



October 2025

'Reinforce'

<p>WARM UP x 3 sets</p> <p><i>Raise body temp</i></p> <ol style="list-style-type: none"> Knee Grab March 10 reps/side Alternate Arm Swings 10 reps/direction <p><i>Activate</i></p> <ol style="list-style-type: none"> Bent Over W's 5 reps Fire Hydrant 5 reps/side <p><i>Mobilise</i></p> <ol style="list-style-type: none"> Half Kneel Wall T-Rotation 5 reps/side 	<p></p> <p>SCAN HERE FOR A VIDEO DEMONSTRATION OF THE WARM UP :-)</p> <p></p>	<p>Food diary</p> <p>Track your food and drink and review with a coach</p> <p></p>
<p>PRO TIPS</p> <ul style="list-style-type: none"> ➤ The B1 exercise is now much less reps than last month so that means the load you use should increase too. ➤ For the B2 exercises we're going to focus on 3 fundamental movements and aim to get stronger across them until the end of the year. ➤ The fitness circuits focus on high tension exercises to support all your strength work whilst still developing your fitness. 	<p>How to track your progress?</p> <p>What gets measured, gets managed.</p> <p></p>	<p>Goal setting</p> <p>Download this worksheet and set your next goal!</p> <p></p>

1 Energy 1	EXERCISE	TEACHING	PROGRESS	PEAK	RELOAD
	A's Full Body Circuit (1)- Side Plank Clam (2)- Non-Alternating Step Up (3)- One-Arm Lat Pulldown	3 sets (1)- 10 reps/side (2)- 10 reps/side (3)- 10 reps/side	4 sets (1)- 10 reps/side (2)- 10 reps/side (3)- 10 reps/side	4 sets (1)- 10 reps/side (↑difficulty) (2)- 10 reps/side (↑difficulty) (3)- 10 reps/side (↑tension)	3-4 sets (1)- 10 reps/side (2)- 10 reps/side (3)- 10 reps/side
	B1 Deadlift	4 sets kg kg kg kg 8 reps Goal kg next week→	4 sets kg kg kg kg 8 reps (↑weight) Goal kg next week→	4 sets kg kg kg kg 8 reps (↑weight) Goal kg next week→	3 sets kg kg kg 8 reps Goal kg next week→
	B2 Press Up	4 sets 4-8 reps	4 sets 4-8 reps (↑difficulty)	4 sets 4-8 reps (↑difficulty)	3 sets 4-8 reps
	C's Fitness Circuit (1)- Medball Surrenders (2)- High Plank Shuffle (3)- Hand Supported In-Out (4)- Recover!	5 sets (6 minutes 40 seconds) (1)- 20 seconds (2)- 20 seconds (3)- 20 seconds (4)- 20 seconds	6 sets (8 minutes) (1)- 20 seconds (2)- 20 seconds (3)- 20 seconds (4)- 20 seconds	7 sets (9 minutes 20 seconds) (1)- 20 seconds (2)- 20 seconds (3)- 20 seconds (4)- 20 seconds	5 sets (6 minutes 40 seconds) (1)- 20 seconds (2)- 20 seconds (3)- 20 seconds (4)- 20 seconds
	D Workout of the Week				

2	EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
	A's	Full Body Circuit (1)- One Arm DB Curl & Press (2)- RKC Plank (3)- Kickstand Hip Thrust	3 sets (1)- 8 reps/side (2)- 20 seconds (3)- 8 reps/side	4 sets (1)- 8 reps/side (2)- 20 seconds (3)- 8 reps/side	4 sets (1)- 8 reps/side (↑weight) (2)- 20 seconds (↑difficulty) (3)- 8 reps/side (↑tension)	3-4 sets (1)- 8 reps/side (2)- 20 seconds (3)- 8 reps/side
	B1	Squat	4 sets kg kg kg kg 8 reps	4 sets kg kg kg kg 8 reps (↑weight)	4 sets kg kg kg kg 8 reps (↑weight)	3 sets kg kg kg 8 reps
			Goal kg next week→	Goal kg next week→	Goal kg next week→	Goal kg next week→
	B2	TRX Row	4 sets 8 reps	4 sets 8 reps (↑difficulty)	4 sets 8 reps (↑difficulty)	3 sets 8 reps
	Focus Block		Heavy Medball Fitness			
	C1	Heavy Medball Ground to Shoulder	4 sets 10 reps/side	5 sets 10 reps/side	5 sets 10 reps/side (↑weight)	4 sets 10 reps/side
	C2	Heavy Medball Carry	4 sets 4 lengths	5 sets 4 lengths	5 sets 4 lengths (↑weight)	4 sets 4 lengths
	D's	Fitness Circuit (1)- Wall Squat Hold (2)- Bike/Rower (3)- Shoulder Taps	3 sets (7 minutes 30 seconds) (1)- 50 seconds (2)- 50 seconds (3)- 50 seconds	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 (9 minutes) (1)- 60 seconds (2)- 60 seconds (3)- 60 seconds

3	EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
	A's	Full Body Circuit (1)- Kneeling Pallof Rotation (2)- One-Arm High Plank Row (3)- Toes Elevated RDL	3 sets (1)- 12 reps/side (2)- 8 reps/side (3)- 10 reps	4 sets (1)- 12 reps/side (2)- 8 reps/side (3)- 10 reps	4 sets (1)- 12 reps/side (↑tension) (2)- 8 reps/side (↑difficulty) (3)- 10 reps (↑weight)	3-4 sets (1)- 12 reps/side (2)- 8 reps/side (3)- 10 reps
	B1	Floor/Bench Press	4 sets kg kg kg kg 8 reps	4 sets kg kg kg kg 8 reps (↑weight)	4 sets kg kg kg kg 8 reps (↑weight)	3 sets kg kg kg 8 reps
			Goal kg next week→	Goal kg next week→	Goal kg next week→	Goal kg next week→
	B2	Split Squat	4 sets 8 reps/side	4 sets 8 reps/side (↑weight/difficulty)	4 sets 8 reps/side (↑weight/difficulty)	3 sets 8 reps/side
	Focus Block		Unilateral Moving Glutes			
	C1	Forward Lean Walking Lunge	3 sets 8 reps/side	3 sets 10 reps/side	3 sets 12 reps/side	2 sets 12 reps/side
	C2	Mini Band Squat Side Steps	3 sets 8 reps/side	3 sets 10 reps/side	3 sets 12 reps/side	2 sets 12 reps/side
	D's	Fitness Circuit (1)- Heel Tap Crunches (2)- Bear Crawl Hold (3)- MB Squat to Press (4)- Recover!	4 sets (9 minutes 20 seconds) (1)- 35 seconds (2)- 35 seconds (3)- 35 seconds (4)- 35 seconds	4 sets (10 minutes 40 seconds) (1)- 40 seconds (2)- 40 seconds (3)- 40 seconds (4)- 40 seconds	4 sets (12 minutes) (1)- 45 seconds (2)- 45 seconds (3)- 45 seconds (4)- 45 seconds	4 sets (10 minutes 40 seconds) (1)- 40 seconds (2)- 40 seconds (3)- 40 seconds (4)- 40 seconds