

WARM UP x 3 sets <i>Raise body temp</i> 1. Butt Kicks 10 reps/side 2. Shuffle Steps 10 reps/direction <i>Activate</i> 3. Glute Bridge March 10 reps/side 4. Slow Mountain Climbers 5 reps/side <i>Mobilise</i> 5. Overhead Squat 5 reps	WARM UP SCAN HERE FOR A VIDEO DEMONSTRATION OF THE WARM UP :-) 	Food diary Track your food and drink and review with a coach 
PRO TIPS ➤ More stable exercises this month mean we can focus purely on the loads we're lifting and increasing each week. Less time spent learning new patterns or worrying about balance, more time building real strength. ➤ For the B1 lifts, use warm up sets to build up to your working weight, then stick with the same load across all sets. Consistency here lets you measure progress clearly week to week.	How to track your progress? What gets measured, gets managed. 	Goal setting Download this worksheet and set your next goal! 

1 Power 1 – LOWER & ABS	EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
	A1	Double Band Hip Thrust	3 sets 8 reps	3 sets 8 reps (↑resistance)	3 sets 8 reps (↑resistance)	2-3 sets 8 reps
	A2	Straight Arm Band Woop Chop	3 sets 8 reps/side	3 sets 8 reps/side (↑resistance)	3 sets 8 reps/side (↑resistance)	2-3 sets 8 reps/side
	B1	Squat (straight weight)	4 sets kg kg kg kg 4 reps	4 sets kg kg kg kg 4 reps (↑weight)	4 sets kg kg kg kg 4 reps (↑weight)	3 sets kg kg kg 4 reps
			Goal kg next week→	Goal kg next week→	Goal kg next week→	Goal kg next week→
	B2	Supine Hip Rotations	4 sets 10 reps/side	4 sets 10 reps/side	4 sets 10 reps/side	3 sets 10 reps/side
	C's	Lower Circuit (1)- Split Squat (2)- Leg Raises (3)- DB Hamstring Curl	3 sets (1)- 6 reps/side (2)- 8 reps (3)- 10 reps	3 sets (1)- 6 reps/side (↑weight) (2)- 8 reps (↑difficulty) (3)- 10 reps (↑weight)	3 sets (1)- 6 reps/side (↑weight) (2)- 8 reps (↑difficulty) (3)- 10 reps (↑weight)	2-3 sets (1)- 6 reps/side (2)- 8 reps (3)- 10 reps
	D	Workout of the Week				

2	EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
	A1	TRX Facepull	3 sets 10 reps	3 sets 10 reps (↑difficulty)	3 sets 10 reps (↑difficulty)	2-3 sets 10 reps
	A2	One-Arm Band Lat Raise	3 sets 10 reps/side	3 sets 10 reps/side (↑tension)	3 sets 10 reps/side (↑tension)	2-3 sets 10 reps/side
	B1	Bench Press (straight weight)	4 sets kg kg kg kg 4 reps	4 sets kg kg kg kg 4 reps (↑weight)	4 sets kg kg kg kg 4 reps (↑weight)	3 sets kg kg kg 4 reps
			Goal kg next week→	Goal kg next week→	Goal kg next week→	Goal kg next week→
	B2	Quadruped Rotation	4 sets 10 reps/side	4 sets 10 reps/side	4 sets 10 reps/side	3 sets 10 reps/side
	C's	Upper Circuit (1)- Kroc Row (2)- Press Up (3)- EZ Bar Curl	3 sets (1)- 6 reps/side (2)- 8 reps (3)- 10 reps	3 sets (1)- 6 reps/side (↑weight) (2)- 8 reps (↑weight) (3)- 10 reps (↑weight)	3 sets (1)- 6 reps/side (↑weight) (2)- 8 reps (↑weight) (3)- 10 reps (↑weight)	2-3 sets (1)- 6 reps/side (2)- 8 reps (3)- 10 reps
	Focus Block		Weird Chest Exercises			
	D1	Band Press Round	3 sets 10 reps/side	3 sets 12 reps/side	3 sets 12 reps/side (↑tension)	3 sets 12 reps/side
	D2	Rotating DB Fly	3 sets 10 reps	3 sets 12 reps	3 sets 12 reps (↑weight)	3 sets 12 reps

3	EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
	A1	Chin Up OR High Ring Row	3 sets 5 reps	3 sets 5 reps (↑difficulty)	3 sets 5 reps (↑difficulty)	2-3 sets 5 reps
	A2	1-Leg Seated Calf Raises	3 sets 10 reps/side	3 sets 10 reps/side (↑weight)	3 sets 10 reps/side (↑weight)	2-3 sets 10 reps/side
	B1	Deadlift (straight weight)	4 sets kg kg kg kg 4 reps	4 sets kg kg kg kg 4 reps (↑weight)	4 sets kg kg kg kg 4 reps (↑weight)	3 sets kg kg kg 4 reps
			Goal kg next week→	Goal kg next week→	Goal kg next week→	Goal kg next week→
	B2	High Box Ankle Rocks	4 sets 10 reps/side	4 sets 10 reps/side	4 sets 10 reps/side	3 sets 10 reps/side
	C's	Full Body Circuit (1)- One-Arm Push Press (2)- Cyclist Squat (3)- JM Press	3 sets (1)- 6 reps/side (2)- 8 reps (3)- 10 reps	3 sets (1)- 6 reps/side (↑weight) (2)- 8 reps (↑weight) (3)- 10 reps (↑weight)	3 sets (1)- 6 reps/side (↑weight) (2)- 8 reps (↑weight) (3)- 10 reps (↑weight)	2-3 sets (1)- 6 reps/side (2)- 8 reps (3)- 10 reps
	Focus Block		Back to Back			
	D1	Kelso Shrug	3 sets 12 reps	3 sets 15 reps	3 sets 15 reps (↑weight)	3 sets 15 reps
	D2	Cross Body Lat Pullaround	3 sets 12 reps/side	3 sets 15 reps/side	3 sets 15 reps/side (↑tension)	3 sets 15 reps/side