTION	COACHING POINT
Forearm Plank	Sets : 1 Reps : Resistance :	RPE: Time: Long as Poss Distance:
		Keep hips tucked under to achieve a straight plank. Squeeze core and breathe! Record best effort and set goals to improve





# WORKOUT 6S continued

EXERCISE	INSTRUCTION	COACHING POINT
<i>Russian Twist</i>	Sets : 3 Reps : 30 Resistance :	RPE: 8/10 Time: Distance:
		Use bodyweight or add a DB, KB or plate to achieve correct RPE. Experiment with feet on/off the floor to suit your comfort

EXERCISE	INSTRUCTION	COACHING POINT
<i>Cardio</i>	Sets : 1 Reps : Resistance :	RPE: 8/10 Time: 10 mins Distance:
		Walk, run, cycle or row for 10mins at 8/10RPE. Record distance achieved in this time for goal setting

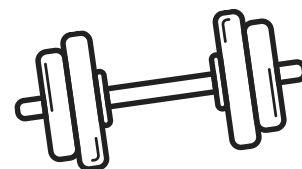
EXERCISE	INSTRUCTION	COACHING POINT
<i>Cool Down</i>	Sets : 1 Reps : Resistance :	RPE: 4/10 Time: 5 mins Distance:
		Walk on treadmill, use slight incline or trickle along on a bike. Be sure to stretch!

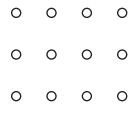
# WORKOUT 6C

EXERCISE	INSTRUCTION	COACHING POINT
<i>Warm Up</i>	Sets : 1 Reps : Resistance :	RPE: 4/10 Time: 10 mins Distance:
		Do the same as you're doing in the main part of the session. EG. if using bike, cycle at 4/10RPE for 5 mins, then 5/10RPE for 5 mins before getting to the main part.

EXERCISE	INSTRUCTION	COACHING POINT
<i>Cardio</i>	Sets : 1 Reps : Resistance :	RPE: 9/10 Time: 15 mins Distance:
		This should be a big effort throughout but you should finish the 15 mins. Record any relevant info - incline, resistance etc and the distance covered for future goal setting.

EXERCISE	INSTRUCTION	COACHING POINT
<i>Stretch</i>	Sets : 1 Reps : Resistance :	RPE: Time: 5 mins + Distance:
		Stretch! If you are unsure of how to stretch, look for reputable follow-along videos on YouTube!





# WORKOUT 7S

EXERCISE	INSTRUCTION	COACHING POINT
Warm Up	Sets : 1 Reps : Resistance :	RPE: 4/10 Time: 10 mins Distance:
		Gentle warm up. Use something like: Uphill Walk, Bicycle, Step Machine, Cross Trainer/Eliptical

EXERCISE	INSTRUCTION	COACHING POINT
Step Up	Sets : 3 Reps : 30 total Resistance :	RPE: 8/10 Time: Distance:
		Use bodyweight or add a DB, KB or plate to achieve correct RPE. Use box, bench or steps. Drive up + forward. Alternate legs!

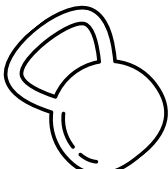
EXERCISE	INSTRUCTION	COACHING POINT
Dumbbell Fly.	Sets : 3 Reps : 15 Resistance :	RPE: 8/10 Time: Distance:
		Start with arms at chest level, elbows bent and pointing out. Exhale and lift your arms above your chest. Inhale as you lower arms to starting point.

EXERCISE	INSTRUCTION	COACHING POINT
Dumbbell Shrug	Sets : 3 Reps : 15 Resistance :	RPE: 8/10 Time: Distance:
		You will be surprised at how much weight you can use for this movement. Exhale as you shrug! Keep head neutral and neck relaxed

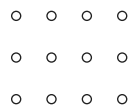
EXERCISE	INSTRUCTION	COACHING POINT
Lat Pull Down	Sets : 3 Reps : 15 Resistance :	RPE: 8/10 Time: Distance:
		Avoid swinging or lifting from seat. Chest up nice and high, elbows out.

EXERCISE	INSTRUCTION	COACHING POINT
Standing Single Arm Tricep Extension	Sets : 3 Reps : 15 each arm Resistance :	RPE: 8/10 Time: Distance:
		Elbow hinge is the key movement here. Stand up nice and tall and engage core. Inhale as you lower, exhale as you raise!

EXERCISE	INSTRUCTION	COACHING POINT
Hammer Curl to Press	Sets : 3 Reps : 15 Resistance :	RPE: 8/10 Time: Distance:
		Avoid swinging + keep back still + straight. Chest up nice and high, head neutral.







# WORKOUT 7S continued

EXERCISE	INSTRUCTION	COACHING POINT
<i>Deadbug</i>	Sets : 3 Reps : 30 total Resistance :	RPE: 7/10 Time: Distance:
		Use bodyweight or add a DB. to achieve correct RPE. Maintain control + aim to keep still leg perfectly still with 90degree bend in knee throughout movement

EXERCISE	INSTRUCTION	COACHING POINT
<i>Cool Down</i>	Sets : 1 Reps : Resistance :	RPE: 4/10 Time: 5 mins Distance:
		Walk on treadmill. use slight incline or trickle along on a bike. Be sure to stretch!

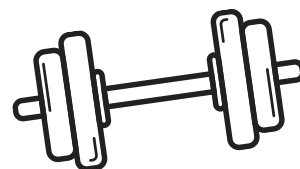
# WORKOUT 7C

EXERCISE	INSTRUCTION	COACHING POINT
<i>Warm Up</i>	Sets : 1 Reps : Resistance :	RPE: 4/10 Time: 10 mins Distance:
		Do the same as you're doing in the main part of the session. EG. if using bike. cycle at 4-10RPE for 5 mins. then 5-10RPE for 5 mins before getting to the main part.

EXERCISE	INSTRUCTION	COACHING POINT
<i>Cardio</i>	Sets : 1 Reps : Resistance :	RPE: 8/10 Time 40 mins Distance:
		This should be a good effort throughout but you should finish the 40 mins. Use the same kit as Workout C3. Let's beat the last distance!

EXERCISE	INSTRUCTION	COACHING POINT
<i>Stretch</i>	Sets : 1 Reps : Resistance :	RPE: Time: 5 mins + Distance:
		Stretch! If you are unsure of how to stretch. look for reputable follow-along videos on YouTube!

FILL IN THE BLANKS  
IN YOUR WORKOUT JOURNAL, KEEP A RECORD OF ANY INFORMATION I  
HAVE LEFT BLANK. EG RECORD RESISTANCE, DISTANCE COVERED IN  
THE TIME SET & ANY OTHER RELEVANT INFORMATION!



# WORKOUT 8S

EXERCISE	INSTRUCTION	COACHING POINT
Warm Up	Sets : 1 Reps : Resistance :	RPE: 4/10 Time: 10 mins Distance:
		Gentle warm up. Use something like: Uphill Walk, Bicycle, Step Machine, Cross Trainer/Elliptical/Row

EXERCISE	INSTRUCTION	COACHING POINT
<u>Dumbbell Bench Press</u>	Sets : 3 Reps : 15 Resistance :	RPE: 8/10 Time: Distance:
		Knuckles facing forward. Lower elbows to chest level (while inhaling) and push up directly in front of middle of chest (while exhaling)

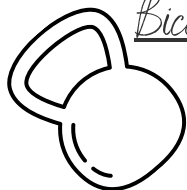
EXERCISE	INSTRUCTION	COACHING POINT
<u>Seal Row</u>	Sets : 3 Reps : 15 Resistance :	RPE: 8/10 Time: Distance:
		Keep elbows close to the body and moving vertically rather than outwards. Imagine you are squeezing a pencil between your shoulder blades when you pull. Elbows come past ribs

EXERCISE	INSTRUCTION	COACHING POINT
<u>Single Arm Seated Dumbbell Shoulder Press</u>	Sets : 3 Reps : 15 Resistance :	RPE: 8/10 Time: Distance:
		Start with weakest arm to determine RPE. Ensure elbow is 4-5 degrees from body. Complete reps + sets on each arm

EXERCISE	INSTRUCTION	COACHING POINT
<u>Goblet Squat</u>	Sets : 3 Reps : 15 Resistance :	RPE: 9/10 Time: Distance:
		Keep chest up and forward and DBAB touching chest. Increase weight or reps to reach new RPE (check last time's log!). Max 20kg

EXERCISE	INSTRUCTION	COACHING POINT
<u>Standing Tricep Extension</u>	Sets : 3 Reps : 15 Resistance :	RPE: 7/10 Time: Distance:
		Elbow hinge is the key movement here. Stand up nice and tall and engage core. Inhale as you lower, exhale as you raise!

EXERCISE	INSTRUCTION	COACHING POINT
<u>Standing Bicep Curl</u>	Sets : 3 Reps : 15 Resistance :	RPE: 7/10 Time: Distance:
		Nice straight back, shoulders back. Exhale as you raise + inhale as you lower the weight.



# WORKOUT 8S continued

EXERCISE	INSTRUCTION	COACHING POINT
<i>Dorsal Raise</i>	Sets : 3 Reps : 20 Resistance :	RPE: 7/10 Time: Distance:
		<i>Keep all lower body flat on the mat. Raise chest and shoulders off the floor while keeping neck relaxed. If this is uncomfortable, please do not continue</i>

EXERCISE	INSTRUCTION	COACHING POINT
<i>Cardio</i>	Sets : 1 Reps : Resistance :	RPE: 8/10 Time: 12 mins Distance:
		<i>Walk, run, cycle or row for 12 mins at 8/10RPE. Record distance achieved in this time for goal setting</i>

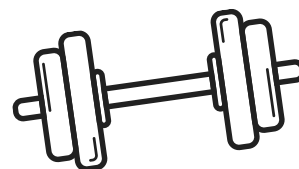
EXERCISE	INSTRUCTION	COACHING POINT
<i>Cool Down</i>	Sets : 1 Reps : Resistance :	RPE: 4/10 Time: 5 mins Distance:
		<i>Walk on treadmill, use slight incline or trickle along on a bike. Be sure to stretch!</i>

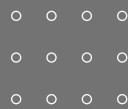
# WORKOUT 8C

EXERCISE	INSTRUCTION	COACHING POINT
<i>Warm Up</i>	Sets : 1 Reps : Resistance :	RPE: 4/10 Time: 10-15 mins Distance:
		<i>Do the same as you're doing in the main part of the session. EG. if using bike, cycle at 4/10RPE for 5 mins, then 5/10RPE for 5 mins before getting to the main part.</i>

EXERCISE	INSTRUCTION	COACHING POINT
<i>Cardio</i>	Sets : 1 Reps : Resistance :	RPE: 9/10 Time 10 mins Distance:
		<i>This should be a big effort throughout but you should finish the 10 mins. Record any relevant info - incline, resistance etc and the distance covered for future goal setting.</i>

EXERCISE	INSTRUCTION	COACHING POINT
<i>Stretch</i>	Sets : 1 Reps : Resistance :	RPE: Time: 5 mins + Distance:
		<i>Stretch! If you are unsure of how to stretch, look for reputable follow-along videos on YouTube!</i>





# REFLECTIONS

## WINS OF THE MONTH

CELEBRATE YOUR ACHIEVEMENTS, HOWEVER SMALL THEY MIGHT BE:

## CHALLENGES ENCOUNTERED

ACKNOWLEDGE ANY STRUGGLES OR BOTTLENECKS YOU FACED:

## LESSONS LEARNED

IDENTIFY LEARNINGS THAT CAN BE CARRIED FORWARD:

## NEXT MONTH'S ACTION POINTS

WRITE DOWN ACTION POINTS THAT WILL ENABLE YOU TO FEEL GREAT NEXT MONTH:

