

ReConnect2Life

Reactiv8e Short Course

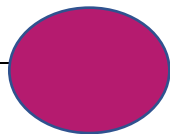
Workout Program: **Medium Intensity**

	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.

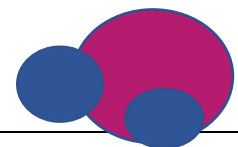
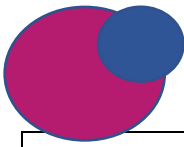
Week 2

Warm Up	Tick	Notes
1. Shoulder Rolls		
2. High Knees with Arm Swing		
3. Arm Curls Lunge Pose		
4. Side Steps		
5. High Knees with Body Twists		
6. Punching with Side Steps		
7. Heel Taps with Arm Swing		
8. Upper Cuts with Side Steps		
9. Side Bends		
10. Back Taps with Arm Raises		

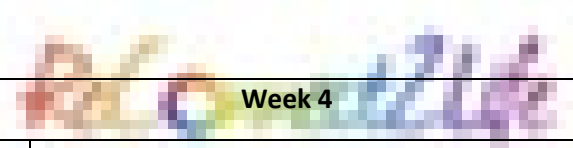
Circuit x 1	Tick	Notes
1. Squats		
2. Press Ups		
3. Wood Chop		
4. Bridge		
5. Upright Rows with Heel Digs		



Week 3

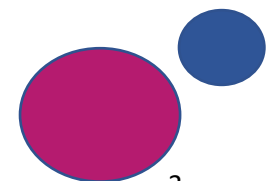
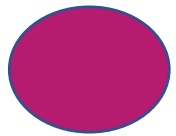


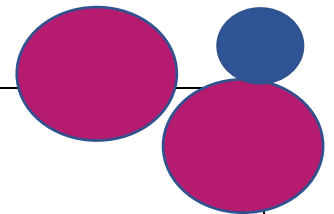
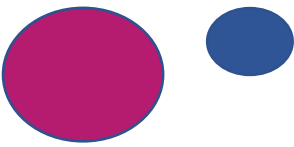
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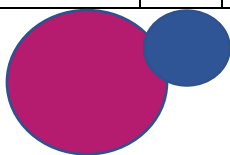
Week 4

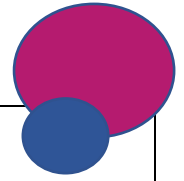
	Tick	Notes
Warm up		
Circuit x 1		
6. Side Lunge		
7. Step Jog		
8. Lift and Reach		
9. Arm Curl Lunge Position		
10. Alternating Single leg Balance		




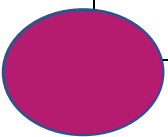


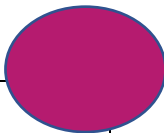
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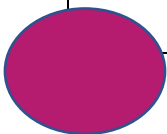


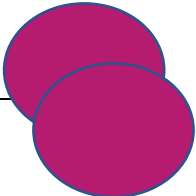
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