

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

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 6 reps kg kg kg	3 sets 8 reps kg kg kg	4 sets 8 reps kg kg kg kg	3 sets 8 reps kg kg kg
		Goal kg next week→	Goal kg next week→	Goal kg next week→	Goal kg next week→
	C's Upper Circuit (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 or 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 6 reps kg kg kg	3 sets 8 reps kg kg kg	4 sets 8 reps kg kg kg kg	3 sets 8 reps kg kg kg
		Goal kg next week→	Goal kg next week→	Goal kg next week→	Goal kg next week→
	C's Full Body Circuit (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