

Week 5 / Session 1

Energy 1-10	
Describe mood	
Motivation 1-10	

Exercise - circuit @ home	Sets	Reps	Tempo	Weight	Completed? (tick each round)
Backpack/KB Deadlifts	4	15	2121		
3 point raise	4	8	3012		
Overhead lunges	4	10 each	2221		
Downdog with a twist	4	6 each		BW	
Sprint high knees	3	50	FAST	BW	
Plank on hands – T walk-out	3	6	SLOW	BW	
Complete all exercises back to back, rest 60seconds THEN repeat all x4					

Week 5 / Session 2

Energy 1-10	
Describe mood	
Motivation 1-10	

Exercise - circuit @ home	Sets	Reps	Tempo	Weight	Completed? (tick each round)
Squat and hold 3s	4	10	2311		
Single leg glute bridge	4	20	1111		
Single leg deadlifts	4	15 each	2121		
Lying chest press	4	10	3131		
Burpees	3	15	FAST	BW	
Plank on hands – knee to elbow	3	10	2122	BW	
Complete all exercises back to back, rest 60seconds THEN repeat all x4					

Week 5 / Session 3

Energy 1-10	
Describe mood	
Motivation 1-10	

Exercise - circuit @ home	Sets	Reps		Weight	Completed? (tick each round)
Sprint squat thrusts	4	30		BW	
Lying leg raises	4	10 each		BW	
Wide leg squats	4	10			
Bent over row	4	10			
Weighted glute bridges	3	10		BW	
Legs up crunches with weight	3	15			
Complete all exercises back to back, rest 60seconds THEN repeat all x4					

Week 6 / Session 1

Energy 1-10	
Describe mood	
Motivation 1-10	

Exercise - circuit @ home	Sets	Reps	Weight	Completed? (tick each round)
Cossak lunges	4	10 each	BW	
Weight around the head	4	10		
4 point lunges (fwd, lat, rev, curtsy)	4	5 each		
Walk the plank (fwd, left, back, right) x2	4	3	BW	
Lying glute circles	3	10 each	BW	
Russian twists	3	15 each		
Complete all exercises back to back, rest 60seconds THEN repeat all x4				

Week 6 / Session 2

Energy 1-10	
Describe mood	
Motivation 1-10	

Exercise - circuit @ home	Sets	Reps	Weight	Completed? (tick each round)
Burpees + fwd jump	4	15	BW	
Dumbbell shoulder press	4	12		
Weighted calf raises	4	20		
Tricep press ups	4	15	BW	
Sprint mountain climbers	3	60	BW	
Plank – elbow to hands to elbows	3	10	BW	
Complete all exercises back to back, rest 60seconds THEN repeat all x4				

Week 6 / Session 3

Energy 1-10	
Describe mood	
Motivation 1-10	

Exercise - circuit @ home	Sets	Reps	Weight	Completed? (tick each round)
Sprint squat thrusts	4	35	BW	
Dumbbell bicep curls	4	15		
Single leg squats	4	12 each	BW	
Triangle side dips	4	10		
Sprint on the spot	3	50	BW	
Legs up crunches with weight	3	20		
Complete all exercises back to back, rest 60seconds THEN repeat all x4				

Week 7 / Session 1

Energy 1-10	
Describe mood	
Motivation 1-10	

Exercise - circuit @ home	Sets	Reps	Tempo	Weight	Completed? (tick each round)
Backpack/KB Deadlifts	4	18	2121		
3 point raise	4	10	3012		
Overhead lunges	4	12 each	2221		
Downdog with a twist	4	8 each		BW	
Sprint high knees	3	60	FAST	BW	
Plank on hands – T walk-out	3	8	SLOW	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	Tempo	Weight	Completed? (tick each round)
Squat and hold 3s	4	10	2311		
Single leg glute bridge	4	20	1111		
Single leg deadlifts	4	15 each	2121		
Lying chest press	4	10	3131		
Burpees	3	15	FAST	BW	
Plank on hands – knee to elbow	3	10	2122	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	Tempo	Weight	Completed? (tick each round)
Sprint squat thrusts	4	40		BW	
Lying leg raises	4	10 each		BW	
Wide leg squats	4	15			
Bent over row	4	12			
Weighted glute bridges	3	12		BW	
Legs up crunches with weight	3	25			
Complete all exercises back to back, rest 60seconds THEN repeat all x4					

Week 8 / Session 1

Energy 1-10	
Describe mood	
Motivation 1-10	

Exercise - circuit @ home	Sets	Reps	Weight	Completed? (tick each round)
Cossak lunges	4	12 each	BW	
Weight around the head	4	14		
4 point lunges (fwd, lat, rev, curtsy)	4	6 each		
Walk the plank (fwd, left, back, right) x2	4	4	BW	
Lying glute circles	3	12 each	BW	
Russian twists	3	20 each		
Complete all exercises back to back, rest 60seconds THEN repeat all x4				

Week 8 / Session 2

Energy 1-10	
Describe mood	
Motivation 1-10	

Exercise - circuit @ home	Sets	Reps	Weight	Completed? (tick each round)
Burpees + fwd jump	4	15	BW	
Dumbbell shoulder press	4	12		
Weighted calf raises	4	20		
Tricep press ups	4	15	BW	
Sprint mountain climbers	3	60	BW	
Plank – elbow to hands to elbows	3	10	BW	
Complete all exercises back to back, rest 60seconds THEN repeat all x4				

Week 8 / 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 bicep curls	4	10		
Single leg squats	4	10 each	BW	
Triangle side dips	4	10		
Sprint on the spot	3	40	BW	
Legs up crunches with weight	3	15		
Complete all exercises back to back, rest 60seconds THEN repeat all x4				