

# ReConnect2Life

## Reactiv8e Short Course

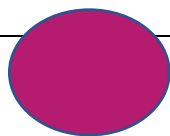
### Workout Program: Seated

	Session	Home Practice
<b>Intro Week 1</b>	Virtual meet and greet session, BBAT	Look at the Reactivate Workout clips on R2L Website
<b>Week 2</b>	Intro & Feedback BBAT, Warm Up + 1-5 Reactiv8e Exercises	Warm Up + 1 -5 Reactiv8e Exercises
<b>Week 3</b>	Intro & Feedback BBAT, Warm Up + 1-5 Reactiv8e Exercises	Warm Up + 1-5 Reactiv8e Exercises
<b>Week 4</b>	Intro & Feedback BBAT, Warm Up + Reactiv8e Exercises 6-10	Warm Up + 6-10 Reactiv8e Exercises
<b>Week 5</b>	Intro & Feedback BBAT, Warm Up + Reactiv8e Exercises 1-10	Warm Up + 1-10 Reactiv8e Exercises
<b>Week 6</b>	Intro & Feedback BBAT, Warm Up + Reactiv8e Exercises 1-10	Warm Up + 1 - 10 Reactiv8e Exercises
<b>Week 7</b>	Intro & Feedback Warm Up + Reactiv8e Exercises 1-10	Warm Up + 1 - 10 Reactiv8e Exercises
<b>Week 8</b>	Intro & Feedback Warm Up + 1 X Reactiv8e Circuit	For continued practice follow <a href="https://tsdft.uk/reactiv8e">https://tsdft.uk/reactiv8e</a> 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. Weight Transfer		
2. Chest Press		
3. Partial Twists		
4. Glute Squeeze		
5. Arm Rows		



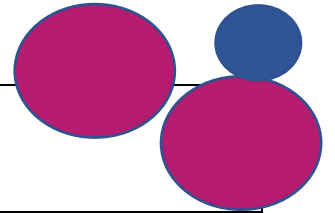
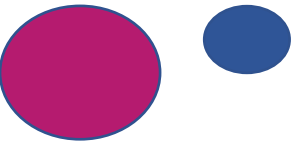
Week 3


	Tick	Notes
Warm up		
Circuit x 1		
1. Weight Transfer		
2. Chest Press		
3. Partial Twists		
4. Glute Squeeze		
5. Arm Rows		

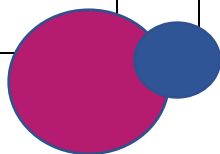


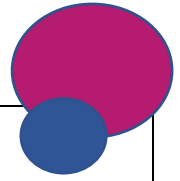
Week 4


	Tick	Notes
Warm up		
Circuit x 1		
6. Star Steps		
7. Toe Taps		
8. Lift and Reach		
9. Rowing		
10. leg Extensions		

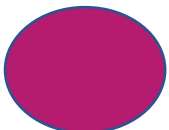


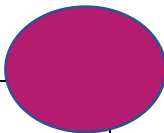
	Tick	Notes
Warm up		
Circuit x 1		
1. Weight Transfer		
2. Chest Press		
3. Partial Twists		
4. Glute Squeeze		
5. Arm Rows		
6. Star Steps		
7. Toe Taps		
8. Lift and Reach		
9. Rowing		
10. Leg Extensions		




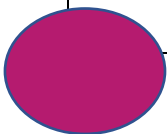


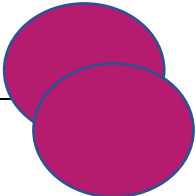
	Tick	Notes
Warm up		
Circuit x 1		
1. Weight Transfer		
2. Chest Press		
3. Partial Twists		
4. Glute Squeeze		
5. Arm Rows		
6. Star Steps		
7. Toe Taps		
8. Lift and Reach		
9. Rowing		
10. Leg Extensions		






	Tick	Notes
Warm up		
Circuit x 1		
1. Weight Transfer		
2. Chest Press		
3. Partial Twists		
4. Glute Squeeze		
5. Arm Rows		
6. Star Steps		
7. Toe Taps		
8. Lift and Reach		
9. Rowing		
10. Leg Extensions		





	Tick	Notes
Warm up		
Circuit x 1		
1. Weight Transfer		
2. Chest Press		
3. Partial Twists		
4. Bridge		
5. Arm Rows		
6. Star Steps		
7. Toe Taps		
8. Lift and Reach		
9. Rowing		
10. Leg Extensions		

