

ReConnect2Life

Reactiv8e Short Course

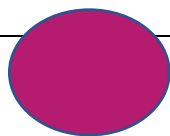
Workout Program: **Low Intensity**

	Session	Home Practice
Intro Week 1	Virtual meet and greet session, BBAT	Look at the Reactivate Workout clips on R2L Website
Week 2	Intro & Feedback BBAT, Warm Up + 1-5 Reactiv8e Exercises	Warm Up + 1 -5 Reactiv8e Exercises
Week 3	Intro & Feedback BBAT, Warm Up + 1-5 Reactiv8e Exercises	Warm Up + 1 -5 Reactiv8e Exercises
Week 4	Intro & Feedback BBAT, Warm Up + Reactiv8e Exercises 6-10	Warm Up + 6-10 Reactiv8e Exercises
Week 5	Intro & Feedback BBAT, Warm Up + Reactiv8e Exercises 1-10	Warm Up + 1-10 Reactiv8e Exercises
Week 6	Intro & Feedback BBAT, Warm Up + Reactiv8e Exercises 1-10	Warm Up + 1 - 10 Reactiv8e Exercises
Week 7	Intro & Feedback Warm Up + Reactiv8e Exercises 1-10	Warm Up + 1 - 10 Reactiv8e Exercises
Week 8	Intro & Feedback Warm Up + 1 X Reactiv8e Circuit	For continued practice follow https://tsdft.uk/reactiv8e video clips for support as needed.

Week 2

Warm Up	Tick	Notes
1. Shoulder Shrugs		
2. High Knees		
3. Arm Curls		
4. Side Taps		
5. Body Twists		
6. Punching		
7. Heel Taps		
8. Upper Cuts		
9. Side Bends		
10. Back Taps		

Circuit x 1	Tick	Notes
1. Chair Squats		
2. Chair Push Ups		
3. Partial Twists		
4. Bridge		
5. Upright Rows		




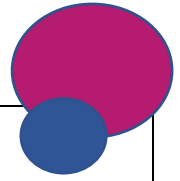
Week 3


	Tick	Notes
Warm up		
Circuit x 1		
1. Chair Squats		
2. Chair Push Ups		
3. Partial Twists		
4. Bridge		
5. Upright Rows		

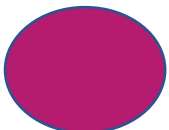


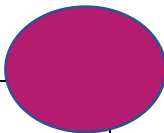
	Tick	Notes
Warm up		
Circuit x 1		
6. Side Taps		
7. Toe Taps		
8. Lift and Reach		
9. Seated Canoe		
10. Single leg balance		


	Tick	Notes
Warm up		
Circuit x 1		
1. Chair Squats		
2. Chair Push Ups		
3. Partial Twists		
4. Bridge		
5. Upright Rows		
6. Side Steps		
7. Toe Taps		
8. Lift and Reach		
9. Seated Canoe		
10. Single Leg Balance		

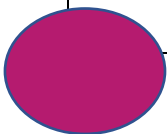


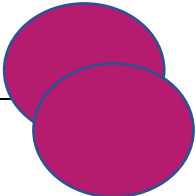
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