

- 1 Print this sheet out
- 2 Make notes to log your weights lifted
- 3 Fill in the energy/mood/motivation
- 4 Warm up FULLY and stretch fully at the end
- 5 Send me a photo of the workouts at the end of the week (with notes)

Week 1 / Session 1

Energy 1-10	
Describe mood	
Motivation 1-10	

Exercise - circuit @ home	Sets	Reps	Rest	Completed? (tick each round)
1 TRX Press up	3	10	0	
2 TRX Inverted row	3	10	30	
3 TRX Lunges	3	10 each	0	
4 Back pack good mornings	3	10	30	
5 TRX Roll outs (facing away from wall)	3	10	0	
6 TRX Y Fly (facing wall)	3	10	30	
Complete exercises in pairs (1+2 + 30s rest) x3 rounds, then (3+4 + 30s rest) x 3 rounds etc				

Week 1 / Session 2

Energy 1-10	
Describe mood	
Motivation 1-10	

Exercise - circuit @ home	Sets	Reps	Rest	Completed? (tick each round)
1 TRX Wide squat	3	10	0	
2 Single leg deadlift (small weight)	3	10 each	30	
3 TRX Chest flies	3	10	0	
4 DB/BB/KB Row	3	10	30	
5 TRX Hanging knee tucks	3	10	0	
6 TRX Hanging plank	3	30s	30	
Complete exercises in pairs (1+2 + 30s rest) x3 rounds, then (3+4 + 30s rest) x 3 rounds etc				

Week 1 / Session 3

Energy 1-10	
Describe mood	
Motivation 1-10	

Exercise - circuit @ home	Sets	Reps	Rest	Completed? (tick each round)
1 TRX Lateral lunges	4	10 each	0	
2 TRX Side dips (arms overhead)	4	10 each	30	
3 TRX Squat jumps *	4	10	0	
4 TRX Hanging alternating knee tucks	4	20	30	
5 TRX Bicep curls	4	10	0	
6 TRX Tricep extensions	4	10	30	
Complete exercises in pairs (1+2 + 30s rest) x3 rounds, then (3+4 + 30s rest) x 3 rounds etc				

*if knees/hips are bad do normal squats instead

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Week 2 / Session 1

Energy 1-10	
Describe mood	
Motivation 1-10	

Exercise - circuit @ home	Sets	Reps	Rest	Completed? (tick each round)
1 TRX Press up	3	12	0	
2 TRX Inverted wide	3	12	30	
3 TRX Lunges	3	12 each	0	
4 Back pack good mornings	3	10	30	
5 TRX Roll outs (facing away from wall)	3	12	0	
6 TRX T Fly (facing wall)	3	12	30	
Complete exercises in pairs (1+2 + 30s rest) x3 rounds, then (3+4 + 30s rest) x 3 rounds etc				

Week 2 / Session 2

Energy 1-10	
Describe mood	
Motivation 1-10	

Exercise - circuit @ home	Sets	Reps	Rest	Completed? (tick each round)
1 TRX Wide squat	3	12	0	
2 Single leg deadlift (small weight)	3	10 each	30	
3 TRX Chest flyes	3	12	0	
4 DB/BB/KB Row	3	12	30	
5 TRX Hanging knee tucks	3	12	0	
6 TRX Hanging plank	3	40s	30	
Complete exercises in pairs (1+2 + 30s rest) x3 rounds, then (3+4 + 30s rest) x 3 rounds etc				

Week 2 / Session 3

Energy 1-10	
Describe mood	
Motivation 1-10	

Exercise - circuit @ home	Sets	Reps	Rest	Completed? (tick each round)
1 TRX Lateral lunges	4	12 each	0	
2 TRX Side dips (arms overhead)	4	12 each	30	
3 TRX Squat jumps *	4	12	0	
4 TRX Hanging alternating knee tucks	4	20	30	
5 TRX Bicep curls	4	12	0	
6 TRX Tricep extensions	4	12	30	
Complete exercises in pairs (1+2 + 30s rest) x3 rounds, then (3+4 + 30s rest) x 3 rounds etc				

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Week 3 / Session 1

Energy 1-10	
Describe mood	
Motivation 1-10	

Exercise - circuit @ home	Sets	Reps	Rest	Completed? (tick each round)
1 TRX Press up	3	15	0	
2 TRX Inverted row	3	15	30	
3 TRX Lunges	3	14 each	0	
4 Back pack good mornings	3	10	30	
5 TRX Roll outs (facing away from wall)	3	14	0	
6 TRX Y Fly (facing wall)	3	14	30	
Complete exercises in pairs (1+2 + 30s rest) x 3 rounds, then (3+4 + 30s rest) x 3 rounds etc				

Week 3 / Session 2

Energy 1-10	
Describe mood	
Motivation 1-10	

Exercise - circuit @ home	Sets	Reps	Rest	Completed? (tick each round)
1 TRX Wide squat	3	14	0	
2 Single leg deadlift (small weight)	3	10 each	30	
3 TRX Chest flyes	3	14	0	
4 DB/BB/KB Row	3	14	30	
5 TRX Hanging knee tucks	3	14	0	
6 TRX Hanging plank	3	45s	30s	
Complete exercises in pairs (1+2 + 30s rest) x 3 rounds, then (3+4 + 30s rest) x 3 rounds etc				

Week 3 / Session 3

Energy 1-10	
Describe mood	
Motivation 1-10	

Exercise - circuit @ home	Sets	Reps	Rest	Completed? (tick each round)
1 TRX Lateral lunges	4	14 each	0	
2 TRX Side dips (arms overhead)	4	12 each	30	
3 TRX Squat jumps *	4	14	0	
4 TRX Hanging alternating knee tucks	4	22	30	
5 TRX Bicep curls	4	14	0	
6 TRX Tricep extensions	4	14	30	
Complete exercises in pairs (1+2 + 30s rest) x 3 rounds, then (3+4 + 30s rest) x 3 rounds etc				

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Week 4 / Session 1

Energy 1-10	
Describe mood	
Motivation 1-10	

DE – LOAD WEEK

Exercise - circuit @ home	Sets	Reps	Rest	Completed? (tick each round)
1 TRX Press up	3	10	0	
2 TRX Inverted wide row	3	10	30	
3 TRX Lunges	3	10 each	0	
4 Back pack good mornings	3	10	30	
5 TRX Roll outs (facing away from wall)	3	10	0	
6 TRX Y Fly (facing wall)	3	10	30	
Complete exercises in pairs (1+2 + 30s rest) x3 rounds, then (3+4 + 30s rest) x 3 rounds etc				

Week 4 / Session 2

Energy 1-10	
Describe mood	
Motivation 1-10	

Exercise - circuit @ home	Sets	Reps	Rest	Completed? (tick each round)
1 TRX Wide squat	3	10	0	
2 Single leg deadlift (small weight)	3	10 each	30	
3 TRX Chest flyes	3	10	0	
4 DB/BB/KB Row	3	10	30	
5 TRX Hanging knee tucks	3	10	0	
6 TRX Hanging plank	3	30s	30	
Complete exercises in pairs (1+2 + 30s rest) x3 rounds, then (3+4 + 30s rest) x 3 rounds etc				

Week 4 / Session 3

Energy 1-10	
Describe mood	
Motivation 1-10	

Exercise - circuit @ home	Sets	Reps	Rest	Completed? (tick each round)
1 TRX Lateral lunges	4	10 each	0	
2 TRX Side dips (arms overhead)	4	10 each	30	
3 TRX Squat jumps *	4	10	0	
4 TRX Hanging alternating knee tucks	4	20	30	
5 TRX Bicep curls	4	10	0	
6 TRX Tricep extensions	4	10	30	
Complete exercises in pairs (1+2 + 30s rest) x3 rounds, then (3+4 + 30s rest) x 3 rounds etc				

*if knees/hips are bad do normal squats instead