






| | | |
|--|---|---|
| <p>WARM UP x 3 sets</p> <p><i>Raise body temp</i></p> <p>1. Butt Kicks 10 reps/side</p> <p>2. Squats 10 reps</p> <p><i>Activate</i></p> <p>3. Prisoner Hinge 10 reps</p> <p>4. Wall Blackburns 5 reps</p> <p><i>Mobilise</i></p> <p>5. Frog Rock Back & Rotate 5 reps/side</p> |  <p>SCAN HERE FOR A VIDEO DEMONSTRATION OF THE WARM UP :-)</p>  | <p>Food diary</p> <p>Track your food and drink and review with a coach</p>  |
| <p>PRO TIPS</p> <p>This month is a step up while still laying the groundwork for bigger month: ahead.</p> <ul style="list-style-type: none"> ➤ Isometrics improve coordination, balance, and control while building strength through key positions. ➤ Activation drills prepare your joints and muscles so you're ready for harder efforts when they come. ➤ Aerobic fitness underpins everything, helping you perform better at high intensity and recover faster between sessions. | <p>How to track your progress?</p> <p>What gets measured, gets managed.</p>  | <p>Goal setting</p> <p>Download this worksheet and set your next goal!</p>  |

| 1 Athlete 1 | EXERCISE | | TEACHING | PROGRESS | PEAK | RELOAD |
|----------------|----------|---|--|--|---|--|
| | A1 | Philly Press | 3 sets 10 reps/side | 4 sets 10 reps/side | 4 sets 10 reps/side (↑weight) | 3 sets 10 reps/side |
| | A2 | Isometric Split Squat with Calf Raise | 3 sets 10 reps/side | 4 sets 10 reps/side | 4 sets 10 reps/side (↑weight) | 3 sets 10 reps/side |
| | B1 | Band Lat Activation Hip Hinge | 4 sets 6 reps | 4 sets 8 reps | 4 sets 10 reps | 3 sets 10 reps |
| | B2 | Bottom Paused Deadlift (5 seconds - create pre-tension!) | 4 sets kg kg kg kg 5 reps | 4 sets kg kg kg kg 5 reps (↑weight) | 4 sets kg kg kg kg 6 reps | 3 sets kg kg kg kg 6 reps |
| | | | Goal kg next week→ | Goal kg next week→ | Goal kg next week→ | Goal kg next week→ |
| | C's | Double DB Complex (1)- Forward Lunge (2)- Clean & Press (3)- Front Squat (4)- Rack Carry | 8 mins continuous (1)- 8 reps/side (2)- 8 reps/side (3)- 8 reps (4)- 4 lengths | 9 mins continuous (1)- 8 reps/side (2)- 8 reps/side (3)- 8 reps (4)- 4 lengths | 10 mins continuous (1)- 8 reps/side (2)- 8 reps/side (3)- 8 reps (4)- 4 lengths | 8 mins continuous (1)- 8 reps/side (2)- 8 reps/side (3)- 8 reps (4)- 4 lengths |
| | D | Workout of the Week | | | | |

| 2 | EXERCISE | | TEACHING | PROGRESS | PEAK | RELOAD |
|-----------|-------------|---|--|--|--|--|
| | A1 | Chin Up <i>or</i> High Ring Row Top Iso Hold | 3 sets 15-35 seconds | 4 sets 15-35 seconds | 4 sets 15-35 seconds (↑difficulty) | 3 sets 10-40 seconds |
| | A2 | Miniband Glute Bridge March | 3 sets 10 reps/side | 4 sets 10 reps/side | 4 sets 10 reps/side (↑weight) | 3 sets 10 reps/side |
| | B1 | Bootstrap Squat | 4 sets 6 reps | 4 sets 8 reps | 4 sets 10 reps | 3 sets 10 reps |
| | B2 | Bottom Paused Squat (5 seconds) | 4 sets kg kg kg kg 5 reps | 4 sets kg kg kg kg 5 reps (↑weight) | 4 sets kg kg kg kg 6 reps | 3 sets kg kg kg 6 reps |
| | | | Goal kg next week→ | Goal kg next week→ | Goal kg next week→ | Goal kg next week→ |
| Athlete 2 | C's | Aerobic Power Circuit (1)- Lateral Shuffle & Sprawl (2)- MB Ground to Shoulder (3)- Lateral Step Up & Over (4)- Ropes (5)- REST | 3 sets (10 mins 30 seconds) (1)- 30 seconds (2)- 30 seconds (3)- 30 seconds (4)- 30 seconds (5)- 90 seconds | 3 sets (11 mins 30 seconds) (1)- 35 seconds (2)- 35 seconds (3)- 35 seconds (4)- 35 seconds (5)- 90 seconds | 3 sets (12 mins 30 seconds) (1)- 40 seconds (2)- 40 seconds (3)- 40 seconds (4)- 40 seconds (5)- 90 seconds | 3 sets (11 mins 30 seconds) (1)- 35 seconds (2)- 35 seconds (3)- 35 seconds (4)- 35 seconds (5)- 90 seconds |
| | Focus Block | | Lateral Core Stability | | | |
| | D1 | Chaos Suitcase March | 3 sets 6 steps/leg/side | 3 sets 8 steps/leg/side | 3 sets 10 steps/leg/side | 2 sets 10 steps/leg/side |
| | D2 | Side Plank + Front to Back Toe Taps | 3 sets 6 reps/direction/side | 3 sets 8 reps/direction/side | 3 sets 10 reps/direction/side | 2 sets 10 reps/direction/side |

| 3 | EXERCISE | | TEACHING | PROGRESS | PEAK | RELOAD |
|-----------|-------------|---|---|--|---|---|
| | A1 | Alternating DB/KB Row Iso Hold | 3 sets 10 reps/side | 4 sets 10 reps/side | 4 sets 10 reps/side (↑weight) | 3 sets 10 reps/side |
| | A2 | Iso Hold Hamstring Bridge with Plate | 3 sets 30 seconds/side | 4 sets 30 seconds/side | 4 sets 30 seconds/side (↑weight) | 3 sets 30 seconds/side |
| | B1 | Stick Cuban Rotation | 4 sets 6 reps | 4 sets 8 reps | 4 sets 10 reps | 3 sets 10 reps |
| | B2 | Bottom Paused Bench Press (5 seconds) | 4 sets kg kg kg kg 5 reps | 4 sets kg kg kg kg 5 reps (↑weight) | 4 sets kg kg kg kg 6 reps | 3 sets kg kg kg 6 reps |
| | | | Goal kg next week→ | Goal kg next week→ | Goal kg next week→ | Goal kg next week→ |
| Athlete 3 | C's | EXTENSIVE TEMPO (1) Low Jack (2) Plank Saw | 10 sets (c. 7.5 minutes) (1)- 30 seconds (2)- 15 reps | 10-12 sets (c. 7.5-9 minutes) (1)- 30 seconds (2)- 15 reps | 12 sets (c. 9 minutes) (1)- 30 seconds (2)- 15 reps | 10 sets (c. 7.5 minutes) (1)- 30 seconds (2)- 15 reps |
| | Focus Block | | Short Fitness Standard | | | |
| | D1 | Rower OR Assault Bike | 500m OR 1000m | 500m OR 1000m | 500m OR 1000m | 500m OR 1000m |
| | D2 | Record time to completion | Time | Time | Time | Time |