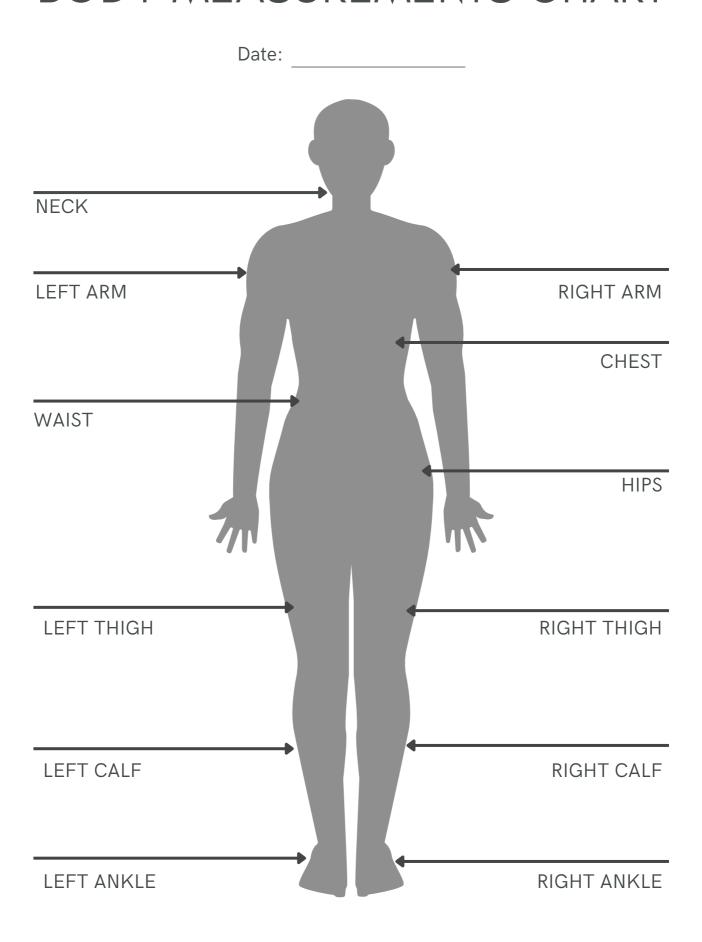
BODY MEASUREMENTS CHART



WEIGHT:

SMART COALS

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

SPECIFIC WHAT DO I WANT TO ACCOMPLISH? **MEASURABLE** HOW WILL I KNOW WHEN IT IS ACCOMPLISHED? **ACHIEVABLE** IS MY GOAL POSSIBLE? CHOOSE SOMETHING REALISTIC RELEVANT IS MY GOAL FITNESS RELATED? TIME BOUND WHEN CAN I ACCOMPLISH THIS GOAL?

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 Make my bed everyday EG: EG: Drink 21 Water 01 02 03 04 05 06 07 08 0910 REFLECTION NOTES

WORKOUT 1S

EXERCISE

INSTRUCTION

COACHING POINT

Warm

Sets:

Reps:

RPE: 4/10

Gentle warm up. Use something like: Uphill Walk, Bicycle, Step Machine,

Resistance:

Distance:

Time:

Cross Trainier/Eliptical

EXERCISE

INSTRUCTION

COACHING POINT

<u>Marching</u>

Sets: 3

Resistance:

RPE: 5/10

10 mins

March on spot, exaggerate arm and leg movements. Focus on breathing and

Reps:

Distance:

Time: 40 secs

engaging core

EXERCISE

INSTRUCTION

COACHING POINT

Dumbbell

Sets: 3

Resistance:

Bring elbows down in line with chest while inhaling. Exhale as you push

the DB up

Reps: 12-15

Time:

Time:

Time

Distance:

EXERCISE

INSTRUCTION

COACHING POINT

Sets: 3

Reps: 12-15

Reps: 12-15

RPE: 8/11)

Use cable machine, play with plates until you can finish 12 reps but the last two are

Resistance: Distance: a challenge. Rest 30-90 secs between sets

EXERCISE

INSTRUCTION

COACHING POINT

Sets: 3

RPE: 8/10

RPE: 7/10

Start with weakest and to determine RPE.

Resistance: Distance: Ensure elbow is 45 degrees from body. Complete reps + sets on each anu

EXERCISE

INSTRUCTION

COACHING POINT

Sets: 3

Distance:

Keep chest up and forward and DBAB touching

Reps: 12-15

Time:

chest. If you get to 20kg with this, please

don't go higher - move to back squat.

EXERCISE

INSTRUCTION

COACHING POINT

<u>Standing Tricep</u>

Sets: 3

Resistance:

Resistance:

RPE: 8/10

Reps: 12-15

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 1Scontinued

EXERCISE

INSTRUCTION

COACHING POINT

Sets: 3

Resistance:

RPE: 8/11)

Reps: 12-15

Time:

Distance:

Nice straight back, shoulders back. Exhale as you raise + inhale as you lower the weight.

EXERCISE

INSTRUCTION

COACHING POINT

Sets:

RPE: 4/10

Reps:

Time:

Resistance:

Distance:

Can walk on treadmill, use slight incline or trickle along on a bike. Be sure to stretch!

WORKOUT 1C

EXERCISE

INSTRUCTION

COACHING POINT

Warm

Sets: 1

Reps:

RPE: 4/10

Time: 10 mins

Resistance:

Distance:

Do the same as you're doing in the main part of the session. EG: if using bike, cycle at 4-MORPE for 5 mins, then 5/10RPE for 5 mins before getting to

the main part.

EXERCISE

INSTRUCTION

COACHING POINT

Cardio

Sets: 1

RPE: 8/11)

Reps:

Resistance:

Time 30 mins

Distance:

This should be a good effort throughout but you should finish the 30 mins. Record any relevant into - incline, resistance etc and the distance achieved in

the time set. Use this data to set goals

EXERCISE

INSTRUCTION

COACHING POINT

Stretch

Sets: [

Stretch! If you are unsure of how to stretch, look for reputable follow-along videos on YouTube!

Reps:

Time: 5 mins +

Resistance: Distance:

FILL IN THE BLANKS

WORKOUT 2S

EXERCISE

INSTRUCTION

COACHING POINT

Warm

Sets:

Reps:

RPE: 4/10 Time:

Gentle warm up. Use something like: Uphill Walk, Bicycle, Step Machine,

Resistance:

Distance:

Cross Trainier/Eliptical

EXERCISE

INSTRUCTION

COACHING POINT

Sets: 3

RPE: 7/11)

10 mins

Reps: Resistance: Time: 1 min 1 min walking lunge, rest 20 secs and repeat twice (three in total). Keep

shoulders back and face forward

EXERCISE

INSTRUCTION

COACHING POINT

Sets: 3

RPE: 8/11)

Reps: 12-15 each arm

Can use KB or DB. Begin with weakest arm to determine reps + RPE. Keep back flat and shoulders pinned back

Resistance:

Distance:

Distance:

EXERCISE

INSTRUCTION

COACHING POINT

Sets: 3

Resistance:

RPE: 8/10

Reps: 12-15 each leg 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

Sets: 3

RPE: 7/10

Reps: 12-15

Time

Avoid swinging or litting from seat. Chest up nice and high, elbows out.

Resistance:

Distance:

EXERCISE INSTRUCTION

Sets: 3

RPE: 8/10

Reps: 12-15

Time:

Nice straight back, shoulders back. Exhale as you raise + inhale as you lower the weight.

COACHING POINT

Resistance:

Distance:

EXERCISE

INSTRUCTION

COACHING POINT

Reps:

Sets: [

Time: Long as Poss

RPE:

Resistance:

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

RPE: 7/10

RPE: 4/10

EXERCISE

INSTRUCTION

COACHING POINT

Sets: 3

Reps:

Time:

Resistance: 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

Sets:

Reps:

Sets: 1

Reps:

Sets: 1

Reps:

Time: 5 mins

Resistance: Distance: Can walk on treadmill, use slight incline or trickle along on a bike. Be sure to stretch!

WORKOUT 2C

EXERCISE

Warm

INSTRUCTION

RPE: 4/10

Time: 10 mins

Resistance: Distance: **COACHING POINT**

Do the same as you're doing in the main part of the session. EG: if using bike, cycle at 4-MORPE for 5 mins, then 5/10RPE for 5 mins before getting to

the main part.

COACHING POINT

EXERCISE

Cardio

INSTRUCTION

RPE: 9/10

Time 15 mins

Resistance: Distance:

This should be a short, intense effort throughout but you should finish the 15 mins. Record any relevant into - incline, resistance etc and the distance covered

for future goal setting.

EXERCISE

INSTRUCTION

COACHING POINT

Stretch

Sets: [

RPE:

Stretch! If you are unsure of how to stretch, look for reputable follow-along videos on YouTube!

Reps:

Time: 5 mins +

Resistance: Distance:

FILL IN THE BLANKS

WORKOUT 3S

EXERCISE

INSTRUCTION

COACHING POINT

Warm

Sets:

RPE: 4/10

Gentle warm up. Use something like:

Reps:

Resistance:

10 mins

Uphill Walk, Bicycle, Step Machine,

Cross Trainier/Eliptical

EXERCISE

INSTRUCTION

COACHING POINT

Step Up

Sets: 3

Reps:

RPE: 8/10

Use bodyweight or add a DB. KB or plate

Resistance:

Distance:

Time:

Distance:

to achieve correct RPE. Use box, bench or steps. Drive up + forward. Alternate legs!

EXERCISE

INSTRUCTION

COACHING POINT

Sets: 3

Resistance:

RPE: 8/10

Reps: 12-15

20 total

Time:

Start with arms at chest level, elbows bent and pointing out. Exhale and lift your arms above your chest. Inhale as you lower amus to starting point.

EXERCISE

INSTRUCTION

COACHING POINT

Sets: 3

RPE: 8/11)

Reps: 12-15

Time:

Distance:

You will be surprised at how much weight you can use for this movement. Exhale as you shrug! Keep head neutral and nexk relaxed

Resistance:

Distance:

EXERCISE INSTRUCTION **COACHING POINT**

Sets: 3

RPE: 8/10

Avoid swinging or litting from seat. Chest up

Reps: 12-15

Time

nice and high, elbows out.

Resistance:

Distance:

EXERCISE INSTRUCTION COACHING POINT

Sets: 3

Resistance:

RPE: 8/10

Reps: 12-15 each arm

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

Sets: 3

Reps: 12-15

RPE: 8/10

Time:

Resistance: Distance: Avoid swinging + keep back still + straight. Chest up nice and high, head nuetral.

WORKOUT 3S continued

EXERCISE

INSTRUCTION

COACHING POINT

Sets: 3

RPE: 7/10

20 total Reps:

Time:

Resistance: Distance:

Use bodyweight or add a DB, to achieve correct RPE. Maintain control + aim to keep still leg perfectly still with 90 degree bend in knee throughout movement

EXERCISE

INSTRUCTION

COACHING POINT

Walk on treadmill, use slight incline or trickle

along on a bike. Be sure to stretch!

Sets:

Reps:

RPE: 4/10

5 mins

Time:

Resistance: Distance:

WORKOUT 3C

EXERCISE

INSTRUCTION

COACHING POINT

Warm

Sets: 1

RPE: 4/10

Reps:

Time: 10 mins

Resistance:

Distance:

Do the same as you're doing in the main part of the session. EG: if using bike, cycle at 4-MORPE for 5 mins, then 5/10RPE for 5 mins before getting to

the main part.

EXERCISE

INSTRUCTION

COACHING POINT

Cardio

Sets: 1

RPE: 8/10

Reps:

This should be a moderate effort throughout but you should finish the 40 mins. Record any relevant into - incline, resistance etc and the distance covered for

Resistance: Distance:

future goal setting.

EXERCISE

INSTRUCTION

COACHING POINT

Stretch

Sets: [

RPE:

Time 40 mins

Stretch! If you are unsure of how to stretch, look for reputable follow-along videos on YouTube!

Reps:

Time: 5 mins +

Resistance: Distance:

FILL IN THE BLANKS

WORKOUT 4S

EXERCISE

INSTRUCTION

COACHING POINT

Warm

Sets:

Resistance:

Reps:

RPE: 4/10

10 mins

Gentle warm up. Use something like: Uphill Walk, Bicycle, Step Machine,

Cross Trainier/Eliptical/Rower

EXERCISE

INSTRUCTION

COACHING POINT

Sets: 3

RPE: 8/10

Knuckles facing forward. Lower elbows to chest level (while inhaling) and push up directly in

Resistance:

Time:

Distance:

Distance:

front of middle of chest (while exhaling)

EXERCISE

INSTRUCTION

COACHING POINT

Seal Row

Sets: 3

Resistance:

RPE: 8/11)

Reps: 12-15

Reps: 12-15

Time:

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

Sets: 3

RPE: 8/10

Reps: 12-15

Start with weakest arm to determine RPE. Ensure elbow is 45 degrees from body.

Resistance: Distance: Complete reps + sets on each arm

EXERCISE

INSTRUCTION

COACHING POINT

Sets: 3

RPE: 8/10

Keep chest up and forward and DBAB touching chest. Increase weight or reps to reach new RPE

Resistance:

Reps: 12-15

Distance:

Time

(check last time's log!)

EXERCISE

INSTRUCTION

COACHING POINT

Standing Tricep Extension

Sets: 3

Resistance:

RPE: 7/10

Reps: 12-15

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

Sets: 3

Resistance:

RPE: 7/10

Reps: 12-15

Time:

Distance:

Nice straight back, shoulders back. Exhale as you raise + inhale as you lower the weight.

WORKOUT 4S_{continued}

RPE: 7/11)

RPE: 8/10

RPE: 4/10

EXERCISE

INSTRUCTION

COACHING POINT

Sets: 3

Reps: 20

Resistance:

Time:

Distance:

Distance:

Keep all lower body flat on the mat. Raise chest and shoulders off the floor while keeping neck relaxed. If

this is uncombrable, please do no continue

EXERCISE

INSTRUCTION

COACHING POINT

Cardio

Sets:

Reps:

Time: 7 mins Walk, run, cycle or row for 7 mins at 8/10RPE. Record distance achieved in this time for goal

setting

EXERCISE

INSTRUCTION

COACHING POINT

Sets: 1

Resistance:

Resistance:

Reps:

Time: 5 mins

Distance:

Walk on treaduill, use slight incline or trickle along on a bike. Be sure to stretch!

VORKOUT 4C

EXERCISE

INSTRUCTION

COACHING POINT

Marin

Sets: /

Reps:

Resistance:

RPE: 4/10

10 mins

Distance:

Do the same as you're doing in the main part of the session. EG: it using bike, cycle at 4-110RPE for 5 mins, then 5/10RPE for 5 mins before getting to

the main part.

EXERCISE

INSTRUCTION

COACHING POINT

Cardio

Sets: 1

Reps:

Resistance:

RPE: 9/11)

Time 10 mins

Distance:

This should be a moderate effort throughout but you should finish the 10 mins. Record any relevant into incline, resistance etc and the distance covered for

future goal setting.

EXERCISE

INSTRUCTION

COACHING POINT

Stretch

Sets: 1

Reps:

Time: 5 mins +

Resistance: Distance: Stretch! If you are unsure of how to stretch, look for reputable follow-along videos on YouTube!



WORKOUT 5S

EXERCISE

INSTRUCTION

COACHING POINT

Warm

Sets:

Resistance:

Sets: 3

Reps:

Reps:

10 mins Time:

Distance:

Gentle warm up. Use something like: Uphill Walk, Bicycle, Step Machine,

Cross Trainier/Eliptical

EXERCISE

<u>Marching</u>

INSTRUCTION

RPE: 5/10

8/10

RPE: 4/10

60 secs Time:

Resistance: Distance: **COACHING POINT**

March on spot, exaggerate arm and leg movements. Focus on breathing and

engaging core

EXERCISE

INSTRUCTION

COACHING POINT

<u>Dumbbell</u>

Sets: 3

Reps: 15

Resistance:

Sets: 3

Reps: 15

Resistance:

Time:

Distance:

Bring elbows down in line with chest while inhaling. Exhale as you push

the DB up

COACHING POINT

EXERCISE

INSTRUCTION

RPE: 8/11)

RPE: 8/10

RPE: 8/10

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 30-90 secs between sets

EXERCISE

INSTRUCTION

COACHING POINT

Sets: 3

Reps: 15

Resistance:

Time

Distance:

Start with weakest and to determine RPE. Ensure elbow is 45 degrees from body. Complete reps + sets on each amu

EXERCISE

INSTRUCTION

COACHING POINT

Sets: 3

Reps: 15

Resistance:

Time:

Distance:

Keep chest up and forward and DBAB touching chest. If you get to 20kg with this, please don't go higher - move to back squat.

EXERCISE

INSTRUCTION

COACHING POINT

<u>Standing Tricep</u>

Sets: 3

Reps: 15

Time:

Resistance:

Distance:

Elbow hinge is the key movement here. Stand up nice and tall and engage core. Inhale as you lower, exhale as you raise!

0 0 0 0

WORKOUT 5S continued

EXERCISE

INSTRUCTION

COACHING POINT

Standing Bicep Curl Sets: 3

Reps : 15

Resistance:

Time:

111116.

Nice straight back, shoulders back. Exhale as you raise & inhale as you lower the weight.

Distance:

EXERCISE

INSTRUCTION

RPE: 4/10

RPE: 8/10

Sets:

Sets: 1

Reps:

Sets: 1

Reps:

Time:

Resistance: Distance:

COACHING POINT

Can walk on treaduill, use slight incline or trickle along on a bike. Be sure to stretch!

WORKOUT 5C

EXERCISE

Warm

INSTRUCTION

RPE: 4/10

Time: 10 mins

Resistance: Distance:

COACHING POINT

Do the same as you're doing in the main part of the session. ECr. if using bike, cycle at 4/10RPE for 5 mins, then 5/10RPE for 5 mins before getting to

the main part.

EXERCISE

Cardio

INSTRUCTION

RPE: 8/10

Time 30 mins

Resistance: Distance:

COACHING POINT

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 WICI. Use this data to set goals

EXERCISE

INSTRUCTION

COACHING POINT

Stretch

Sets: [

Reps:

RPE:

Stretch! If you are unsure of how to stretch, look for reputable follow-along videos on YouTube!

Time: 5 mins +

Resistance: Distance:

FILL IN THE BLANKS

WORKOUT 6S

EXERCISE

INSTRUCTION

COACHING POINT

Warm

Sets:

Resistance:

Reps:

RPE: 4/10

10 mins Time:

Distance:

Gentle warm up. Use something like: Uphill Walk, Bicycle, Step Machine,

Cross Trainier/Eliptical

EXERCISE

INSTRUCTION

RPE: 7/11)

RPE: 8/11)

Sets: 3

Reps:

Resistance:

Time: 1 min

Distance:

COACHING POINT

1 min walking lunge, rest 10 secs and repeat twice (three in total). Keep shoulders back and face forward

EXERCISE

INSTRUCTION

COACHING POINT

Sets: 3

Resistance:

Reps: 15 each arm

Time:

Distance:

Can use KB or DB. Begin with weakest arm to determine reps + RPE. Keep back flat and shoulders pinned back

EXERCISE

INSTRUCTION

RPE: 8/10

Use KB or DB for weight. Shoulders back,

look straight ahead. Look for 90 degree bend

COACHING POINT

in both knees

Sets: 3

Resistance:

Reps:15 each leg

Time:

Distance:

INSTRUCTION **COACHING POINT**

RPE: 8/10

EXERCISE

Sets: 3

Reps: 15

Time

Avoid swinging or litting from seat. Chest up nice and high, elbows out.

Distance: Resistance:

EXERCISE

INSTRUCTION

COACHING POINT

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

RPE:

Distance:

COACHING POINT

Sets: [

Reps:

Resistance:

Time: Long as Poss

Keep hips tucked under to achieve a straight plank. Squeeze core and breathe! Record best effort and set goals to improve

WORKOUT 6Scontinued

EXERCISE

INSTRUCTION

COACHING POINT

<u>Russian</u> Twist Sets: 3

RPE: 8/10

Use bodyweight or add a DB. KB or plate

Reps: 30

Time:

to achieve correct RPE. Experiment with feet on/off the floor to suit your confort

Resistance:

Distance:

cracil the liver to some your conte

EXERCISE

INSTRUCTION

COACHING POINT

Cardio

Sets: 1

Reps:

RPE: 8/10

10 mins

Walk, run. cycle or row for 10mins at 8/10RPE. Record distance achieved in this time for goal

Resistance :

Distance:

Time:

setting

EXERCISE

INSTRUCTION

COACHING POINT

Cool Down Sets: [

Resistance:

Reps:

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

Warm Up Sets: [

RPE: 4/10

Reps:

ime: 10 mins

Resistance:

Distance:

Time

Distance:

Do the same as you're doing in the main part of the session. EG: if using bike, cycle at 4/10RIE for 5 mins, then 5/10RIE for 5 mins before getting to

the main part.

EXERCISE

INSTRUCTION

COACHING POINT

Cardio

Sets: 1

Reps:

Resistance:

RPE: 9/10

1.5 mins

This should be a big effort throughout but you should finish the 15 mins. Record any relevant into incline, resistance etc and the distance covered for

future goal setting.

EXERCISE

INSTRUCTION

COACHING POINT

Stretch

Sets: 1
Reps:

Time: 5 mins +

Stretch! If you are unsure of how to stretch, look for reputable follow-along videos on YouTube!

Resistance:

Distance:

al the

WORKOUT 7S

EXERCISE

INSTRUCTION

COACHING POINT

Warm

Sets:

Reps:

RPE: 4/10

Resistance:

10 mins

Uphill Walk, Bicycle, Step Machine, Cross Trainier/Eliptical

Gentle warm up. Use something like:

EXERCISE

INSTRUCTION

COACHING POINT

Step Up

Sets: 3

RPE: 8/10

Distance:

Reps:

Resistance:

30 total Time:

Distance:

Distance:

Time:

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

3

Resistance:

RPE: 8/10

Time:

Start with arms at chest level, elbows bent and pointing out. Exhale and lift your arms above your chest. Inhale as you lower amus to starting point.

EXERCISE

INSTRUCTION

COACHING POINT

Sets: 3

Reps: 15

RPE: 8/11)

Resistance: Distance:

You will be surprised at how much weight you can use for this movement. Exhale as you shrug! Keep head neutral and nexk relaxed

EXERCISE

INSTRUCTION

COACHING POINT

Sets: 3

RPE: 8/10

Avoid swinging or litting from seat. Chest up nice and high, elbows out.

Reps: 15 Resistance:

Distance:

Time

EXERCISE

INSTRUCTION

COACHING POINT

Sets: 3

Distance:

RPE: 8/10

Reps:

Resistance:

15 each arm

Time:

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

Sets: 3

RPE: 8/10

Time:

Resistance:

Reps: 15

Distance:

Avoid swinging + keep back still + straight. Chest up nice and high, head nuetral.

WORKOUT 7S continued

EXERCISE

INSTRUCTION

COACHING POINT

Sets: 3

Resistance:

RPE: 7/11)

RPE: 4/10

Reps:

30 total

Time:

Distance:

Use bodyweight or add a DB, to achieve correct RPE. Maintain control + aim to keep still leg perfectly still with 90 degree bend in knee throughout movement

EXERCISE

INSTRUCTION

COACHING POINT

Sets:

Reps:

5 mins Time:

Resistance:

Distance:

Walk on treaduill, use slight incline or trickle along on a bike. Be sure to stretch!

WORKOUT 7C

EXERCISE

INSTRUCTION

COACHING POINT

Warm

Sets: 1

RPE: 4/10

Reps:

Time: 10 mins

Resistance:

Distance:

Do the same as you're doing in the main part of the session. EG: if using bike, cycle at 4-MORPE for 5 mins, then 5/10RPE for 5 mins before getting to

the main part.

EXERCISE

INSTRUCTION

COACHING POINT

Cardio

Sets: 1

RPE: 8/11)

Reps:

Time 40 mins

Resistance: 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

Stretch

Sets: [

Reps:

RPE:

Stretch! If you are unsure of how to stretch, look for reputable follow-along videos on YouTube!

Time: 5 mins +

Resistance: Distance:

FILL IN THE BLANKS

WORKOUT 8S

EXERCISE

INSTRUCTION

COACHING POINT

Warm

Sets:

Resistance:

Reps:

10 mins

RPE: 4/10

Distance:

Gentle warm up. Use something like: Uphill Walk, Bicycle, Step Machine, Cross Trainier/Eliptical/Rower

EXERCISE

INSTRUCTION

RPE: 8/10

RPE: 8/11)

Reps: 15

Resistance:

Sets: 3

Time:

Distance:

Knuckles facing forward. Lower elbows to chest level (while inhaling) and push up directly in front of middle of chest (while exhaling)

COACHING POINT

EXERCISE

INSTRUCTION

COACHING POINT

Seal Row

Sets: 3

Resistance:

Reps: 15

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

Sets: 3

Resistance:

Reps:

15

Time:

Distance:

RPE:

8/10

RPE: 9/11)

RPE: 7/10

RPE: 7/10

Start with weakest arm to determine RPE. Ensure elbow is 45 degrees from body. Complete reps + sets on each arm

EXERCISE

INSTRUCTION

COACHING POINT

Sets: 3

15

Resistance:

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

Standing Tricep Extension

Sets: 3

Resistance:

Reps: 15

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

Sets: 3

Reps:

Time:

Resistance:

Distance:

Nice straight back, shoulders back. Exhale as you raise + inhale as you lower the weight.

WORKOUT 8S continued

RPE: 7/11)

EXERCISE

INSTRUCTION

COACHING POINT

Sets: 3

Reps: 20

Resistance:

Time:

Distance:

Keep all lower body flat on the mat. Raise chest and shoulders off the floor while keeping neck relaxed. If this is uncombrable, please do no continue

EXERCISE

INSTRUCTION

RPE: 8/10

Cardio

Sets: Reps:

Resistance:

Time:

12 mins

Distance:

COACHING POINT

Walk, run, cycle or row for 12 mins at 8/10RPE. Record distance achieved in this time

for goal setting

EXERCISE

INSTRUCTION

RPE: 4/10

Reps:

Resistance:

Sets: 1

Time: 5 mins

Distance:

COACHING POINT

Walk on treaduill, use slight incline or trickle along on a bike. Be sure to stretch!

VORKOUT

EXERCISE

Marin

INSTRUCTION

RPE: 4/10

Distance:

10-15 mins

COACHING POINT

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

Cardio

Sets: 1

Reps:

Resistance:

Sets: /

Reps:

Resistance:

RPE: 9/11)

Time 10 mins

Distance:

This should be a big effort throughout but you should finish the 10 mins. Record any relevant into - incline. resistance etc and the distance covered for future goal

setting.

EXERCISE

INSTRUCTION

COACHING POINT

Stretch

Sets: 1 Reps:

Time: 5 mins +

Resistance:

Distance:

Stretch! If you are unsure of how to stretch, look for reputable follow-along videos on YouTube!





REFLECTIONS

| WINS OF THE MONTH |
|---|
| CELEBRATE YOUR ACHIEVEMENTS, HOWEVER SMALL THEY MIGHT BE: |
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| CHALLENGES ENCOUNTERED |
| ACKNOWLEDGE ANY STRUGGLES OR BOTTLENECKS YOU FACED: |
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| |
| |
| LESSONS LEARNED |
| IDENTIFY LEARNINGS THAT CAN BE CARRIED FORWARD: |
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| |
| NEXT MONTH'S ACTION POINTS |
| WRITE DOWN ACTION POINTS THAT WILL ENABLE YOU TO FEEL GREAT NEXT MONTH: |
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