

WELLNESS CARDS



Connect and Grow
physically . mentally . spiritually



**Thank you for purchasing the
Wellness Coaching Cards.**

These have been designed to
improve both physical and
mental wellbeing.

All workouts can be scaled
and changed slightly to fit your
experience and fitness levels.
For example, if you struggle with
Push-ups simply drop to your knees
and perform Kneeling push-ups.

Hope you enjoy the cards.

Time to get moving & connecting!



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COACHING

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Train

Complete **1 round** with as little rest as possible.

Start the clock... GO!

200 Squats

150 Sit Ups

100 Push Ups

50 Burpees



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Conversation time

**What moment changed
your life forever?**



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Train

Complete **3 rounds**

Take **3 minute** Rests in
between each full round.

20 Burpees

20 Squats

20 Push-ups

20 Reverse lunges

20 Butterfly sit-ups

1 minute Plank



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Conversation time

If you could change one thing about yourself, what would it be and why?



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Train

Complete for time

150 Push Ups*

*Every time you break
complete **20** Squats and **15**
Sit-ups



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Conversation time

**Was there ever a point
where you felt like giving
up, but you didn't?**



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Train

Complete **1 round** with as little rest as possible.

Start the clock... GO!

200 Squats

150 Sit-ups

100 Push-ups

50 Burpees



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Conversation time

Who has had the biggest influence on your career and why?



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Train

Complete for time

50, 40, 30, 20, 10

Push-ups

Squats

Alternating lunges



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Conversation time

**What is your favourite
book, movie and song?
And why?**



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