






<p><b>WARM UP x 3 sets</b></p> <p><i>Raise body temp</i></p> <p>1. High Knee March      10 reps/side</p> <p>2. Cross Arm Swings      10 reps</p> <p><i>Activate</i></p> <p>3. Wall Slide      5 reps</p> <p>4. Glute Bridge      5 reps</p> <p><i>Mobilise</i></p> <p>5. Wide Stance Floor Touch      5 reps</p>	<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><u><b>PRO TIPS</b></u></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 Power 1 – LOWER & ABS	EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
	A1	Kickstand Hip Thrust	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
	A2	Long Lever Plank	2-4 sets 20 seconds	2-4 sets 20 seconds (↑difficulty)	2-4 sets 20 seconds (↑difficulty)	2-3 sets 20 seconds
	B1	Squat	2-4 sets <b>kg   kg   kg   kg</b> 6 reps	2-4 sets <b>kg   kg   kg   kg</b> 4 reps (↑weight)	2-4 sets <b>kg   kg   kg   kg</b> 2 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	Weighted Side Plank Star Hold	2-4 sets 20 seconds/side	2-4 sets 20 seconds/side (↑difficulty)	2-4 sets 20 seconds/side (↑difficulty)	2-3 sets 20 seconds/side
	C's	<b>Lower Circuit</b> (1)- Forward to Reverse Lunges (2)- Zombie Plate Sit Up (3)- Tip Toe Goblet Carry with Cal Raises	2-4 sets (1)- 6 reps/side (2)- 12 reps (3)- 12 reps, 1 length, 12 reps	2-4 sets (1)- 6 reps/side (↑weight) (2)- 12 reps (↑weight) (3)- 12 reps, 1 length, 12 reps (↑weight)	2-4 sets (1)- 6 reps/side (↑weight) (2)- 12 reps (↑weight) (3)- 12 reps, 1 length, 12 reps (↑weight)	2-3 sets (1)- 6 reps/side (2)- 12 reps (3)- 12 reps, 1 length, 12 reps
	D	<b>Workout of the Week</b>				

2	EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
	A1	TRX Row Hold	2-4 sets 20 seconds	2-4 sets 20 seconds (↑difficulty)	2-4 sets 20 seconds (↑difficulty)	2-3 sets 20 seconds
	A2	Skullcrusher	2-4 sets 10 reps	2-4 sets 10 reps (↑weight)	2-4 sets 10 reps (↑weight)	2-3 sets 10 reps
	B1	Bench Press	2-4 sets <b>kg   kg   kg   kg</b> 6 reps	2-4 sets <b>kg   kg   kg   kg</b> 4 reps (↑weight)	2-4 sets <b>kg   kg   kg   kg</b> 2 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	Bench 'W' 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>Upper Circuit</b> (1)- EZ Bar/DB Bridge Pullover (2)- Alternating DB Curl (3)- Bent to Straight Arm Lat Raise	2-4 sets (1)- 8 reps (2)- 10 reps/side (3)- 12 reps	2-4 sets (1)- 8 reps (↑weight) (2)- 10 reps/side (↑weight) (3)- 12 reps (↑weight)	2-4 sets (1)- 8 reps (↑weight) (2)- 10 reps/side (↑weight) (3)- 12 reps (↑weight)	2-3 sets (1)- 8 reps (2)- 10 reps/side (3)- 12 reps
	<b>Focus Block</b>		<b>Shoulder Helt</b>			
	D1	Band Bus Driver	2 sets 8 reps/direction	2 sets 10 reps/direction	2 sets 12 reps/direction	2 sets 8 reps/direction
	D2	Seated Shoulder Rotations	2 sets 10 reps/side	2 sets 12 reps/side	2 sets 15 reps/side	2 sets 10 reps/side

3	EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
	A1	Chin Up OR High Ring Row Holds (Top, Middle AND Bottom)	2-4 sets 10 seconds/position	2-4 sets 10 seconds/position (↑difficulty)	2-4 sets 10 seconds/position(↑difficulty)	2-3 sets 10 seconds/position
	A2	RFESS Bottom Hold	2-4 sets 20 seconds/side	2-4 sets 20 seconds/side (↑difficulty)	2-4 sets 20 seconds/side (↑difficulty)	2-3 sets 20 seconds/side
	B1	Deadlift	2-4 sets <b>kg   kg   kg   kg</b> 6 reps	2-4 sets <b>kg   kg   kg   kg</b> 4 reps (↑weight)	2-4 sets <b>kg   kg   kg   kg</b> 2 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 (choose your variation)	2-4 sets 6-8 reps	2-4 sets 6-8 reps (↑difficulty)	2-4 sets 6-8 reps (↑difficulty)	2-3 sets 6 reps
	C's	<b>Full Body Circuit</b> (1)- Fat Grip DB Carry (2)- One-Leg Squat to Box (3)- L-Sit Hold (Dip, Handles, Rings)	2-4 sets (1)- 30 seconds (2)- 6 reps/side (3)- 20 seconds	2-4 sets (1)- 30 seconds (↑weight) (2)- 6 reps/side (↑difficulty) (3)- 20 seconds (↑difficulty)	2-4 sets (1)- 30 seconds (↑weight) (2)- 6 reps/side (↑difficulty) (3)- 20 seconds (↑difficulty)	2-3 sets (1)- 30 seconds (2)- 6 reps/side (3)- 20 seconds
	<b>Focus Block</b>		<b>Overhead Press Assistance</b>			
	D1	One-Arm DB Z-Press	2 sets 6 reps/side	2 sets 7 reps/side	2 sets 8 reps/side	2 sets 6 reps/side
	D2	KB Arm Bar	2 sets 6 reps/side	2 sets 7 reps/side	2 sets 8 reps/side	2 sets 6 reps/side