

- 1 Print this sheet out
- 2 Make notes to log your weights lifted (if relevant)
- 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 your notes)

Week 1 / Session 1

Energy 1-10	
Describe mood	
Motivation 1-10	

	Exercise - static bike + BW	Duration	Intensity/RPM	Rest	Sets	Completed? (tick each round)
1	Warm up build RPM to 100	5mins	80-85-90-95-100		0	1
2	Squats	1 min	BW		10	1
3	Press ups	1 min	BW		10	1
4	Lunges	1 min	BW		10	1
5	Bike	2mins		90	30s spin	5
6	Bike	30s		110	30s spin	5
7	Bike	2mins	Easy spin	Get off and stretch		
Complete exercises in order and take rest periods as indicated						

Total time **27mins** + 5mins FULL stretch time

Week 1 / Session 2

Energy 1-10	
Describe mood	
Motivation 1-10	

	Exercise - static bike + BW	Duration	Intensity/RPM	Rest	Sets	Completed? (tick each round)
1	Warm up build RPM to 100	5mins	80-85-90-95-100		0	1
2	Wide squats	1 min	BW		10	1
3	Press ups	1 min	BW		10	1
4	Lateral lunges	1 min	BW		10	1
5	Bike	5mins		85	30s spin	2
6	Bike	1 min		95	30s spin	4
7	Bike	2mins	Easy spin	Get off and stretch		
Complete exercises in order and take rest periods as indicated						

Total time **27mins** + 5mins FULL stretch time

Week 1 / Session 3

Energy 1-10	
Describe mood	
Motivation 1-10	

	Exercise - static bike + BW	Duration	Intensity/RPM	Rest	Sets	Completed? (tick each round)
1	Warm up build RPM to 100	5mins	80-85-90-95-100		0	1
2	Lying glute bridge	1 min	BW		10	1
3	Press ups	1 min	BW		10	1
4	Single leg squats	1 min	BW		10	1
5	Bike	8mins		85	30s spin	1
6	Bike	5mins		90	30s spin	1
7	Bike	30s		110	30s spin	3
8	Bike	2mins	Easy spin	Get off and stretch		
Complete exercises in order and take rest periods as indicated						

Total time **27mins** + 5mins FULL stretch time

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Week 2 / Session 1

Energy 1-10	
Describe mood	
Motivation 1-10	

Exercise - static bike + BW	Duration	Intensity/RPM	Rest	Sets	Completed? (tick each round)
1 Warm up build RPM to 100	5mins	80-85-90-95-100	0	1	
2 Squats	1 min	BW	10	1	
3 Press ups	1 min	BW	10	1	
4 Lunges	1 min	BW	10	1	
5 Bike	2mins	95	30s spin	5	
6 Bike	30s	110	30s spin	6	
7 Bike	2mins	Easy spin	Get off and stretch		
Complete exercises in order and take rest periods as indicated					

Total time **28mins** + 5mins FULL stretch time

Week 2 / Session 2

Energy 1-10	
Describe mood	
Motivation 1-10	

Exercise - static bike + BW	Duration	Intensity/RPM	Rest	Sets	Completed? (tick each round)
1 Warm up build RPM to 100	5mins	80-85-90-95-100	0	1	
2 Wide squats	1 min	BW	10	1	
3 Press ups	1 min	BW	10	1	
4 Lateral lunges	1 min	BW	10	1	
5 Bike	4mins	90	30s spin	3	
6 Bike	1 min	100	30s spin	4	
7 Bike	2mins	Easy spin	Get off and stretch		
Complete exercises in order and take rest periods as indicated					

Total time **30mins** + 5mins FULL stretch time

Week 2 / Session 3

Energy 1-10	
Describe mood	
Motivation 1-10	

Exercise - static bike + BW	Duration	Intensity/RPM	Rest	Sets	Completed? (tick each round)
1 Warm up build RPM to 100	5mins	80-85-90-95-100	0	1	
2 Lying glute bridge	1 min	BW	10	1	
3 Press ups	1 min	BW	10	1	
4 Single leg squats	1 min	BW	10	1	
5 Bike	10mins	85	30s spin	1	
6 Bike	5mins	90	30s spin	1	
7 Bike	30s	110	30s spin	3	
8 Bike	2mins	Easy spin	Get off and stretch		
Complete exercises in order and take rest periods as indicated					

Total time **30mins** + 5mins FULL stretch time

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Week 3 / Session 1

Energy 1-10	
Describe mood	
Motivation 1-10	

Exercise - static bike + BW	Duration	Intensity/RPM	Rest	Sets	Completed? (tick each round)
1 Warm up build RPM to 100	5mins	80-85-90-95-100		0	1
2 Single leg glute bridges	1min	BW		10	1
3 Plank with knee to elbow	1min	BW		10	1
4 4 point lunges	1min	BW		10	1
5 Bike	2mins		95	30s spin	6
6 Bike	30s		110	30s spin	6
7 Bike	2mins	Easy spin		Get off and stretch	
Complete exercises in order and take rest periods as indicated					

Total time **29.5mins** + 5mins FULL stretch time

Week 3 / Session 2

Energy 1-10	
Describe mood	
Motivation 1-10	

Exercise - static bike + BW	Duration	Intensity/RPM	Rest	Sets	Completed? (tick each round)
1 Warm up build RPM to 100	5mins	80-85-90-95-100		0	1
2 Wide squats	1min	BW		10	1
3 Legs up crunches	1min	BW		10	1
4 Lunge with knee drive alternating	1min	BW		10	1
5 Bike	5mins		90	30s spin	3
6 Bike	1min		100	30s spin	3
7 Bike	2mins	Easy spin		Get off and stretch	
Complete exercises in order and take rest periods as indicated					

Total time **32mins** + 5mins FULL stretch time

Week 3 / Session 3

Energy 1-10	
Describe mood	
Motivation 1-10	

Exercise - static bike + BW	Duration	Intensity/RPM	Rest	Sets	Completed? (tick each round)
1 Warm up build RPM to 100	5mins	80-85-90-95-100		0	1
2 Lying glute bridge	1min	BW		10	2
3 Side plank both sides	1min	BW		10	2
4 Single leg calf raises	1min	BW		10	2
5 Bike	10mins		90	30s spin	1
6 Bike	30s		115	30s spin	4
7 Bike	2mins	Easy spin		Get off and stretch	
Complete exercises in order and take rest periods as indicated					

Total time **28.5mins** + 5mins FULL stretch time

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Week 4 DE LOAD / Session 1

Energy 1-10	
Describe mood	
Motivation 1-10	

Exercise - static bike + BW	Duration	Intensity/RPM	Rest	Sets	Completed? (tick each round)
1 Warm up build RPM to 100	5mins	80-85-90-95-100		0	1
2 Single leg glute bridges	1 min	BW		10	2
3 Plank with knee to elbow	1 min	BW		10	2
4 4 point lunges	1 min	BW		10	2
5 Bike	2mins		90	30s spin	4
6 Bike	30s		100	30s spin	4
7 Bike	2mins	Easy spin		Get off and stretch	
Complete exercises in order and take rest periods as indicated					

Total time **27mins** + 5mins FULL stretch time

Week 4 DE LOAD / Session 2

Energy 1-10	
Describe mood	
Motivation 1-10	

Exercise - static bike + BW	Duration	Intensity/RPM	Rest	Sets	Completed? (tick each round)
1 Warm up build RPM to 100	5mins	80-85-90-95-100		0	1
2 Wide squats	1 min	BW		10	2
3 Legs up crunches	1 min	BW		10	2
4 Lunge with knee drive alternating	1 min	BW		10	2
5 Bike	5mins		85	30s spin	2
6 Bike	1 min		95	30s spin	3
7 Bike	2mins	Easy spin		Get off and stretch	
Complete exercises in order and take rest periods as indicated					

Total time **28.5mins** + 5mins FULL stretch time

Week 4 DE LOAD / Session 3

Energy 1-10	
Describe mood	
Motivation 1-10	

Exercise - static bike + BW	Duration	Intensity/RPM	Rest	Sets	Completed? (tick each round)
1 Warm up build RPM to 100	5mins	80-85-90-95-100		0	1
2 Lying glute bridge	1 min	BW		10	2
3 Plank on elbows	1 min	BW		10	2
4 Single leg calf raises	1 min	BW		10	2
5 Bike	5mins		90	30s spin	1
6 Bike	30s		100	30s spin	4
7 Bike	2mins	Easy spin		Get off and stretch	
Complete exercises in order and take rest periods as indicated					

Total time **22.5mins** + 5mins FULL stretch time