






<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"> ➤ Single-sided exercises build skill, coordination, and balance. ➤ Higher-rep main lifts improve strength against fatigue ➤ Simple fitness circuits mean less thinking, more work & better fitness. ➤ Isometrics build strength, control, and flexibility. 	<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 Energy 1	EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
	A's	Full Body Circuit (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 kg kg kg 12 reps	3 sets kg kg kg 12 reps (↑weight)	3 sets kg kg kg 12 reps (↑weight)	3 sets kg kg kg 12 reps
	B2	Press Up	3 sets 12 reps	3 sets 12 reps	3 sets 12 reps	3 sets 12 reps
	C's	Fitness Circuit (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	Workout of the MONTH				

2	EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
	A's	Full Body Circuit (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 kg kg kg 12 reps	3 sets kg kg kg 12 reps (↑weight)	3 sets kg kg kg 12 reps (↑weight)	3 sets kg kg kg 12 reps
	B2	Neutral Grip TRX Row	3 sets 12 reps	3 sets 12 reps	3 sets 12 reps	3 sets 12 reps
	Focus Block		Multi Directional Glutes			
	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	Fitness Circuit (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

3	EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
	A1	Full Body Circuit (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 kg kg kg 12 reps	3 sets kg kg kg 12 reps (↑weight)	3 sets kg kg kg 12 reps (↑weight)	3 sets kg kg kg 12 reps
	B2	Split Squat	3 sets 12 reps	3 sets 12 reps	3 sets 12 reps	3 sets 12 reps
	Focus Block		Abs Fitness Accumulator			
	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	Fitness Circuit (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