

WARM UP x 3 sets <i>Raise body temp</i> 1. Side Step Squat 5 reps/side 2. Lateral Leg Swings 10 reps/side <i>Activate</i> 3. Birddog 5 reps/side 4. Yoga Pike 5 reps <i>Mobilize</i> 5. Spider Steps 5 reps/side	 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 this month are lighter, designed to prime you for the heavy B's that follow. ➤ The B1 lifts are very high intensity. Make sure to warm up properly with at least one light and one heavier set before your three working sets. ➤ For the C's use "reps in reserve" to guide you: stop when you could only do the stated number more. Did more than 20 reps? Increase the load next time. Did less than 10 reps? Decrease it.	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 Bench Bent Knee Hip Extension	3 sets 10 reps	3 sets 10 reps (↑difficulty)	3 sets 10 reps (↑difficulty)	2-3 sets 10 reps
	A2 Swissball Jackknife	3 sets 10 reps	3 sets 10 reps (↑difficulty)	3 sets 10 reps (↑difficulty)	2-3 sets 10 reps
	B1 Squat	4 reps, 3 reps, 2 reps kg kg kg	3 reps, 2 reps, 2 rep kg kg kg	2 rep, 2 rep, 2 rep kg kg kg	3 sets kg kg kg 5 reps
		Goal kg next week→	Goal kg next week→	Goal kg next week→	Goal kg next week→
	B2 Knee Rock to Pull In	3 sets 10 reps/side	3 sets 10 reps/side	3 sets 10 reps/side	3 sets 10 reps/side
	C's Lower Circuit (1)- TKE Split Squat (2)- Side Plank Leg Lift (3)- DB Hamstring Curl	1-2 sets (Record reps) (1)- 2 reps in Reserve/side (2)- 2 reps in Reserve/side (3)- 2 reps in Reserve	1-2 sets (Record reps) (1)- 1 rep in Reserve/side (2)- 1 rep in Reserve/side (3)- 1 rep in Reserve	1-2 sets (Record reps) (1)- 0 reps in Reserve/side (2)- 0 reps in Reserve/side (3)- 0 reps in Reserve	1-2 sets (1)- Same as TEACHING (2)- Same as TEACHING (3)- Same as TEACHING
	D Workout of the Week				

2	EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
	A1	Front Anchored BPA	3 sets 10 reps	3 sets 10 reps (↑tension)	3 sets 10 reps (↑tension)	2-3 sets 10 reps
	A2	Lui Raise	3 sets 10 reps	3 sets 10 reps (↑weight)	3 sets 10 reps (↑weight)	2-3 sets 10 reps
	B1	Bench Press	4 reps, 3 reps, 2 reps kg kg kg	3 reps, 2 reps, 2 rep kg kg kg	2 rep, 2 rep, 2 rep kg kg kg	3 sets kg kg kg 5 reps
			Goal kg next week→	Goal kg next week→	Goal kg next week→	Goal kg next week→
	B2	Side Lying Thoracic Rotation	3 sets 10 reps/side	3 sets 10 reps/side	3 sets 10 reps/side	3 sets 10 reps/side
	C's	Upper Circuit (1)- One-Arm Row (2)- Reaching Skullcrusher (3)- Incline Curls	1-2 sets (Record reps) (1)- 2 reps in Reserve/side (2)- 2 reps in Reserve (3)- 2 reps in Reserve	1-2 sets (Record reps) (1)- 1 rep in Reserve/side (2)- 1 rep in Reserve (3)- 1 rep in Reserve	1-2 sets (Record reps) (1)- 0 reps in Reserve/side (2)- 0 reps in Reserve (3)- 0 reps in Reserve	1-2 sets (1)- Same as TEACHING (2)- Same as TEACHING (3)- Same as TEACHING
	Focus Block		Postural Strength			
	D1	Incline Y Lifts	2 sets 10 reps	2 sets 15 reps	2 sets 20 reps	2 sets 15 reps
	D2	Cobra Lift Hold	2 sets 15 seconds	2 sets 20-25 seconds	2 sets 30 seconds	2 sets 15 seconds

3	EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
	A1	Half Kneeling Landmine Press	3 sets 8 reps/side	3 sets 8 reps/side (↑weight)	3 sets 8 reps/side (↑weight)	2-3 sets 8 reps
	A2	One-Leg Toes Elevated Calf Raise	3 sets 8 reps/side	3 sets 8 reps/side (↑weight)	3 sets 8 reps/side (↑weight)	2-3 sets 8 reps/side
	B1	Deadlift	4 reps, 3 reps, 2 reps kg kg kg	3 reps, 2 reps, 2 rep kg kg kg	2 rep, 2 rep, 2 rep kg kg kg	3 sets kg kg kg 5 reps
			Goal kg next week→	Goal kg next week→	Goal kg next week→	Goal kg next week→
	B2	Ankle Rock to Lateral Rock	3 sets 10 reps/side	3 sets 10 reps/side	3 sets 10 reps/side	3 sets 10 reps/side
	C's	Full Body Circuit (1)- Chin Up OR High Ring Row (2)- Swissball Hacksquat (3)- Press Ups	1-2 sets (Record reps) (1)- 2 reps in Reserve (2)- 2 reps in Reserve (3)- 2 reps in Reserve	1-2 sets (Record reps) (1)- 1 rep in Reserve (2)- 1 rep in Reserve (3)- 1 rep in Reserve	1-2 sets (Record reps) (1)- 0 reps in Reserve (2)- 0 reps in Reserve (3)- 0 reps in Reserve	1-2 sets (1)- Same as TEACHING (2)- Same as TEACHING (3)- Same as TEACHING
	Focus Block		Strongperson Conditioning			
	D1	DB Farmers Walk	4 sets 4 lengths	4 sets 4 lengths (↑weight)	4 sets 6 lengths	4 sets 4 lengths
	D2	One Arm DB Ground to Shoulder	4 sets 12 reps/side	4 sets 12 reps/side (↑weight)	4 sets 15 reps/side	4 sets 12 reps/side