

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 ➤ The A's are more stable, more intense versions of lifts from the last two months, so you can really push the weight and work harder ➤ B1 & B2 reps are lower reps again, meaning each set should feel tougher. Keep progressing the load or difficulty each week. ➤ The fitness circuits are more dynamic this month to get you moving around after all the heavy lifting.	How to track your progress? What gets measured, gets managed. 	Goal setting Download this worksheet and set your next goal! 

1 Energy 1	EXERCISE	TEACHING	PROGRESS	PEAK	RELOAD
	A's Full Body Circuit (1)- Side Plank Band Row (2)- FFESS (3)- High Ring Row	3 sets (1)- 6 reps/side (2)- 6 reps/side (3)- 6 reps	3 sets (1)- 8 reps/side (2)- 8 reps/side (3)- 8 reps	3 sets (1)- 8 reps/side (↑difficulty) (2)- 8 reps/side (↑difficulty) (3)- 8 reps (↑difficulty)	2-3 sets (1)- 8 reps/side (2)- 8 reps/side (3)- 8 reps
	B1 Deadlift	4 sets kg kg kg kg 6 reps	4 sets kg kg kg kg 6 reps (↑weight)	4 sets kg kg kg kg 6 reps (↑weight)	3 sets kg kg kg 6 reps
	B2 Press Up	4 sets 3-6 reps	4 sets 3-6 reps (↑difficulty)	4 sets 3-6 reps (↑difficulty)	3 sets 3-6 reps
	C's Fitness Circuit (1)- Low Lateral Shuffle (2)- Diagonal Mountain Climbers (3)- Sprinter Sit Ups (4)- REST	4 sets (5 mins 20 seconds) (1)- 20 seconds (2)- 20 seconds (3)- 20 seconds (3)- 20 seconds	5 sets (6 mins 20 seconds) (1)- 20 seconds (2)- 20 seconds (3)- 20 seconds (3)- 20 seconds	6 sets (7 minutes 20 seconds) (1)- 20 seconds (2)- 20 seconds (3)- 20 seconds (3)- 20 seconds	5 sets (6 mins 20 seconds) (1)- 20 seconds (2)- 20 seconds (3)- 20 seconds (3)- 20 seconds
D	Workout of the Week				

2 Energy 2	EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
	A's	Full Body Circuit (1)- One-Arm Push Press (2)- Hollow Hold (3)- Double Band Hip Thrust	3 sets (1)- 8 reps/side (2)- 15 seconds (3)- 8 reps	3 sets (1)- 10 reps/side (2)- 20 seconds (3)- 10 reps	3 sets (1)- 10 reps/side (↑weight) (2)- 20 seconds (↑difficulty) (3)- 10 reps (↑tension)	2-3 sets (1)- 10 reps/side (2)- 20 seconds (3)- 10 reps
	B1	Squat	4 sets kg kg kg kg 6 reps	4 sets kg kg kg kg 6 reps (↑weight)	4 sets kg kg kg kg 6 reps (↑weight)	3 sets kg kg kg 6 reps
			Goal kg next week→	Goal kg next week→	Goal kg next week→	Goal kg next week→
	B2	TRX Row	4 sets 6 reps	4 sets 6 reps (↑difficulty)	4 sets 6 reps (↑difficulty)	3 sets 6 reps
	Focus Block		Planking			
	C1	Side Plank March	3 sets 6 reps/leg/side	3 sets 8 reps/leg/side	3 sets 10 reps/leg/side	3 sets 8 reps/leg/side
	C2	Plank with Leg Lift Hold	3 sets 20 seconds/side	3 sets 25 seconds/side	3 sets 30 seconds/side	3 sets 20 seconds/side
	D's	Fitness Circuit (1)- Reverse Lunge + Twist (2)- Handwalkout to Cobra (3)- Bike/Rower/Ropes	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 (13 minutes 30 seconds) (1)- 90 seconds (2)- 90 seconds (3)- 90 seconds	3 sets (12 minutes) (1)- 80 seconds (2)- 80 seconds (3)- 80 seconds

3 Energy 3	EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
	A's	Full Body Circuit (1)- Pallof Press Side Step (2)- One-Arm Tripod Row (3)- RDL	3 sets (1)- 6 reps/side (2)- 8 reps/side (3)- 10 reps	3 sets (1)- 8 reps/side (2)- 10 reps/side (3)- 12 reps	3 sets (1)- 8 reps/side (↑tension) (2)- 10 reps/side (↑weight) (3)- 12 reps (↑weight)	2-3 sets (1)- 8 reps/side (2)- 10 reps/side (3)- 12 reps
	B1	Floor/Bench Press	4 sets kg kg kg kg 6 reps	4 sets kg kg kg kg 6 reps (↑weight)	4 sets kg kg kg kg 6 reps (↑weight)	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	4 sets 6 reps/side	4 sets 6 reps/side (↑difficulty)	4 sets 6 reps/side (↑difficulty)	3 sets 6 reps/side
	Focus Block		Double Glute Extension			
	C1	Supported Forward Lean Step Down	3 sets 6 reps/side	3 sets 8 reps/side	3 sets 8 reps/side (↑difficulty)	3 sets 6 reps/side
	C2	Band Kick Back	3 sets 12 reps/side	3 sets 15 reps/side	3 sets 15 reps/side (↑tension)	3 sets 12 reps/side
	D's	Fitness Circuit (1)- Sprinter Step Ups (2)- Shoulder Tap + Leg Lifts (3)- MB Ground to Squat (4)- Rest	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