



# PROGRAM MANUAL

*Online*

Your complete  
PD Warrior® Program



# Introduction

Exercise has long been recognised for its therapeutic benefits in maintaining mobility, mood, and function. However, in the last decade or more, there has been a growing body of evidence showing that exercise helps to re-wire the brain, to move, think and feel better, and may also be neuro-protective. This means that the right kind of exercise may not only improve overall physical function, it is likely to have an effect on disease progression and ultimately slow the symptoms of Parkinson's down.

The more we have learned about the body's response to exercise, the more we have also learned about its ability to act as a vehicle to improve mindset, perspective, and confidence as well as physical and cognitive fitness.

PD Warrior has become one of the leading global rehabilitation programs for people living with Parkinson's. PD Warrior continues to gather the most relevant and recent evidence, clinical experience and our own clinical trials into a proven framework that can be tailored to your specific needs to be the most effective Parkinson's program for you. We strive to be the most comprehensive and holistic approach to Parkinson's management and to be the program your future self will thank you for.

To your success,



**Dr Melissa McConaghy**  
CEO and Founder

# Parkinson's disease

True Parkinson's is called idiopathic Parkinson's. This indicates that it has arisen without known cause and spontaneously. Your doctor or neurologist will be confident of a diagnosis based on your symptoms, your response to medication and the exclusion of other neurological conditions.

You may present with one or all the following:

- Rigidity or stiffness in the muscles and joints.
- Tremor that comes on when you are resting.
- Slow movements called 'Bradykinesia'.
- Postural instability and loss of balance

One third of people also notice issues that are not related to movement such as constipation, loss of smell, cognitive and mood changes, and involuntary thrashing when you sleep at night (often noticed by your partner/spouse).

Bradykinesia and rigidity are commonly defined as 'poverty of movement'. This means you are unable to generate the correct amount of motor output and the scale required to initiate and drive normal movement. It can feel that you are slow to start moving and slow and small and stiff when you do move. This can translate to difficulty with doing up buttons, losing the body's natural arm swing when walking or developing a rigid stiff posture.

You might notice a tremor in the same or different limbs. Parkinson's tremor typically emerges at rest in a limb and may include more areas of the body over time as well not just at rest. Tremor has a slightly different pathology and treatment approach for this reason.

The primary pathology for Parkinson's is the destruction of dopamine producing cells sitting in the basal ganglia. The basal ganglia regulates movement after receiving information from those parts of the brain that initiate movement. If you have less dopamine your movements become slower and smaller with less control and this can also lead to tremor. Over time this can create more issues with balance and postural control and episodes of freezing where your limbs can stick to the floor.

Parkinson's medications can be very effective in the early stages to relieve some of the symptoms and keep you moving well. What they cannot do is slow the disease progression. Exercise is currently your best defence at slowing your Parkinson's down.

# Introductory session checklist

PD Warrior is a very successful program when done right! Because most of the magic from the program happens when you are training at home and not working with your therapist, it is important to tick off the following items in your first few sessions. This will ensure you are able to be most effective when training independently. This checklist has been created to assist you in checking off all the essential items in the first three individual sessions. If you have not completed any of the following items, please ask your therapist for more information.

- ☐ You understand the significance of neuro-active exercise over general exercise and how this applies to your tailored exercise program
- ☐ You understand the 7 core principles of neuroplasticity and how to implement these
- ☐ You know what type of motor presentation best fits you and how this applies to your exercise prescription: Bradykinesic / Tremor Dominant / Agility Impaired
- ☐ You have a prescribed home exercise program, with appropriate modifications, of between 3-4 exercises to complete per day. This is to be done in addition to prescribed attendance in the clinic or online.
- ☐ You know how to use the RPE scale to rate your power and effort in your home exercise program
- ☐ You know what criteria make a “good” repetition and can demonstrate and judge this with your therapist before training independently. Consider up to 3 criteria per exercise (80% effort, strong stance, sustained balance etc)
- ☐ You have been linked to the online 10 week challenge support material if prescribed the 10 Week Challenge
- ☐ You have thought about the following logistics:

What equipment do I need to get?

What time of day am I going to do my home program?

What days am I going to do my home program?

Who am I going to ask to be my accountability buddy?

Where exactly am I going to do my home program?

How am I going to record my progress?

# Brave Goal

Planning your goals is an essential part of the program and provides your road map. It helps you stay on task, sets structure and boost self-confidence. As well as providing a structure, setting good goals can be incredibly exciting. Spend a bit of time considering your goals and write them down and review them regularly. Post your goals up somewhere obvious when you will see them every day.

To get started, consider your long-term goal first. This is something that you want to commit to working towards over the next 12 months. Be BRAVE, think big! What's likely to keep you motivated when the going gets tough? We call this your Brave Goal.

When you've considered what you want to work on/or towards for your Brave Goal, rate your level of difficulty to do this activity right now. Pop this in the table below where it says starting score. "0" represents unable to perform activity at all, and "10" represents able to perform well and same level as before diagnosis.

You will come back to this goal at 12 weeks, 26 weeks and 12 months to rate your level and see how you are tracking.



Brave Goal (Aim to achieve this goal in about 12 months):

| Brave Goal | Starting Score | 12 Weeks | 26 Weeks | 12 months |
|------------|----------------|----------|----------|-----------|
|            |                |          |          |           |

# Goal Setting

Next let's consider your short-term goals. These are goals you would look to achieve over the next 6-12 weeks.

Consider what daily activities are most challenging for you and would make the most difference in your life to achieve. Choose up to 5 but be mindful that the more goals you have the less you can focus on each goal. These goals are what we call **Challenge Tasks**.

When you've considered what you want to work on/or towards for your Challenge Tasks, rate your level of difficulty to do these activities right now. Pop your starting score in the table below. "0" represents unable to perform activity at all, and "10" represents able to perform well and same level as before diagnosis.

You will come back to these Challenge Tasks at 12 weeks and possibly beyond to see how you are tracking.

Challenge Tasks (Milestones to be achieved over a 6 to 10 week time period):

| Challenge Task | Starting Score | 12 Weeks | 26 Weeks | 12 months |
|----------------|----------------|----------|----------|-----------|
| 1.             |                |          |          |           |
| 2.             |                |          |          |           |
| 3.             |                |          |          |           |
| 4.             |                |          |          |           |
| 5.             |                |          |          |           |

# Obstacles

Can you identify any obstacles that might make it difficult for you to achieve your long term goal or shorter-term goals? If so, what can you do about it now to avoid this becoming a barrier to success? Strategies might be buddying up with a friend for your exercise, addressing what time of day you exercise, keeping your hydration up?

| Obstacles | Solution/Strategy |
|-----------|-------------------|
| 1.        |                   |
| 2.        |                   |
| 3.        |                   |
| 4.        |                   |
| 5.        |                   |

# OUTCOME MEASURES

Keeping track of outcome measures throughout your rehab journey is vital because they provide clear, objective evidence of progress, helping you to see your achievements and stay motivated. While it can feel intimidating or unnecessary at first, these measures help your therapist to tailor treatment effectively, ensuring every effort leads to meaningful improvements in daily life.

| Activity | Starting | 12 Weeks | 26 Weeks | 12 months |
|----------|----------|----------|----------|-----------|
| 1.       |          |          |          |           |
| 2.       |          |          |          |           |
| 3.       |          |          |          |           |
| 4.       |          |          |          |           |
| 5.       |          |          |          |           |
| 6.       |          |          |          |           |
| 7.       |          |          |          |           |

## Type of Parkinson's

Specific considerations for your type of Parkinson's when exercising

| Bradykinesia | Tremor Dominance | Agility Impaired |
|--------------|------------------|------------------|
|              |                  |                  |

# WEEKLY DIARY

Welcome to week 1. This week we recommend doing the exercise circuit 2-3 times this week (either in the clinic or online) and up to 1 exercise on the other days. This week the circuit will run you through the 10 core exercises in a fast-paced circuit style.

## ACTIVITIES

Record your activities in the table below

| Activity          | M | T | W | T | F | S | S |
|-------------------|---|---|---|---|---|---|---|
| Circuit completed |   |   |   |   |   |   |   |
| Education video   |   |   |   |   |   |   |   |
| Resources Viewed  |   |   |   |   |   |   |   |

## INDIVIDUAL EXERCISES

On the days when you are not doing a circuit, we recommend that you pick 1 exercise from the list below and spend about 20 minutes per day working on that individual exercise. Focus on improving your level of effort and focus on clean, crisp endpoints, symmetry and amplitude within the exercise. It is ideal if you choose the exercise that you find most challenging to work on. You can pick a different exercise each day or work on the same one.

Record your workout on the table below. For each individual exercise aim for 5 sets, 4 exercises and 3 'good' reps per side, per exercise. Tick off each exercise on the day you workout.

| Exercise                | Repetitions/sets | Days Completed | M | T | W | T | F | S | S |
|-------------------------|------------------|----------------|---|---|---|---|---|---|---|
| 1. Sky Reach            |                  |                |   |   |   |   |   |   |   |
| 2. Box Step             |                  |                |   |   |   |   |   |   |   |
| 3. Penguin Waddle       |                  |                |   |   |   |   |   |   |   |
| 4. Tahdahs              |                  |                |   |   |   |   |   |   |   |
| 5. Over the River       |                  |                |   |   |   |   |   |   |   |
| 6. Scarf Snatch         |                  |                |   |   |   |   |   |   |   |
| 7. Banded Side Step     |                  |                |   |   |   |   |   |   |   |
| 8. Stop and Squat       |                  |                |   |   |   |   |   |   |   |
| 9. 007                  |                  |                |   |   |   |   |   |   |   |
| 10. Overhead Ball throw |                  |                |   |   |   |   |   |   |   |

# WEEKLY DIARY

WEEK

2

Welcome to week 2. This week we recommend doing the exercise circuit 2-3 times this week (either in the clinic or online) and up to 2 exercises on the other days.

## ACTIVITIES

Record your activities in the table below

| Activity          | M | T | W | T | F | S | S |
|-------------------|---|---|---|---|---|---|---|
| Circuit completed |   |   |   |   |   |   |   |
| Education video   |   |   |   |   |   |   |   |
| Resources Viewed  |   |   |   |   |   |   |   |

## INDIVIDUAL EXERCISES

On the days when you are not doing a circuit, we recommend that you pick 2 exercises from the list below and spend about 20 minutes per day working on the individual exercises. Focus on improving your level of effort and focus on clean, crisp endpoints, symmetry and amplitude within the exercise. It is ideal if you choose the exercise that you find most challenging to work on. You can pick a different exercise each day or work on the same one.

Record your workout on the table below. For each individual exercise aim for 5 sets, 4 exercises and 3 'good' reps per side, per exercise. Tick off each exercise on the day you workout.

| Exercise                | Repetitions/sets | Days Completed |   |   |   |   |   |   |
|-------------------------|------------------|----------------|---|---|---|---|---|---|
| 1. Sky Reach            |                  | M              | T | W | T | F | S | S |
| 2. Box Step             |                  | M              | T | W | T | F | S | S |
| 3. Penguin Waddle       |                  | M              | T | W | T | F | S | S |
| 4. Tahdahs              |                  | M              | T | W | T | F | S | S |
| 5. Over the River       |                  | M              | T | W | T | F | S | S |
| 6. Scarf Snatch         |                  | M              | T | W | T | F | S | S |
| 7. Banded Side Step     |                  | M              | T | W | T | F | S | S |
| 8. Stop and Squat       |                  | M              | T | W | T | F | S | S |
| 9. 007                  |                  | M              | T | W | T | F | S | S |
| 10. Overhead Ball throw |                  | M              | T | W | T | F | S | S |
| 11. Sumo Smack          |                  | M              | T | W | T | F | S | S |
| 12. Coconut Crack       |                  | M              | T | W | T | F | S | S |

# WEEKLY DIARY

WEEK

3

Welcome to week 3. This week we recommend doing the exercise circuit 3 times this week (either in the clinic or online) and up to 3 exercises on the other days.

## ACTIVITIES

Record your activities in the table below

| Activity          | M | T | W | T | F | S | S |
|-------------------|---|---|---|---|---|---|---|
| Circuit completed |   |   |   |   |   |   |   |
| Education video   |   |   |   |   |   |   |   |
| Resources Viewed  |   |   |   |   |   |   |   |

## INDIVIDUAL EXERCISES

This week try building up to 3 exercises per day from the list below and spending at least 20 minutes working on the quality of the exercises. Remember, every rep counts!

Record your workout on the table below. For each individual exercise aim for 5 sets, 4 exercises and 3 'good' reps per side, per exercise. Tick off each exercise on the day you work out.

| Exercise                | Repetitions/sets | Days Completed | M | T | W | T | F | S | S |
|-------------------------|------------------|----------------|---|---|---|---|---|---|---|
| 1. Sky Reach            |                  |                |   |   |   |   |   |   |   |
| 2. Box Step             |                  |                |   |   |   |   |   |   |   |
| 3. Penguin Waddle       |                  |                |   |   |   |   |   |   |   |
| 4. Tahdahs              |                  |                |   |   |   |   |   |   |   |
| 5. Over the River       |                  |                |   |   |   |   |   |   |   |
| 6. Scarf Snatch         |                  |                |   |   |   |   |   |   |   |
| 7. Banded Side Step     |                  |                |   |   |   |   |   |   |   |
| 8. Stop and Squat       |                  |                |   |   |   |   |   |   |   |
| 9. 007                  |                  |                |   |   |   |   |   |   |   |
| 10. Overhead Ball Throw |                  |                |   |   |   |   |   |   |   |
| 11. Sumo Smack          |                  |                |   |   |   |   |   |   |   |
| 12. Coconut Crack       |                  |                |   |   |   |   |   |   |   |
| 13. Curtsy Flick        |                  |                |   |   |   |   |   |   |   |
| 14. Frogger Flick       |                  |                |   |   |   |   |   |   |   |

# WEEKLY DIARY

WEEK

4

Welcome to week 4. This week we recommend doing the exercise circuit 3 times this week (either in the clinic or online) and up to 4 exercises on the other days.

## ACTIVITIES

Record your activities in the table below

| Activity          | M | T | W | T | F | S | S |
|-------------------|---|---|---|---|---|---|---|
| Circuit completed |   |   |   |   |   |   |   |
| Education video   |   |   |   |   |   |   |   |
| Resources Viewed  |   |   |   |   |   |   |   |

## INDIVIDUAL EXERCISES

This week try building up to 4 exercises per day from the list below and spending at least 20 minutes working on the quality of the exercises. Remember, every rep counts!

Record your workout on the table below.

| Exercise                | Repetitions/sets | Days Completed |   |   |   |   |   |   |
|-------------------------|------------------|----------------|---|---|---|---|---|---|
| 1. Sky Reach            |                  | M              | T | W | T | F | S | S |
| 2. Box Step             |                  | M              | T | W | T | F | S | S |
| 3. Penguin Waddle       |                  | M              | T | W | T | F | S | S |
| 4. Tahdahs              |                  | M              | T | W | T | F | S | S |
| 5. Over the River       |                  | M              | T | W | T | F | S | S |
| 6. Scarf Snatch         |                  | M              | T | W | T | F | S | S |
| 7. Banded Side Step     |                  | M              | T | W | T | F | S | S |
| 8. Stop and Squat       |                  | M              | T | W | T | F | S | S |
| 9. 007                  |                  | M              | T | W | T | F | S | S |
| 10. Overhead Ball throw |                  | M              | T | W | T | F | S | S |
| 11. Sumo Smack          |                  | M              | T | W | T | F | S | S |
| 12. Coconut Crack       |                  | M              | T | W | T | F | S | S |
| 13. Curtsy Flick        |                  | M              | T | W | T | F | S | S |
| 14. Frogger Flick       |                  | M              | T | W | T | F | S | S |
| 15. Showbiz             |                  | M              | T | W | T | F | S | S |

# WEEKLY DIARY

Welcome to week 5. This week we recommend doing the exercise circuit 3 times this week either in the clinic or online) and up to 4 exercises on the other days.

## ACTIVITIES

Record your activities in the table below

| Activity          | M | T | W | T | F | S | S |
|-------------------|---|---|---|---|---|---|---|
| Circuit completed |   |   |   |   |   |   |   |
| Education video   |   |   |   |   |   |   |   |
| Resources Viewed  |   |   |   |   |   |   |   |

## INDIVIDUAL EXERCISES

This week try building up to 4 exercises per day from the list below and spending at least 20 minutes working on the quality of the exercises. Remember, every rep counts!

Record your workout on the table below.

| Exercise            | Repetitions/sets | Days Completed |   |   |   |   |   |   |
|---------------------|------------------|----------------|---|---|---|---|---|---|
| 1. Crab snap        |                  | M              | T | W | T | F | S | S |
| 2. Plank Breaker    |                  | M              | T | W | T | F | S | S |
| 3. Crazy            |                  | M              | T | W | T | F | S | S |
| 4. 007              |                  | M              | T | W | T | F | S | S |
| 5. Sky Reach        |                  | M              | T | W | T | F | S | S |
| 6. Coconut Crack    |                  | M              | T | W | T | F | S | S |
| 7. Sumo Smack       |                  | M              | T | W | T | F | S | S |
| 8. Showbiz          |                  | M              | T | W | T | F | S | S |
| 9. Penguin Waddle   |                  | M              | T | W | T | F | S | S |
| 10. Tahdahs         |                  | M              | T | W | T | F | S | S |
| 11. Frogger Flick   |                  | M              | T | W | T | F | S | S |
| 12. Over the River  |                  | M              | T | W | T | F | S | S |
| 13. Scarf Snatch    |                  | M              | T | W | T | F | S | S |
| 14. Banded Sidestep |                  | M              | T | W | T | F | S | S |
| 15. Curtsy Flick    |                  | M              | T | W | T | F | S | S |
| 16. Stop and squat  |                  | M              | T | W | T | F | S | S |

# WEEKLY DIARY

Welcome to week 6. This week we recommend doing the exercise circuit 3 times this week either in the clinic or online) and up to 4 exercises on the other days. This week we are also introducing the concept of dual task training. Check out the resource for more information

## ACTIVITIES

Record your activities in the table below

| Activity          | M | T | W | T | F | S | S |
|-------------------|---|---|---|---|---|---|---|
| Circuit completed |   |   |   |   |   |   |   |
| Education video   |   |   |   |   |   |   |   |
| Resources Viewed  |   |   |   |   |   |   |   |

## INDIVIDUAL EXERCISES

This week try building up to 4 exercises per day from the list below and spending at least 20 minutes working on the quality of the exercises. Remember, every rep counts!

Record your workout on the table below.

| Exercise           | Repetitions/sets | Days Completed |
|--------------------|------------------|----------------|
| 1. Heisman         |                  | M T W T F S S  |
| 2. Crazy           |                  | M T W T F S S  |
| 3. Stop and squat  |                  | M T W T F S S  |
| 4. Penguin Waddle  |                  | M T W T F S S  |
| 5. Sky Reach       |                  | M T W T F S S  |
| 6. Curtsy Flick    |                  | M T W T F S S  |
| 7. Over the River  |                  | M T W T F S S  |
| 8. Sumo Smack      |                  | M T W T F S S  |
| 9. Hello           |                  | M T W T F S S  |
| 10. Over the River |                  | M T W T F S S  |
| 11. 007            |                  | M T W T F S S  |
| 12. Frogger Flick  |                  | M T W T F S S  |
| 13. Plank Breaker  |                  | M T W T F S S  |
| 14. Coconut Crack  |                  | M T W T F S S  |
| 15. Showbiz        |                  | M T W T F S S  |
| 16. Crab Snap      |                  | M T W T F S S  |

# WEEKLY DIARY

Welcome to week 7. This week we recommend doing the exercise circuit 3 times this week either in the clinic or online) and up to 4 exercises on the other days.

## ACTIVITIES

Record your activities in the table below

| Activity          | M | T | W | T | F | S | S |
|-------------------|---|---|---|---|---|---|---|
| Circuit completed |   |   |   |   |   |   |   |
| Education video   |   |   |   |   |   |   |   |
| Resources Viewed  |   |   |   |   |   |   |   |

## INDIVIDUAL EXERCISES

Record your workout on the table below.

| Exercise          |  | Repetitions/sets |   |   |   | Days Completed |   |   |
|-------------------|--|------------------|---|---|---|----------------|---|---|
| 1. Fly Catcher    |  | M                | T | W | T | F              | S | S |
| 2. Boxing Combos  |  | M                | T | W | T | F              | S | S |
| 3. Hello          |  | M                | T | W | T | F              | S | S |
| 4. Heisman        |  | M                | T | W | T | F              | S | S |
| 5. Sky Reach      |  | M                | T | W | T | F              | S | S |
| 6. Showbiz        |  | M                | T | W | T | F              | S | S |
| 7. Plank Breaker  |  | M                | T | W | T | F              | S | S |
| 8. 007            |  | M                | T | W | T | F              | S | S |
| 9. Stop and Squat |  | M                | T | W | T | F              | S | S |
| 10. Crazy         |  | M                | T | W | T | F              | S | S |
| 11. Sumo Smack    |  | M                | T | W | T | F              | S | S |
| 12. Frogger Flick |  | M                | T | W | T | F              | S | S |
| 13. Scarf Snatch  |  | M                | T | W | T | F              | S | S |
| 14. Coconut Crack |  | M                | T | W | T | F              | S | S |
| 15. Curtsy Flick  |  | M                | T | W | T | F              | S | S |
| 16. Crab Snap     |  | M                | T | W | T | F              | S | S |

# WEEKLY DIARY

WEEK

8

Welcome to week 8. This week we recommend doing the exercise circuit 3 times this week either in the clinic or online) and up to 4 exercises on the other days.

## ACTIVITIES

Record your activities in the table below

| Activity          | M | T | W | T | F | S | S |
|-------------------|---|---|---|---|---|---|---|
| Circuit completed |   |   |   |   |   |   |   |
| Education video   |   |   |   |   |   |   |   |
| Resources Viewed  |   |   |   |   |   |   |   |

## INDIVIDUAL EXERCISES

Record your workout on the table below.

| Exercise           | Repetitions/sets | Days Completed |   |   |   |   |   |   |
|--------------------|------------------|----------------|---|---|---|---|---|---|
| 1. Globetrotter    |                  | M              | T | W | T | F | S | S |
| 2. Snatch and Grab |                  | M              | T | W | T | F | S | S |
| 3. Hello           |                  | M              | T | W | T | F | S | S |
| 4. Frogger Flick   |                  | M              | T | W | T | F | S | S |
| 5. Boxing Combos   |                  | M              | T | W | T | F | S | S |
| 6. Showbiz         |                  | M              | T | W | T | F | S | S |
| 7. Heisman         |                  | M              | T | W | T | F | S | S |
| 8. Crazy           |                  | M              | T | W | T | F | S | S |
| 9. 007             |                  | M              | T | W | T | F | S | S |
| 10. Coconut Crack  |                  | M              | T | W | T | F | S | S |
| 11. Fly Catcher    |                  | M              | T | W | T | F | S | S |
| 12. Sumo Squat     |                  | M              | T | W | T | F | S | S |
| 13. Plank Breaker  |                  | M              | T | W | T | F | S | S |
| 14. Sky Reach      |                  | M              | T | W | T | F | S | S |
| 15. Curtsy Flick   |                  | M              | T | W | T | F | S | S |
| 16. Crab Snap      |                  | M              | T | W | T | F | S | S |

# WEEKLY DIARY

Welcome to week 9. This week we recommend doing the exercise circuit 3 times this week either in the clinic or online) and up to 4 exercises on the other days.

## ACTIVITIES

Record your activities in the table below.

| Activity          | M | T | W | T | F | S | S |
|-------------------|---|---|---|---|---|---|---|
| Circuit completed |   |   |   |   |   |   |   |
| Education video   |   |   |   |   |   |   |   |
| Resources Viewed  |   |   |   |   |   |   |   |

## INDIVIDUAL EXERCISES

Record your workout on the table below.

| Exercise           | Repetitions/sets | Days Completed |   |   |   |   |   |   |
|--------------------|------------------|----------------|---|---|---|---|---|---|
| 1. Floor Kneel     |                  | M              | T | W | T | F | S | S |
| 2. Shovel          |                  | M              | T | W | T | F | S | S |
| 3. Plank Breaker   |                  | M              | T | W | T | F | S | S |
| 4. Boxing Combos   |                  | M              | T | W | T | F | S | S |
| 5. Sumo Smack      |                  | M              | T | W | T | F | S | S |
| 6. Crab Snap       |                  | M              | T | W | T | F | S | S |
| 7. Crazy           |                  | M              | T | W | T | F | S | S |
| 8. Snatch and Grab |                  | M              | T | W | T | F | S | S |
| 9. Frogger Flick   |                  | M              | T | W | T | F | S | S |
| 10. Fly Catcher    |                  | M              | T | W | T | F | S | S |
| 11. Coconut Crack  |                  | M              | T | W | T | F | S | S |
| 12. Heisman        |                  | M              | T | W | T | F | S | S |
| 13. Globetrotter   |                  | M              | T | W | T | F | S | S |
| 14. Hello          |                  | M              | T | W | T | F | S | S |
| 15. Curtsy Flick   |                  | M              | T | W | T | F | S | S |
| 16. Showbiz        |                  | M              | T | W | T | F | S | S |

# WEEKLY DIARY

WEEK

10

Welcome to week 10. This week we recommend doing the exercise circuit 3 times this week either in the clinic or online) and up to 4 exercises on the other days.

## ACTIVITIES

Record your activities in the table below.

| Activity          | M | T | W | T | F | S | S |
|-------------------|---|---|---|---|---|---|---|
| Circuit completed |   |   |   |   |   |   |   |
| Education video   |   |   |   |   |   |   |   |
| Resources Viewed  |   |   |   |   |   |   |   |

## INDIVIDUAL EXERCISES

Record your workout on the table below.

| Exercise                | Repetitions/sets | Days Completed | M | T | W | T | F | S | S |
|-------------------------|------------------|----------------|---|---|---|---|---|---|---|
| 1. Step Class           |                  |                | M | T | W | T | F | S | S |
| 2. Offering to the Gods |                  |                | M | T | W | T | F | S | S |
| 3. Frogger Flick        |                  |                | M | T | W | T | F | S | S |
| 4. Boxing Combos        |                  |                | M | T | W | T | F | S | S |
| 5. Floor Kneel          |                  |                | M | T | W | T | F | S | S |
| 6. Fly Catcher          |                  |                | M | T | W | T | F | S | S |
| 7. Heisman              |                  |                | M | T | W | T | F | S | S |
| 8. Snatch and Grab      |                  |                | M | T | W | T | F | S | S |
| 9. Hello                |                  |                | M | T | W | T | F | S | S |
| 10. Showbiz             |                  |                | M | T | W | T | F | S | S |
| 11. Crazy               |                  |                | M | T | W | T | F | S | S |
| 12. Coconut Crack       |                  |                | M | T | W | T | F | S | S |
| 13. Globetrotter        |                  |                | M | T | W | T | F | S | S |
| 14. Plank Breaker       |                  |                | M | T | W | T | F | S | S |
| 15. Shovel              |                  |                | M | T | W | T | F | S | S |
| 16. Crap Snap           |                  |                | M | T | W | T | F | S | S |

# RECORD YOUR WOW MOMENTS

|  |  |
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|  |  |
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# NOTES

[illegible]



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