

- 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	Weight	Completed? (tick each round)
Backpack goblet squats	4	15		
Dumbbell lateral raises	4	10		
Overhead lunges	4	10 each		
Downdog ankle taps	4	10 each	BW	
Sprint high knees	4	30s	BW	
Plank on hands – Y walk-out	4	6	BW	
Complete all exercises back to back, rest 60seconds THEN repeat all x4				

Week 1 / Session 2

Energy 1-10	
Describe mood	
Motivation 1-10	

Exercise - circuit @ home	Sets	Reps	Weight	Completed? (tick each round)
Burpees	4	10	BW	
Dumbbell see saw shoulder press	4	20		
Single leg deadlifts	4	15 each		
Tricep press ups	4	10	BW	
Star jumps	4	50	BW	
Plank on hands – tap tap knee knee	4	10	BW	
Complete all exercises back to back, rest 60seconds THEN repeat all x4				

Week 1 / Session 3

Energy 1-10	
Describe mood	
Motivation 1-10	

Exercise - circuit @ home	Sets	Reps	Weight	Completed? (tick each round)
Sprint squat thrusts	4	20	BW	
Dumbbell punches	4	50		
Single leg squats	4	10 each	BW	
Tricep dips (off chair/sofa)	4	15	BW	
Downdog to updog	4	10	BW	
Legs up crunches with weight	4	15		
Complete all exercises back to back, rest 60seconds THEN repeat all x4				

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Week 2 / Session 1

Energy 1-10	
Describe mood	
Motivation 1-10	

Exercise - circuit @ home	Sets	Reps	Weight	Completed? (tick each round)
Suitcase squats (weights down by sides)	4	15		
Dumbbell frontal raises	4	10		
4 point lunges (fwd, lat, rev, curtsy)	4	4 each		
Walk the plank (fwd, left, back, right) x2	4		2 BW	
Wide squat + knee drive	4	10 each	BW	
Russian twists	4	15 each		
Complete all exercises back to back, rest 60seconds THEN repeat all x4				

Week 2 / Session 2

Energy 1-10	
Describe mood	
Motivation 1-10	

Exercise - circuit @ home	Sets	Reps	Weight	Completed? (tick each round)
Burpees + fwd jump	4	12	BW	
Dumbbell shoulder press	4	10		
Single leg calf raises	4	10 each		
Tricep press ups	4	12	BW	
Sprint mountain climbers	4	50	BW	
Plank – elbow to hands to elbows	4	10	BW	
Complete all exercises back to back, rest 60seconds THEN repeat all x4				

Week 2 / Session 3

Energy 1-10	
Describe mood	
Motivation 1-10	

Exercise - circuit @ home	Sets	Reps	Weight	Completed? (tick each round)
Sprint squat thrusts	4	22	BW	
Dumbbell bicep curls	4	15		
Single leg squats	4	12 each	BW	
Triangle side dips	4	10		
Sprint on the spot	4	30s	BW	
Legs up crunches with weight	4	18		
Complete all exercises back to back, rest 60seconds THEN repeat all x4				

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Week 3 / Session 1

Energy 1-10	
Describe mood	
Motivation 1-10	

Exercise - circuit @ home	Sets	Reps	Weight	Completed? (tick each round)
Backpack goblet squats	4	15		
Dumbbell lateral raises	4	12		
Overhead lunges	4	10 each		
Downdog ankle taps	4	10 each	BW	
Sprint high knees	4	30s	BW	
Plank on hands – T walk-out	4	7	BW	
Complete all exercises back to back, rest 60seconds THEN repeat all x4				

Week 3 / Session 2

Energy 1-10	
Describe mood	
Motivation 1-10	

Exercise - circuit @ home	Sets	Reps	Weight	Completed? (tick each round)
Burpees	4	12	BW	
Dumbbell see saw shoulder press	4	20		
Single leg deadlifts	4	15 each		
Tricep press ups	4	14	BW	
Star jumps	4	50	BW	
Plank on hands – tap tap knee knee	4	12	BW	
Complete all exercises back to back, rest 60seconds THEN repeat all x4				

Week 3 / Session 3

Energy 1-10	
Describe mood	
Motivation 1-10	

Exercise - circuit @ home	Sets	Reps	Weight	Completed? (tick each round)
Sprint squat thrusts	4	25	BW	
Dumbbell punches	4	50	2x 4kg	
Single leg squats	4	10 each	BW	
Tricep dips (off chair/sofa)	4	15	BW	
Downdog to updog	4	10	BW	
Legs up crunches with weight	4	20	1x 4kg	
Complete all exercises back to back, rest 60seconds THEN repeat all x4				

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Week 4 / Session 1

Energy 1-10	
Describe mood	
Motivation 1-10	

Exercise - circuit @ home	Sets	Reps	Weight	Completed? (tick each round)
Suitcase squats (weights down by sides)	4	18		
Dumbbell frontal raises	4	12		
4 point lunges (fwd, lat, rev, curtsy)	4	4 each		
Walk the plank (fwd, left, back, right) x2	4		2 BW	
Wide squat + knee drive	4	10 each	BW	
Russian twists	4	20 each		
Do all exercises back to back and then REST 60 seconds				

Week 4 / Session 2

Energy 1-10	
Describe mood	
Motivation 1-10	

Exercise - circuit @ home	Sets	Reps	Weight	Completed? (tick each round)
Burpees + fwd jump	4	14	BW	
Dumbbell shoulder press	4	10		
Single leg calf raises	4	14 each		
Tricep press ups	4	16	BW	
Sprint mountain climbers	4	50	BW	
Plank – elbow to hands to elbows	4	12	BW	
Do all exercises back to back and then REST 60 seconds				

Week 4 / Session 3

Energy 1-10	
Describe mood	
Motivation 1-10	

Exercise - circuit @ home	Sets	Reps	Weight	Completed? (tick each round)
Sprint squat thrusts	4	28	BW	
Dumbbell bicep curls	4	12		
Single leg squats	4	12 each	BW	
Triangle side dips	4	12 each		
Sprint on the spot	4	30s	BW	
Legs up crunches with weight	4	20		
Do all exercises back to back and then REST 60 seconds				