






<p><b>WARM UP x 3 sets</b></p> <p><i>Raise body temp</i></p> <ol style="list-style-type: none"> <li>1. High Knee March 10 reps/side</li> <li>2. Cross Arm Swings 10 reps</li> </ol> <p><i>Activate</i></p> <ol style="list-style-type: none"> <li>3. Wall Slide 5 reps</li> <li>4. Glute Bridge 5 reps</li> </ol> <p><i>Mobilise</i></p> <ol style="list-style-type: none"> <li>5. Wide Stance Floor Touch 5 reps</li> </ol>	 <p>SCAN HERE FOR A VIDEO DEMONSTRATION OF THE WARM UP :-)</p> 	<p><b>Food diary</b></p> <p>Track your food and drink and review with a coach</p> 
<p><b>PRO TIPS</b></p> <ul style="list-style-type: none"> <li>Do you need a fast, efficient but productive workout? You have two great options this month. Remember, 30 minutes is all you need for an effective session</li> <li>1. Warm up, then 2 sets of each section,</li> <li>2. Warm up, then 3-4 sets of A's &amp; B's</li> </ul>	<p><b>How to track your progress?</b></p> <p>What gets measured, gets managed.</p> 	<p><b>Goal setting</b></p> <p>Download this worksheet and set your next goal!</p> 

1 Athlete 1	EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
	A1	Hindu Press Up	2-4 sets 4-6 reps	2-4 sets 4-6 reps (↑difficulty)	2-4 sets 4-6 reps (↑difficulty)	2-3 sets 4 reps
	A2	One-Leg Squat to Box	2-4 sets 6 reps/side	2-4 sets 6 reps/side (↑weight)	2-4 sets 6 reps/side (↑weight)	2-3 sets 6 reps/side
	B1	One-Arm KB Overhead Press	2-4 sets 6 reps/side	2-4 sets 6 reps/side (↑weight)	2-4 sets 6 reps/side (↑weight)	2-3 sets 6 reps
	B2	Deadlift	2-4 sets <b>kg</b> <b>kg</b> <b>kg</b> <b>kg</b> 3 reps	2-4 sets <b>kg</b> <b>kg</b> <b>kg</b> <b>kg</b> 4 reps (= / ↑weight)	2-4 sets <b>kg</b> <b>kg</b> <b>kg</b> <b>kg</b> 5 reps (= / ↑weight)	2-3 sets <b>kg</b> <b>kg</b> <b>kg</b> 5 reps
			Goal kg next week→	Goal kg next week→	Goal kg next week→	Goal kg next week→
	C	<b>Lactic Explosive Repeat</b> Pick <i>ONE</i> exercise - Split Jumps, Burpees, MB Ground to Overhead	8 sets (6 minutes)	8 sets (6 minutes)	8 sets (6 minutes)	6-8 sets (4.5-6mins)
			20 seconds <b>ON</b> - Max Effort 25 seconds <b>REST</b>	25 seconds <b>ON</b> - Max Effort 20 seconds <b>REST</b>	30 seconds <b>ON</b> - Max Effort 15 seconds <b>REST</b>	30 seconds <b>ON</b> - Max Effort 15 seconds <b>REST</b>
	D	<b>Workout of the Week</b>				

2 Athlete 2	EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
	A1	Landmine One-Leg RDL	2-4 sets 6 reps/side	2-4 sets 6 reps/side (↑weight)	2-4 sets 6 reps/side (↑weight)	2-3 sets 6 reps/side
	A2	One-Arm Swiss Ball Press	2-4 sets 6 reps/side	2-4 sets 6 reps/side (↑weight)	2-4 sets 6 reps/side (↑weight)	2-3 sets 6 reps/side
	B1	Chin Up or High Ring Row	2-4 sets 5 reps	2-4 sets 5 reps (↑difficulty)	2-4 sets 5 reps (↑difficulty)	2-3 sets 5 reps
	B2	Squat	2-4 sets <b>kg</b> <b>kg</b> <b>kg</b> <b>kg</b> 3 reps	2-4 sets <b>kg</b> <b>kg</b> <b>kg</b> <b>kg</b> 4 reps (=↑weight)	2-4 sets <b>kg</b> <b>kg</b> <b>kg</b> <b>kg</b> 5 reps (=↑weight)	2-3 sets <b>kg</b> <b>kg</b> <b>kg</b> 5 reps
			Goal kg next week→	Goal kg next week→	Goal kg next week→	Goal kg next week→
	C	<b>AEROBIC THRESHOLDS</b> (1) Line Touches (2) Bear Crawl (3) MB Low Jacks to Overhead (4) REST	3 sets (c. 8minutes 45seconds) (1)- 45 seconds (2)- 45 seconds (3)- 45 seconds (4)- Until breath slows but < 60s	3 sets (c. 9minutes 30seconds) (1)- 50 seconds (2)- 50 seconds (3)- 50 seconds (4)- Until breath slows but < 60s	3 sets (c. 11 minutes) (1)- 60 seconds (2)- 60 seconds (3)- 60 seconds (4)- Until breath slows but < 60s	3 sets (c. 10minutes 15seconds) (1)- 55 seconds (2)- 55 seconds (3)- 55 seconds (4)- Until breath slows but < 60s
	Focus Block		Total Hip Mobility			
	D1	90/90 Hip Switch	2 sets 5 reps/side	2 sets 6 reps/side	2 sets 8 reps/side	2 sets 6 reps/side
	D2	Adductor Reach & Hip Rotate	2 sets 5 reps/side	2 sets 6 reps/side	2 sets 8 reps/side	2 sets 6 reps/side
3 Athlete 3	EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
	A1	One-Arm Unsupported DB/KB Row	2-4 sets 8 reps/side	2-4 sets 8 reps/side (↑weight)	2-4 sets 8 reps/side (↑weight)	2-3 sets 8 reps/side
	A2	Hip Thrust Hold + Psoas March	2-4 sets 8 reps/side	2-4 sets 8 reps/side (↑difficulty)	2-4 sets 8 reps/side (↑difficulty)	2-3 sets 8 reps/side
	B1	Crossover Step Ups	2-4 sets 6 reps/side	2-4 sets 6 reps/side (↑difficulty)	2-4 sets 6 reps/side (↑difficulty)	2-3 sets 6 reps/side
	B2	Bench Press	2-4 sets <b>kg</b> <b>kg</b> <b>kg</b> <b>kg</b> 3 reps	2-4 sets <b>kg</b> <b>kg</b> <b>kg</b> <b>kg</b> 4 reps (=↑weight)	2-4 sets <b>kg</b> <b>kg</b> <b>kg</b> <b>kg</b> 5 reps (=↑weight)	2-3 sets <b>kg</b> <b>kg</b> <b>kg</b> 5 reps
			Goal kg next week→	Goal kg next week→	Goal kg next week→	Goal kg next week→
	C	<b>ALACTIC CAPACITY INTERVALS</b> (1) DB Jump Squats <i>or</i> KB Swings <i>or</i> Rope Slams (2) Rest	10 sets (1)- 12 reps (2)- 20 seconds	10 sets (1)- 16 reps (2)- 20 seconds	10 sets (1)- 20 reps (2)- 20 seconds	8 sets (1)- 16 reps (2)- 20 seconds
	Focus Block		Get to grips			
	D1	Towel Dead Hang	2 sets 10-60 seconds	2 sets 10-60 seconds	2 sets 10-60 seconds	2 sets 10-60 seconds
	D2	Banded Wrist Rotations	2 sets 10 reps/direction/side	2 sets 12 reps/direction/side	2 sets 15 reps/direction/side	2 sets 10 reps/direction/side