

TA1 PERFORMANCE COACHING & THE METABOLIC FEMALE

SPRING

RESET
21-DAY CHALLENGE

TRAINING MANUAL



RESET 21-DAY CHALLENGE

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WELCOME TO THE RESET 21-DAY CHALLENGE

This workout program utilizes weights to help you get stronger while also creating an amazing burn in every workout!

The workouts will be focused on lower body, upper body, and full body. We also include a warm-up for each workout, and for this challenge... We've also included Ab Finishers!

The workouts are follow-along and last between 30-35 minutes. The great thing about this program is that you can go at your own pace during the working interval. Modifications are provided throughout the videos, so modify as needed. Remember, this is you vs. you, so challenge yourself each day you show up to do the workouts.

Let's get to it!

Ben & Emma xx

P.S. Did you forget to add yourself to the WhatsApp group?

[>>CLICK HERE TO JOIN THE WHATSAPP GROUP](#)

THE WORKOUTS

For all of these workouts, there are a couple of ways you can challenge yourself and keep making progress:

1) **Progressively lift heavier weights during the duration of the challenge.**

This will help continue to build muscle and get stronger. With this approach, you may get fewer reps during the interval, but as long as you challenge yourself, you'll become stronger and more defined!

2) **If you only have access to lighter loads, utilize control and tempo.** With this approach, you'll still be able to elicit a greater challenge for yourself, despite the lighter load.

Both approaches are great options, it just depends on your goals, what types of weights you have access to, and what you enjoy the most!

Each workout in this manual will link directly to the follow-along workouts!

WORKOUT SCHEDULE

Below is the workout schedule for the program!

If this doesn't fit your schedule, feel free to switch things around to make it work for you.

***NB - If you are training in person with us on any of the days, just omit the workout for that day**

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
WEEK 1	PREP	PREP	PREP	WHOLE BODY LIVE	LOWER BODY #1	REST	REST
WEEK 2	WHOLE BODY #2	UPPER BODY #3	WHOLE BODY #4	WHOLE BODY LIVE	LOWER BODY #5	REST	REST
WEEK 3	WHOLE BODY #6	UPPER BODY #7	WHOLE BODY #8	WHOLE BODY LIVE	LOWER BODY #1	REST	REST
WEEK 4	WHOLE BODY #2	UPPER BODY #3	WHOLE BODY #4	NEXT STAGE	NEXT STAGE	NEXT STAGE	NEXT STAGE

WORKOUT #1

[CLICK HERE TO FOLLOW ALONG](#)

LOWER BODY DAY | ABS FINISHER

After completing each full circuit, take 60-seconds to rest/transition to the next circuit!

	EXERCISE	TIME	REST	ROUNDS
WARM UP				
1A	Knee Holds	20 secs	5 secs	2
1B	Adductors rock backs (R)	20 secs	5 secs	
1C	Adductors rock backs (L)	20 secs	5 secs	
1D	Squat to stand	20 secs	5 secs	
CIRCUIT #1				
2A	DB Front Squats	40 secs	10 Secs	3
2B	DB RDL	40 secs	10 Secs	
2C	FF Elevated Split Squat (R)	40 secs	10 Secs	
2D	FF Elevated Split Squat (L)	40 secs	10 Secs	
CIRCUIT #2				
3A	Heels Elevated Goblet Squats	40 secs	10 Secs	3
3B	DB Glute Bridge	40 secs	10 Secs	
3C	DB Reverse Lunge	40 secs	10 Secs	
3D	Wideouts	40 secs	10 Secs	
AB FINISHER				
4A	In-n-Outs	20 secs	5 secs	3
4B	Side to Side Planks	20 secs	5 secs	
4C	Bicycle Crunches	20 secs	5 secs	

WORKOUT #2

[CLICK HERE TO FOLLOW ALONG](#)

WHOLE BODY DAY | ABS FINISHER

After completing each full circuit, take 60-seconds to rest/transition to the next circuit!

	EXERCISE	TIME	REST	ROUNDS
WARM UP				
1A	Bird dog	30 secs	5 secs	2
1B	Worlds Greatest Stretch (R)	30 secs	5 secs	
1C	Worlds Greatest Stretch (L)	30 secs	5 secs	
1D	Quick feet	30 secs	5 secs	
CIRCUIT #1				
2A	Goblet squat	30 secs	15 secs	3
2B	DB Overhead Press	30 secs	15 secs	
2C	DB RDL	30 secs	15 secs	
CIRCUIT #2				
3A	DB Renegade Row	30 secs	15 secs	3
3B	Squat Holds	30 secs	15 secs	
3C	DB Hammer Curl	30 secs	15 secs	
CIRCUIT #3				
4A	DB Split Squat (R)	30 secs	15 secs	3
4B	DB Split Squat (L)	30 secs	15 secs	
4C	Push ups	30 secs	15 secs	
AB FINISHER				
5A	Modified hollow hold	20 secs	10 secs	3
5B	Plank arm reach	20 secs	10 secs	
5C	Leg lift and lower	20 secs	10 secs	

WORKOUT #3

[CLICK HERE TO FOLLOW ALONG](#)

UPPER BODY DAY | ABS FINISHER

After completing each full circuit, take 60-seconds to rest/transition to the next circuit!

	EXERCISE	TIME	REST	ROUNDS
WARM UP				
1A	Cat cow	20 secs	5 secs	2
1B	Childs pose - rotation (R)	20 secs	5 secs	
1C	Childs pose - rotation (L)	20 secs	5 secs	
1D	Quick Feet	20 secs	5 secs	
CIRCUIT #1				
2A	DB Bent Over Row	40 secs	10 Secs	3
2B	DB Half Kneeling OH Press (R)	40 secs	10 Secs	
2C	DB Half Kneeling OH Press (L)	40 secs	10 Secs	
2D	Push ups	40 secs	10 Secs	
CIRCUIT #2				
3A	DB Chest Press/Flies	40 secs	10 Secs	3
3B	DB Renegade Row	40 secs	10 Secs	
3C	Hammer curl	40 secs	10 Secs	
3D	Plank arm reach	40 secs	10 Secs	
AB FINISHER				
4A	Side to Side Plank	20 secs	10 secs	3
4B	Leg lift and lower	20 secs	10 secs	
4C	Top Range Crunch	20 secs	10 secs	

WORKOUT #4

[CLICK HERE TO FOLLOW ALONG](#)

WHOLE BODY DAY | ABS FINISHER

After completing each full circuit, take 60-seconds to rest/transition to the next circuit!

	EXERCISE	TIME	REST	ROUNDS
WARM UP				
1A	Knee Tucks	30 secs	5 secs	2
1B	90/90 Hip Stretch (R)	30 secs	5 secs	
1C	90/90 Hip Stretch (R)	30 secs	5 secs	
1D	Air Squats	30 secs	5 secs	
CIRCUIT #1				
2A	DB Bent Over Row	30 secs	15 secs	3
2B	DB Lateral Lunges	30 secs	15 secs	
2C	DB Arnold Press	30 secs	15 secs	
CIRCUIT #2				
3A	DB Glute Thrust	30 secs	15 secs	3
3B	Bear Crawl Hold	30 secs	15 secs	
3C	DB Squat Thruster	30 secs	15 secs	
CIRCUIT #3				
4A	Static Lunge (R)	30 secs	15 secs	3
4B	Static Lunge (L)	30 secs	15 secs	
4C	Close Grip Pushups	30 secs	15 secs	
AB FINISHER				
5A	V Sit Hold	20 secs	10 secs	3
5B	Leg Raise to Hip Up	20 secs	10 secs	
5C	Plank to Pushup	20 secs	10 secs	

WORKOUT #5

[CLICK HERE TO FOLLOW ALONG](#)

LOWER BODY DAY | ABS FINISHER

After completing each full circuit, take 60-seconds to rest/transition to the next circuit!

	EXERCISE	TIME	REST	ROUNDS
WARM UP				
1A	Squat to stand	20 secs	5 secs	2
1B	90/90 hip stretch (R)	20 secs	5 secs	
1C	90/90 hip stretch (L)	20 secs	5 secs	
1D	Alt. forward & backward steps	20 secs	5 secs	
CIRCUIT #1				
2A	DB Front Squats Tempo	40 secs	10 Secs	3
2B	DB RDL	40 secs	10 Secs	
2C	Reverse To Front Lunge (R)	40 secs	10 Secs	
2D	Reverse To Front Lunge (L)	40 secs	10 Secs	
CIRCUIT #2				
3A	Single leg glute raise (R)	40 secs	10 Secs	3
3B	Single leg glute raise (L)	40 secs	10 Secs	
3C	DB Alternating lateral lunge	40 secs	10 Secs	
3D	Squat Pulses	40 secs	10 Secs	
AB FINISHER				
4A	Sprinter Sit Ups	20 secs	5 secs	3
4B	Russian Twists	20 secs	5 secs	
4C	Leg Raise to Hip Ups	20 secs	5 secs	

WORKOUT #6

[CLICK HERE TO FOLLOW ALONG](#)

WHOLE BODY DAY | ABS FINISHER

After completing each full circuit, take 60-seconds to rest/transition to the next circuit!

	EXERCISE	TIME	REST	ROUNDS
WARM UP				
1A	Squat to Stand	30 secs	5 secs	2
1B	Adductor Rock Back (R)	30 secs	5 secs	
1C	Adductor Rock Back (L)	30 secs	5 secs	
1D	High Knees	30 secs	5 secs	
CIRCUIT #1				
2A	DB Overhead Press	30 secs	15 secs	3
2B	DB Reverse Lunges	30 secs	15 secs	
2C	DB Bear Crawl Row	30 secs	15 secs	
CIRCUIT #2				
3A	DB Chest Fly	30 secs	15 secs	3
3B	Single Leg Glute Raises (R)	30 secs	15 secs	
3C	Single Leg Glute Raises (L)	30 secs	15 secs	
CIRCUIT #3				
4A	DB Front Squat	30 secs	15 secs	3
4B	Dead Stop Press Up	30 secs	15 secs	
4C	Alternating Low Lunges	30 secs	15 secs	
AB FINISHER				
5A	Sprinter Sit Ups	20 secs	10 secs	3
5B	Side Plank (R)	20 secs	10 secs	
5C	Side Plank (L)	20 secs	10 secs	

WORKOUT #7

[CLICK HERE TO FOLLOW ALONG](#)

UPPER BODY DAY | ABS FINISHER

After completing each full circuit, take 60-seconds to rest/transition to the next circuit!

	EXERCISE	TIME	REST	ROUNDS
WARM UP				
1A	Cat cow	20 secs	5 secs	2
1B	Worlds Greatest Stretch (R)	20 secs	5 secs	
1C	Worlds Greatest Stretch (L)	20 secs	5 secs	
1D	Bird Dog	20 secs	5 secs	
CIRCUIT #1				
2A	DB Overhead Press	40 secs	10 Secs	3
2B	DB Single Arm Row (R)	40 secs	10 Secs	
2C	DB Single Arm Row (L)	40 secs	10 Secs	
2D	Close Grip Press Ups	40 secs	10 Secs	
CIRCUIT #2				
3A	DB Arnold Press	40 secs	10 Secs	3
3B	DB Chest Fly	40 secs	10 Secs	
3C	DB Bear Crawl Renegade Row	40 secs	10 Secs	
3D	Shoulder Tap Push Ups	40 secs	10 Secs	
AB FINISHER				
4A	DB Leg Lift & Lower	20 secs	10 secs	3
4B	Weighted Sit Ups	20 secs	10 secs	
4C	Top Range Crunch	20 secs	10 secs	

WORKOUT #8

[CLICK HERE TO FOLLOW ALONG](#)

WHOLE BODY DAY | ABS FINISHER

After completing each full circuit, take 60-seconds to rest/transition to the next circuit!

	EXERCISE	TIME	REST	ROUNDS
WARM UP				
1A	Bird Dog	30 secs	5 secs	2
1B	Kneeling 90/90 Half Split (R)	30 secs	5 secs	
1C	Kneeling 90/90 Half Split (L)	30 secs	5 secs	
1D	Squat to Stand	30 secs	5 secs	
CIRCUIT #1				
2A	DB Single Leg RDL (R)	30 secs	15 secs	3
2B	DB Single Leg RDL (L)	30 secs	15 secs	
2C	DB Alternating Bent Over Row	30 secs	15 secs	
CIRCUIT #2				
3A	Plank to Push Up	30 secs	15 secs	3
3B	DB Ski Squat	30 secs	15 secs	
3C	DB Skull Crusher	30 secs	15 secs	
CIRCUIT #3				
4A	DB Reverse Lunge	30 secs	15 secs	3
4B	T Push Ups	30 secs	15 secs	
4C	Squat Holds	30 secs	15 secs	
AB FINISHER				
5A	Bear Crawl Side To Side	20 secs	10 secs	3
5B	Rocking Plank	20 secs	10 secs	
5C	DB Leg Lift & Lower	20 secs	10 secs	

LIVE WORKOUT #1

[CLICK HERE TO FOLLOW ALONG](#)

THE BIG CIRCUIT NO. 1

After completing each full circuit, take 60-seconds to rest before starting the next round.

	EXERCISE	TIME	REST	ROUNDS
WARM UP				
1	Cat cow	25 secs	5 secs	2
2	Worlds Greatest Stretch (R)	25 secs	5 secs	
3	Worlds Greatest Stretch (L)	25 secs	5 secs	
4	Bird Dog	25 secs	5 secs	
THE BIG CIRCUIT				
EXERCISES		ROUND 1	ROUND 2	ROUND 3
		TIME	TIME	TIME
1A	DB Bulgarian Split Squat (R)	For round 1, complete 50-seconds ON, 10-seconds rest interval. After completing all the exercises, take a 60-second rest before starting round 2!	For round 2, complete 40-seconds ON, 15-seconds rest interval. After completing all the exercises, take a 60-second rest before starting round 3!	For round 3, complete 30-seconds ON, 10-seconds rest interval. After completing all the exercises, you are DONE for the day!
1B	DB Bulgarian Split Squat (L)			
1C	Shoulder Tap Pushups			
1D	DB Hip Thrusts			
1E	Toe Touches			
1F	DB Bent Over Row			
1G	DB Squat Thrusters			
1H	In-&-outs			

LIVE WORKOUT #2

[CLICK HERE TO FOLLOW ALONG](#)

THE BIG CIRCUIT NO. 2

After completing each full circuit, take 60-seconds to rest before starting the next round.

	EXERCISE	TIME	REST	ROUNDS
WARM UP				
1	Knee Holds	25 secs	5 secs	2
2	Adductors rock backs (R)	25 secs	5 secs	
3	Adductors rock backs (L)	25 secs	5 secs	
4	Squat to stand	25 secs	5 secs	
THE BIG CIRCUIT #2				
EXERCISES		ROUND 1	ROUND 2	ROUND 3
		TIME	TIME	TIME
1A	DB Ski Squats	For round 1, complete 50-seconds ON, 10-seconds rest interval. After completing all the exercises, take a 60-second rest before starting round 2!	For round 2, complete 40-seconds ON, 15-seconds rest interval. After completing all the exercises, take a 60-second rest before starting round 3!	For round 3, complete 30-seconds ON, 10-seconds rest interval. After completing all the exercises, you are DONE for the day!
1B	DB Arnold Press			
1C	Sprinter Sit Up			
1D	DB B-Stance Glute Thrust (R)			
1E	DB B-Stance Glute Thrust (L)			
1F	Narrow Grip Press Ups			
1G	DB Reverse Lunge			
1H	Leg Raise to Hip Ups			

LIVE WORKOUT #3

[CLICK HERE TO FOLLOW ALONG](#)

THE BIG CIRCUIT NO. 3

After completing each full circuit, take 60-seconds to rest before starting the next round.

	EXERCISE	TIME	REST	ROUNDS
WARM UP				
1	Inch Worm	25 secs	5 secs	2
2	90/90 hip stretch (R)	25 secs	5 secs	
3	90/90 hip stretch (L)	25 secs	5 secs	
4	Alt. forward & backward steps	25 secs	5 secs	
THE BIG CIRCUIT #3				
EXERCISES		ROUND 1	ROUND 2	ROUND 3
		TIME	TIME	TIME
1A	DB Front Squats	For round 1, complete 50-seconds ON, 10-seconds rest interval. After completing all the exercises, take a 60-second rest before starting round 2!	For round 2, complete 40-seconds ON, 15-seconds rest interval. After completing all the exercises, take a 60-second rest before starting round 3!	For round 3, complete 30-seconds ON, 10-seconds rest interval. After completing all the exercises, you are DONE for the day!
1B	DB Alternating Bent Over Row			
1C	FF Elevated Split Squat (R)			
1D	FF Elevated Split Squat (L)			
1E	Reach Through Push Ups			
1F	Bear Crawl Side To Side			
1G	Modified Body Hollow Hold			
1H	DB Alt. Lateral Lunges			

CONGRATULATIONS ON COMPLETING THE RESET 21-DAY CHALLENGE – WHAT'S NEXT?

First and foremost, congratulations on completing this RESET Challenge! We are SO proud of you and all the hard work you put in. You should be proud of yourself too!

So take a moment to celebrate what you just accomplished. Look back at all those workouts you crushed, and all the progress you made. And... Just know that this is only the beginning for you!

So you might be wondering, **WHAT'S NEXT?**

After completing a RESET Challenge, the best next step is to keep going.

We have a few options for you to consider:

1) Attend one of our in-person training sessions - if you're local to Taunton/Wellington we have many options to train with us in person during the week to keep you moving forwards.

2) Book a 1:1 consult with Emma for 50% off - Feel you need some extra support with your nutrition, hormones, or skin? As a challenge member, you get access to consults with Emma at 50% off. Simply [CLICK HERE TO BOOK](#)

3) Join our online community - we add a new follow-along workout into the community weekly, so you'll always have something to suit your goals and time available. You can sign up by [CLICKING HERE](#)

3) Repeat this current challenge – doing another round of this challenge is also a great way to keep making progress. Focus on increasing your weights, getting a few more reps in the intervals, beating your workout scores, etc. The biggest thing is to KEEP GOING – this is only the beginning for you!

As always, if you need any help at all, please do not hesitate to reach out.

Ben and Emma xx