

<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 Blackburns 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"> ➤ 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? What gets measured, gets managed.</p> 	<p>Goal setting Download this worksheet and set your next goal!</p> 

1 Power 1 - LOWER & ABS	EXERCISE	TEACHING	PROGRESS	PEAK	RELOAD
	A1 Supported One-Leg RDL	3 sets 6 reps/side	3 sets 8 reps/side	3 sets 10 reps/side	3 sets 10 reps/side
A2	Paloff Rotation	3 sets 6 reps/side	3 sets 8 reps/side	3 sets 10 reps/side	3 sets 10 reps/side
B1	Squat + Miniband Iso Hold	3 sets 20 seconds	4 sets 20 seconds (↑depth)	4 sets 20 seconds (↑depth)	3 sets 20 seconds
B2	Squat	3 sets kg kg kg kg 10 reps	4 sets kg kg kg kg 10 reps (↑weight)	4 sets kg kg kg kg 10 reps (↑weight)	3 sets kg kg kg 10 reps
Goal kg next week→		Goal kg next week→		Goal kg next week→	
C's	Lower & Ab Circuit (1)- Reverse Nordic Hold (2)- Dutch Sit Up Hold (3)- Hip Thrust March	4 sets (1)- 30 seconds (2)- 30 seconds (3)- 30 seconds	4 sets (1)- 35 seconds (2)- 35 seconds (3)- 35 seconds	4 sets (1)- 40 seconds (2)- 40 seconds (3)- 40 seconds	3 sets (1)- 40 seconds (2)- 40 seconds (3)- 40 seconds
D	Workout of the MONTH				

EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
A1	One Arm Band Row	3 sets 8 reps/side	3 sets 10 reps/side	3 sets 12 reps/side	3 sets 12 reps/side
A2	Cuban Rotation	3 sets 8 reps	3 sets 10 reps	3 sets 12 reps	3 sets 12 reps
B1	Press Up Bottom Hold	3 sets 20 seconds	4 sets 20 seconds (↑depth)	4 sets 20 seconds (↑depth)	3 sets 20 seconds
B2	Bench Press	3 sets kg kg kg 10 reps	4 sets kg kg kg kg 10 reps (↑weight)	4 sets kg kg kg kg 10 reps (↑weight)	3 sets kg kg kg 10 reps
Goal kg next week→		Goal kg next week→	Goal kg next week→	Goal kg next week→	Goal kg next week→
C's	Upper Circuit (1)- Iso Hold Alternating DB Curls (2)- Iso Hold Alternating Lui Raise (3)- Iso Hold Alternating Band Pushdown	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
Focus Block		I stay fly...			
D1	DB Fly	3 sets 15 reps	3 sets 18 reps	3 sets 20 reps	2 sets 20 reps
D2	Seated DB Rear Delt Fly	3 sets 15 reps	3 sets 18 reps	3 sets 20 reps	2 sets 20 reps

EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
A1	Chin Up OR High Ring Row Top Hold	3 sets 10-30 seconds	3 sets 15-35 seconds	3 sets 20-40 seconds	3 sets 10-40 seconds
A2	Resisted Donkey Kick	3 sets 8 reps/side	3 sets 10 reps/side	3 sets 12 reps/side	3 sets 12 reps/side
B1	Band Pull Through Iso Hold	3 sets 20 seconds	4 sets 20 seconds (↑tension)	4 sets 20 seconds (↑tension)	3 sets 20 seconds
B2	Deadlift	3 sets kg kg kg 10 reps	4 sets kg kg kg kg 10 reps (↑weight)	4 sets kg kg kg kg 10 reps (↑weight)	3 sets kg kg kg 10 reps
Goal kg next week→		Goal kg next week→	Goal kg next week→	Goal kg next week→	Goal kg next week→
C's	Full Body Circuit (1)- Goblet Carry (2)- Split Squat Hold (3)- Iso Hold Alternating DB Overhead Press	4 sets (1)- 2 lengths (2)- 30 seconds/side (3)- 8 reps/side	4 sets (1)- 3 lengths (2)- 35 seconds/side (3)- 10 reps/side	4 sets (1)- 4 lengths (2)- 40 seconds/side (3)- 12 reps/side	3 sets (1)- 4 lengths (2)- 40 seconds/side (3)- 12 reps/side
Focus Block		Good toes, naughty toes			
D1	Donkey Calf Raise	3 sets 15 reps	3 sets 18 reps	3 sets 20 reps	2 sets 20 reps
D2	Tib Bar Raise	3 sets 15 reps	3 sets 18 reps	3 sets 20 reps	2 sets 20 reps