


<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>Mobilize</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>Food diary</p> <p>Track your food and drink and review with a coach</p> 
<p>PRO TIPS</p> <ul style="list-style-type: none"> ➤ Decreasing reps on the B1 lifts means heavier weights each session, building top-end strength. Focus on form, full range, and <i>avoid grinding to failure</i>. ➤ Longer eccentrics on the circuits improve control, build strength through the full range, and help keep joints healthy. You WILL need to go lighter than you would normally. 	<p>How to track your progress?</p> <p>What gets measured, gets managed.</p> 	<p>Goal setting</p> <p>Download this worksheet and set your next goal!</p> 

1 Power 1 – LOWER & ABS 	EXERCISE	TEACHING	PROGRESS	PEAK	RELOAD
	A1 Feet Elevated Glute Bridge + Miniband	3 sets 12 reps	3 sets 15 reps	3 sets 15 reps (↑weight)	2-3 sets 15 reps
	A2 Miniband Deadbug with Wall Press	3 sets 8 reps/side	3 sets 10 reps/side	3 sets 10 reps/side (↑tension)	2-3 sets 10 reps/side
	B1 Squat	3 sets kg kg kg 5 reps	3 sets kg kg kg 4 reps	3 sets kg kg kg 3 reps	3 sets kg kg kg 3 reps (TEACHING weight)
		Goal kg next week→	Goal kg next week→	Goal kg next week→	Goal kg next week→
	B2 90/90 Hip Switch	3 sets 6 reps/side	3 sets 6 reps/side	3 sets 6 reps/side	3 sets 6 reps/side
	C's Lower Circuit (1)- RFESS (2)- Knees Blocked Hinge (3)- Double Leg Lowers	3 sets (3 second lower) (1)- 6 reps/side (2)- 8 reps (3)- 10 reps	3 sets (4 second lower) (1)- 6 reps/side (2)- 8 reps (3)- 10 reps	3 sets (5 second lower) (1)- 6 reps/side (2)- 8 reps (3)- 10 reps	3 sets (regular tempo) (1)- 6 reps/side (2)- 8 reps (3)- 10 reps
	D Workout of the Week				

2	EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
	A1	One-Arm Band Rear Delt Fly	3 sets 10 reps/side	3 sets 12 reps/side	3 sets 12 reps/side (↑tension)	2-3 sets 12 reps/side
	A2	Overhead DB Extensions	3 sets 10 reps	3 sets 12 reps	3 sets 12 reps (↑weight)	2-3 sets 12 reps
	B1	Bench Press	3 sets kg kg kg 5 reps	3 sets kg kg kg 4 reps	3 sets kg kg kg 3 reps	3 sets kg kg kg 3 reps (TEACHING weight)
			Goal kg next week→	Goal kg next week→	Goal kg next week→	Goal kg next week→
	B2	Cuban Rotation	3 sets 12 reps	3 sets 12 reps	3 sets 12 reps	3 sets 12 reps
	C's	Upper Circuit (1)- Ipsilateral One-Arm Row (2)- Press Up (3)- Preacher Curl	3 sets (3 second lower) (1)- 8 reps/side (2)- 6-12 reps (3)- 10 reps	3 sets (4 second lower) (1)- 8 reps/side (2)- 6-12 reps (3)- 10 reps	3 sets (5 second lower) (1)- 8 reps/side (2)- 6-12 reps (3)- 10 reps	3 sets (regular tempo) (1)- 8 reps/side (2)- 6-12 reps (3)- 10 reps
	Focus Block		Healthy Delts			
	D1	Lui Raise	3 sets 10 reps	3 sets 12 reps	3 sets 15 reps	2 sets 15 reps
	D2	Supine Bottoms Up KB Corkscrew	3 sets 6 direction/side	3 sets 8 reps/side	3 sets 10 reps/side	2 sets 10 reps/side

3	EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
	A1	Landmine Press	3 sets 8 reps/side	3 sets 10 reps/side	3 sets 10 reps/side (↑weight)	2-3 sets 10 reps/side
	A2	Toes Out Calf Raise	3 sets 12 reps	3 sets 15 reps	3 sets 15 reps (↑weight)	2-3 sets 15 reps
	B1	Deadlift	3 sets kg kg kg 5 reps	3 sets kg kg kg 4 reps	3 sets kg kg kg 3 reps	3 sets kg kg kg 3 reps (TEACHING weight)
			Goal kg next week→	Goal kg next week→	Goal kg next week→	Goal kg next week→
	B2	Half Kneeling Ankle Rock	3 sets 12 reps/side	3 sets 12 reps/side	3 sets 12 reps/side	3 sets 12 reps/side
	C's	Full Body Circuit (1)- Chin Up OR High Ring Row (2)- Reverse Nordics (3)- DB Fly to Press	3 sets (3 second lower) (1)- 6 reps (2)- 8 reps (3)- 10 reps	3 sets (4 second lower) (1)- 6 reps (2)- 8 reps (3)- 10 reps	3 sets (5 second lower) (1)- 6 reps (2)- 8 reps (3)- 10 reps	3 sets (regular tempo) (1)- 6 reps (2)- 8 reps (3)- 10 reps
	Focus Block		Heavy Lateral Abs			
	D1	DB Side Bends	3 sets 10 reps/side	3 sets 12 reps/side	3 sets 12 reps/side (↑weight)	2 sets 12 reps/side
	D2	Landmine Rotation	3 sets 6 reps/side	3 sets 8 reps/side	3 sets 8 reps/side (↑weight)	2 sets 8 reps/side