

<p>WARM UP x 3 sets</p> <p>Raise body temp</p> <ol style="list-style-type: none"> 1. Butt Kicks 10 reps/side 2. Squats 10 reps <p>Activate</p> <ol style="list-style-type: none"> 3. Prisoner Hinge 10 reps 4. Wall Blackbourns 5 reps <p>Mobilise</p> <ol style="list-style-type: none"> 5. Frog Rock Back & Rotate 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> <p>This month is a step up while still laying the groundwork for bigger months 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? What gets measured, gets managed.</p> 	<p>Goal setting 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 5 reps kg kg kg kg	4 sets 5 reps (↑weight) kg kg kg kg	4 sets 6 reps kg kg kg kg	3 sets 6 reps kg kg kg
		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 or 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	
Athlete 2	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→	
	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	
Athlete 3	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→	
	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	