






August 2025

'Equinox'

<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></p> <p>SCAN HERE FOR A VIDEO DEMONSTRATION OF THE WARM UP :-)</p> <p></p>	<p><b>Food diary</b></p> <p>Track your food and drink and review with a coach</p> <p></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></p>	<p><b>Goal setting</b></p> <p>Download this worksheet and set your next goal!</p> <p></p>

1 Energy 1	EXERCISE	TEACHING	PROGRESS	PEAK	RELOAD
	A's <b>Full Body Circuit</b> (1)- Side Plank Bend (2)- Sumo Squat (3)- TRX Row	2-4 sets (1)- 9 reps/side (2)- 9 reps (3)- 9 reps	2-4 sets (1)- 12 reps/side (2)- 12 reps (3)- 12 reps	2-4 sets (1)- 15 reps/side (2)- 15 reps (3)- 15 reps	2-3 sets (1)- 15 reps/side (2)- 15 reps (3)- 15 reps
	B1 Deadlift	2-4 sets <b>kg kg kg kg</b> 10 reps	2-4 sets <b>kg kg kg kg</b> 8 reps (↑weight)	2-4 sets <b>kg kg kg kg</b> 6 reps (↑weight)	2-3 sets <b>kg kg kg</b> 6 reps
		<b>Goal kg next week→</b>	<b>Goal kg next week→</b>	<b>Goal kg next week→</b>	<b>Goal kg next week→</b>
	B2 Press Up Bottom Hold	2-4 sets 20 seconds	2-4 sets 20 seconds (↑difficulty)	2-4 sets 20 seconds (↑difficulty)	2-3 sets 20 seconds
	C's <b>Fitness Circuit</b> (1)- 1-Arm Low Jack (2)- Hip Taps (3)- MB Squat Punch	5 sets (5 minutes) (1)- 20 seconds (2)- 20 seconds (3)- 20 seconds	5 sets (6 minutes 15 seconds) (1)- 25 seconds (2)- 25 seconds (3)- 25 seconds	5 sets (7 minutes 30 seconds) (1)- 30 seconds (2)- 30 seconds (3)- 30 seconds	4 sets (6 minutes) (1)- 30 seconds (2)- 30 seconds (3)- 30 seconds
	D <b>Workout of the Week</b>				

2	EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
	A's	<b>Full Body Circuit</b> (1)- 1-Arm Push Press (2)- Double Leg Deadbug (3)- 1-Leg Glute Bridge	2-4 sets (1)- 8 reps/side (2)- 9 reps (3)- 10 reps/side	2-4 sets (1)- 10 reps/side (2)- 12 reps (3)- 14 reps/side	2-4 sets (1)- 12 reps/side (2)- 15 reps (3)- 18 reps/side	2-3 sets (1)- 12 reps/side (2)- 15 reps (3)- 18 reps/side
	B1	Squat	2-4 sets    kg   kg   kg   kg 10 reps	2-4 sets    kg   kg   kg   kg 8 reps (↑weight)	2-4 sets    kg   kg   kg   kg 6 reps (↑weight)	2-3 sets    kg   kg   kg 6 reps
			Goal kg next week→	Goal kg next week→	Goal kg next week→	Goal kg next week→
	B2	BPA Hold	2-4 sets 20 seconds	2-4 sets 20 seconds (↑tension)	2-4 sets 20 seconds (↑tension)	2-3 sets 20 seconds
	Focus Block		Inner Thigh Squeeze			
	C1	Hip Thrust with MB Squeeze	2 sets 12 reps	2 sets 15 reps	2 sets 20 reps	2 sets 20 reps
	C2	Wall Press Banded Adduction	2 sets 6 reps/side	2 sets 8 reps/side	2 sets 10 reps/side	2 sets 10 reps/side
	D's	<b>Fitness Circuit</b> (1)- Lateral Box Step Up and Over (2)- Inchworm (3)- Leg Lower to Toe Touch Crunch	3 sets (9 minutes) (1)- 60 seconds (2)- 60 seconds (3)- 60 seconds	3 sets (10 minutes 30 seconds) (1)- 70 seconds (2)- 70 seconds (3)- 70 seconds	3 sets (12 minutes) (1)- 80 seconds (2)- 80 seconds (3)- 80 seconds	3 sets (10 minutes 30 seconds) (1)- 70 seconds (2)- 70 seconds (3)- 70 seconds

3	EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
	A's	<b>Full Body Circuit</b> (1)- Narrow Stance Pallof Press (2)- High Ring Row (3)- RDL	2-4 sets (1)- 9 reps/side (2)- 6 reps (3)- 8 reps	2-4 sets (1)- 12 reps/side (2)- 8 reps (3)- 10 reps	2-4 sets (1)- 15 reps/side (2)- 10 reps (3)- 12 reps	2-3 sets (1)- 15 reps/side (2)- 10 reps (3)- 12 reps
	B1	Floor/Bench Press	2-4 sets    kg   kg   kg   kg 10 reps	2-4 sets    kg   kg   kg   kg 8 reps (↑weight)	2-4 sets    kg   kg   kg   kg 6 reps (↑weight)	2-3 sets    kg   kg   kg 6 reps
			Goal kg next week→	Goal kg next week→	Goal kg next week→	Goal kg next week→
	B2	Split Squat Hold	2-4 sets 20 seconds/side	2-4 sets 20 seconds/side (↑weight)	2-4 sets 20 seconds/side (↑weight)	2-3 sets 20 seconds/side
	Focus Block		Lower Abs Tension			
	C1	Window Wiper	2 sets 6 reps/side	2 sets 8 reps/side	2 sets 10 reps/side	2 sets 10 reps/side
	C2	Hollow Lifts	2 sets 6 reps	2 sets 8 reps	2 sets 10 reps	2 sets 10 reps/side
	D's	<b>Fitness Circuit</b> (1)- Box Toe Tap (2)- Bear Crawl Shoulder Tap (3)- Bike/Rower (4)- Rest	3 sets (8 minutes) (1)- 40 seconds (2)- 40 seconds (3)- 40 seconds (4)- 40 seconds	3 sets (10 minutes) (1)- 50 seconds (2)- 50 seconds (3)- 50 seconds (4)- 50 seconds	3 sets (12 minutes) (1)- 60 seconds (2)- 60 seconds (3)- 60 seconds (4)- 60 seconds	3 sets (10 minutes) (1)- 50 seconds (2)- 50 seconds (3)- 50 seconds (4)- 50 seconds