

<p><b>WARM UP x 3 sets</b></p> <p><b>Raise body temp</b></p> <ol style="list-style-type: none"> <li>1. Butt Kicks 10 reps/side</li> <li>2. Squats 10 reps</li> </ol> <p><b>Activate</b></p> <ol style="list-style-type: none"> <li>3. Prisoner Hinge 10 reps</li> <li>4. Wall Blackburns 5 reps</li> </ol> <p><b>Mobilise</b></p> <ol style="list-style-type: none"> <li>5. Frog Rock Back &amp; Rotate 5 reps/side</li> </ol>	 <p>SCAN HERE FOR A VIDEO DEMONSTRATION OF THE WARM UP :-)</p>	<p><b>Food diary</b> Track your food and drink and review with a coach</p> 
<p><b>PRO TIPS</b></p> <p>This month is a step up while still laying the groundwork for bigger months ahead.</p> <ul style="list-style-type: none"> <li>➤ Single-sided exercises build skill, coordination, and balance.</li> <li>➤ Higher-rep main lifts improve strength against fatigue</li> <li>➤ Simple fitness circuits mean less thinking, more work &amp; better fitness.</li> <li>➤ Isometrics build strength, control, and flexibility.</li> </ul>	<p><b>How to track your progress?</b> What gets measured, gets managed.</p> 	<p><b>Goal setting</b> Download this worksheet and set your next goal!</p> 

1	EXERCISE	TEACHING	PROGRESS	PEAK	RELOAD
A's	<b>Full Body Circuit</b> (1)- Non-Alternating Step Up (2)- Side Plank Clam (3)- Alternating Band Pull Down	4 sets (1)- 8 reps/side (2)- 8 reps/side (3)- 8 reps/side	4 sets (1)- 10 reps/side (2)- 10 reps/side (3)- 10 reps/side	4 sets (1)- 12 reps/side (2)- 12 reps/side (3)- 12 reps/side	3 sets (1)- 12 reps/side (2)- 12 reps/side (3)- 12 reps/side
B1	Deadlift	3 sets <b>kg kg kg</b> 12 reps	3 sets <b>kg kg kg</b> 12 reps (↑weight)	3 sets <b>kg kg kg</b> 12 reps (↑weight)	3 sets <b>kg kg kg</b> 12 reps
B2	Press Up	3 sets 12 reps	3 sets 12 reps	3 sets 12 reps	3 sets 12 reps
C's	<b>Fitness Circuit</b> (1)- Low Jacks (2)- Kneeling Handwalkouts (3)- Sprinter Lunges (4)- Bike/Rower	4 sets (9 mins 20 seconds) (1)- 35 seconds (2)- 35 seconds (3)- 35 seconds (4)- 35 seconds	4 sets (10 mins 40 seconds) (1)- 40 seconds (2)- 40 seconds (3)- 40 seconds (4)- 40 seconds	4 sets (12 mins) (1)- 45 seconds (2)- 45 seconds (3)- 45 seconds (4)- 45 seconds	3 sets (9 mins) (1)- 45 seconds (2)- 45 seconds (3)- 45 seconds (4)- 45 seconds
D	<b>Workout of the MONTH</b>				

EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
A's	<b>Full Body Circuit</b> (1)- Glute Bridge March (2)- Alternating DB Curl & Press (3)- Renegade Row	4 sets (1)- 8 reps/side (2)- 8 reps/side (3)- 8 reps/side	4 sets (1)- 10 reps/side (2)- 10 reps/side (3)- 10 reps/side	4 sets (1)- 12 reps/side (2)- 12 reps/side (3)- 12 reps/side	3 sets (1)- 12 reps/side (2)- 12 reps/side (3)- 12 reps/side
B1	Squat	3 sets 12 reps	kg kg kg	3 sets 12 reps (↑weight)	3 sets kg kg kg 12 reps (↑weight)
B2	Neutral Grip TRX Row	3 sets 12 reps		3 sets 12 reps	3 sets 12 reps
<b>Focus Block</b>		<b>Multi Directional Glutes</b>			
C1	MB Squeeze Hip Internal Rotation	3 sets 8 reps/side	3 sets 9 reps/side	3 sets 10 reps/side	2 sets 10 reps/side
C2	Seated Banded Butterfly	3 sets 16 reps	3 sets 18 reps	3 sets 20 reps	2 sets 20 reps
D's	<b>Fitness Circuit</b> (1)- Burpee (2)- Bear Crawl (3)- Rope Slams	4 sets (1)- 5 reps (2)- 20 steps/side (3)- 20 reps	4-5 sets (1)- 5 reps (2)- 20 steps/side (3)- 20 reps	5 sets (1)- 5 reps (2)- 20 steps/side (3)- 20 reps	4 sets (1)- 5 reps (2)- 20 steps/side (3)- 20 reps

EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
A1	<b>Full Body Circuit</b> (1)- Donkey Kicks (2)- Plank + Leg Lift (3)- One-Leg TRX Row	4 sets (1)- 8 reps/side (2)- 8 reps/side (3)- 8 reps/side	4 sets (1)- 10 reps/side (2)- 10 reps/side (3)- 10 reps/side	4 sets (1)- 12 reps/side (2)- 12 reps/side (3)- 12 reps/side	3 sets (1)- 12 reps/side (2)- 12 reps/side (3)- 12 reps/side
B1	DB Floor Press	3 sets 12 reps	kg kg kg	3 sets 12 reps (↑weight)	3 sets kg kg kg 12 reps (↑weight)
B2	Split Squat	3 sets 12 reps		3 sets 12 reps	3 sets 12 reps
<b>Focus Block</b>		<b>Abs Fitness Accumulator</b>			
C1	Plank Jack Shoulder Tap	? sets 60 reps	? sets 70 reps	? sets 80 reps	? sets 80 reps
C2	Suitcase March	? sets 8 lengths/side	? sets 9 lengths/side	? sets 10 lengths/side	? sets 10 lengths/side
D's	<b>Fitness Circuit</b> (1)- Wall Squat Hold + KB Curl (2)- Straight Arm Plank + Reach (3)- Glute Bridge Hold + BPA (4)- Recover	3 sets (9 minutes) (1)- 45 seconds (2)- 45 seconds (3)- 45 seconds (4)- 45 seconds	3-4 sets (9-12 minutes) (1)- 45 seconds (2)- 45 seconds (3)- 45 seconds (4)- 45 seconds	4 sets (12 minutes) (1)- 45 seconds (2)- 45 seconds (3)- 45 seconds (4)- 45 seconds	3 sets (9 minutes) (1)- 45 seconds (2)- 45 seconds (3)- 45 seconds (4)- 45 seconds