






<p><b>WARM UP x 3 sets</b></p> <p><i>Raise body temp</i></p> <p>1. Wall March 10 reps/side</p> <p>2. Leg Swings 10 reps/side</p> <p><i>Activate</i></p> <p>3. Glute Bridge 10 reps</p> <p>4. Wall 'Y' Lift Off 10 reps</p> <p><i>Mobilise</i></p> <p>5. Spiderman + Reach 5 reps/side</p>	 <p>SCAN HERE FOR A VIDEO DEMONSTRATION OF THE WARM UP :-)</p> 	<p><b>Food diary</b></p> <p>Track your food and drink and review with a coach</p> 
<p><b>PRO TIPS</b></p> <ul style="list-style-type: none"> <li>➤ We're using moderate reps and sets to ease back in, but the volume ramps up quickly as the month progresses.</li> <li>➤ The exercises are familiar variations so you can rebuild stability, mobility and work capacity without overthinking.</li> <li>➤ If training dipped over Christmas, don't rush it. This month is about finding your groove again and rebuilding strong habits.</li> </ul>	<p><b>How to track your progress?</b></p> <p>What gets measured, gets managed.</p> 	<p><b>Goal setting</b></p> <p>Download this worksheet and set your next goal!</p> 

1 Power 1 – LOWER & ABS	EXERCISE	LEARNING	PROGRESS	PEAK	RELOAD
	A1 Swissball Hamstring Curl	3 sets 10 reps	3 sets 10 reps	3 sets 12 reps	2-3 sets 12 reps
	A2 Swissball Squeeze Deadbug	3 sets 10 reps/side	3 sets 10 reps/side	3 sets 12 reps/side	2-3 sets 12 reps/side
	B1 Prayer Squat Hold	3 sets 20 seconds	3 sets 30 seconds	4 sets 30 seconds	3 sets 30 seconds
	B2 Bottom Pause Squat	3 sets <b>kg</b> <b>kg</b> <b>kg</b> 6 reps	3 sets <b>kg</b> <b>kg</b> <b>kg</b> 8 reps	4 sets <b>kg</b> <b>kg</b> <b>kg</b> <b>kg</b> 8 reps	3 sets <b>kg</b> <b>kg</b> <b>kg</b> 8 reps
		Goal kg next week→	Goal kg next week→	Goal kg next week→	Goal kg next week→
	C's <b>Lower &amp; Ab Circuit</b> (1)- FFESS (2)- Feet Elevated Side Plank (3)- Feet Elevated Glute Bridge	3 sets (1)- 8 reps/side (2)- 20 seconds/side (3)- 15 reps	3 sets (1)- 10 reps/side (2)- 30 seconds/side (3)- 20 reps	4 sets (1)- 10 reps/side (2)- 30 seconds/side (3)- 20 reps	2-3 sets (1)- 10 reps/side (2)- 30 seconds/side (3)- 20 reps
D	<b>Workout of the MONTH</b>				

2	EXERCISE		LEARNING	PROGRESS	PEAK	RELOAD
	A1	One Arm DB/KB Tripod Row	3 sets 10 reps/side	3 sets 10 reps/side	3 sets 12 reps/side	2-3 sets 12 reps/side
	A2	Band Facepull	3 sets 10 reps	3 sets 10 reps	3 sets 12 reps	2-3 sets 12 reps
	B1	Bent Over 'T' Hold	3 sets 20 seconds	3 sets 30 seconds	4 sets 30 seconds	3 sets 30 seconds
	B2	Bottom Pause Bench Press	3 sets      kg      kg      kg 6 reps	3 sets      kg      kg      kg 8 reps	4 sets      kg      kg      kg      kg 8 reps	3 sets      kg      kg      kg 8 reps
			Goal kg next week→	Goal kg next week→	Goal kg next week→	Goal kg next week→
	C's	<b>Upper Circuit</b> (1)- Press Ups (2)- Band Pushdown (3)- One Arm DB Curl	3 sets (1)- 8 reps (2)- 15 reps (3)- 10 reps/side	3 sets (1)- 10 reps (2)- 20 reps (3)- 12 reps/side	4 sets (1)- 10 reps (2)- 20 reps (3)- 12 reps/side	2-3 sets (1)- 10 reps (2)- 20 reps (3)- 12 reps/side
	Focus Block		Shoulder Yoke			
	D1	Lat Raise	2 sets 12 reps	3 sets 12 reps	3 sets 15 reps	2 sets 15 reps
	D2	Shrugs	2 sets 12 reps	3 sets 12 reps	3 sets 15 reps	2 sets 15 reps

3	EXERCISE		LEARNING	PROGRESS	PEAK	RELOAD
	A1	Chin Up <i>or</i> High Ring Row	3 sets 5-10 reps	3 sets 5-10 reps	3 sets 6-12 reps	2-3 sets 6-12 reps
	A2	Calf Raises	3 sets 10 reps	3 sets 10 reps	3 sets 12 reps	2-3 sets 12 reps
	B1	Hip Flexor Pelvic Tilt Hold	3 sets 20 seconds/side	3 sets 30 seconds/side	4 sets 30 seconds/side	3 sets 30 seconds/side
	B2	Bottom Pause Deadlift	3 sets      kg      kg      kg 6 reps	3 sets      kg      kg      kg 8 reps	4 sets      kg      kg      kg      kg 8 reps	3 sets      kg      kg      kg 8 reps
			Goal kg next week→	Goal kg next week→	Goal kg next week→	Goal kg next week→
	C's	<b>Full Body Circuit</b> (1)- Suitcase March (2)- Goblet Step Up (3)- Seated Overhead Press	3 sets (1)- 15 steps/side (2)- 8 reps/side (3)- 10 reps	3 sets (1)- 20 steps/side (2)- 10 reps/side (3)- 12 reps	4 sets (1)- 20 steps/side (2)- 10 reps/side (3)- 12 reps	2-3 sets (1)- 20 steps/side (2)- 10 reps/side (3)- 12 reps
	Focus Block		Weighty Rotary Abs			
	D1	Deadstop Russian Twist	2 sets 12 reps/side	3 sets 12 reps/side	3 sets 15 reps/side	2 sets 15 reps/side
	D2	Plank Weighted Pass	2 sets 12 reps/side	3 sets 12 reps/side	3 sets 15 reps/side	2 sets 15 reps/side