

<p><b>WARM UP x 3 sets</b></p> <p><i>Raise body temp</i></p> <ol style="list-style-type: none"> <li><b>Knee Grab March</b> 10 reps/side</li> <li><b>Reverse Lunge</b> 5 reps/side</li> </ol> <p><i>Activate</i></p> <ol style="list-style-type: none"> <li><b>Bent Over Y</b> 10 reps</li> <li><b>Birddog</b> 10 reps/side</li> </ol> <p><i>Mobilise</i></p> <ol style="list-style-type: none"> <li><b>Adductor Stretch+Reach</b> 5 reps/side</li> </ol>	 <p><b>SCAN HERE FOR A VIDEO DEMONSTRATION OF THE WARM UP :-)</b></p> 	<p><b>Food diary</b></p> <p>Track your food and drink and review with a coach</p> 
<p><b>PRO TIPS</b></p> <p>This month BUILDS on the foundation you've established over the past tw months.</p> <ul style="list-style-type: none"> <li>➤ Exercise progressions challenge you with harder variations of familiar movements. Reference previous months for form and starting weights.</li> <li>➤ Single sided work keeps you moving well and prevents imbalances.</li> <li>➤ Slower eccentrics on the main lift build control, refine technique, and maximize muscle growth.</li> <li>➤ For B1's focus on landing with control. Start small &amp; only progress when you've got that control.</li> </ul>	<p><b>How to track your progress?</b></p> <p>What gets measured, gets managed.</p> 	<p><b>Goal setting</b></p> <p>Download this worksheet and set your next goal!</p> 

1 Athlete 1	EXERCISE	LEARNING	PROGRESS	PEAK	RELOAD
A1	Kneeling Landmine Push Press	3 sets 6 reps/side	3 sets 8 reps/side	4 sets 8 reps/side	3 sets 8 reps/side
A2	Floating Heel Split Squat	3 sets 6 reps/side	3 sets 8 reps/side	4 sets 8 reps/side	3 sets 8 reps/side
B1	Hop & Stick	4 sets 3 reps/side	4 sets 3 reps/side (↑distance)	4 sets 3 reps/side (↑distance)	3 sets 3 reps/side
B2	Deadlift (5 second eccentric)	4 sets <b>kg   kg   kg   kg</b> 4 reps	4 sets <b>kg   kg   kg   kg</b> 4 reps (↑weight)	4 sets <b>kg   kg   kg   kg</b> 5 reps	3 sets <b>kg   kg   kg</b> 5 reps
		Goal kg next week→	Goal kg next week→	Goal kg next week→	Goal kg next week→
C's	<b>Heavy DB/KB Complex</b> (1)- Push Press (2)- Bent Over Row (3)- RDL	4 sets (1)- 6 reps (2)- 8 reps (3)- 12 reps	4 sets (1)- 6 reps (↑weight) (2)- 8 reps (↑weight) (3)- 12 reps (↑weight)	5 sets (1)- 6 reps (2)- 8 reps (3)- 12 reps	4 sets (1)- 6 reps (2)- 8 reps (3)- 12 reps
D	<b>Workout of the Month</b>				

2	EXERCISE		LEARNING	PROGRESS	PEAK	RELOAD
	A1	Archer TRX Row	3 sets 6 reps/side	3 sets 8 reps/side	4 sets 8 reps/side	3 sets 8 reps/side
A2	One-Leg Hip Thrust	3 sets 6 reps/side	3 sets 8 reps/side	4 sets 8 reps/side	3 sets 8 reps/side	
B1	Press Up Drop Landing	4 sets 3 reps	4 sets 3 reps (↑height)	4 sets 3 reps (↑height)	3 sets 3 reps	
B2	Bench Press (5 second eccentric)	4 sets <b>kg</b> <b>kg</b> <b>kg</b> <b>kg</b> 4 reps	4 sets <b>kg</b> <b>kg</b> <b>kg</b> <b>kg</b> 4 reps (↑weight)	4 sets <b>kg</b> <b>kg</b> <b>kg</b> <b>kg</b> 5 reps	3 sets <b>kg</b> <b>kg</b> <b>kg</b> 5 reps	
		<b>Goal kg next week</b> →	<b>Goal kg next week</b> →	<b>Goal kg next week</b> →	<b>Goal kg next week</b> →	
C's	<b>EXPLOSIVE REPEAT</b> <b>(1)- ALTERNATE</b> - Jump Squats & Rope Slams <b>(2)- Recover</b>	10 sets (10 mins) <b>(1)-</b> Max reps in 12 seconds <b>(2)- 48 seconds</b>	10 sets (10 mins) <b>(1)-</b> Max reps in 14 seconds <b>(2)- 46 seconds</b>	10 sets (10 mins) <b>(1)-</b> Max reps in 16 seconds <b>(2)- 44 seconds</b>	8 sets (8 mins) <b>(1)-</b> Max reps in 16 seconds <b>(2)- 44 seconds</b>	
<b>Focus Block</b>		<b>Hip Internal Rotation Mobility</b>				
D1	90/90 Internal Rotation Liftoff	3 sets 4 reps/side	3 sets 5 reps/side	3 sets 6 reps/side	3 sets 6 reps/side	
D2	Prone Hip Internal Rotation	3 sets 4 reps/side	3 sets 5 reps/side	3 sets 6 reps/side	3 sets 6 reps/side	

3	EXERCISE		LEARNING	PROGRESS	PEAK	RELOAD
	A1	Chin Up <b>or</b> High Ring Row Slow Lowers	3 sets 4 reps	3 sets 5 reps	4 sets 5 reps	3 sets 5 reps
A2	Chaos Pallof Press	3 sets 6 reps/side	3 sets 8 reps/side	4 sets 8 reps/side	3 sets 8 reps/side	
B1	Drop Landing	4 sets 3 reps	4 sets 3 reps (↑height)	4 sets 3 reps (↑height)	3 sets 3 reps	
B2	Squat (5 second eccentric)	4 sets <b>kg</b> <b>kg</b> <b>kg</b> <b>kg</b> 4 reps	4 sets <b>kg</b> <b>kg</b> <b>kg</b> <b>kg</b> 4 reps (↑weight)	4 sets <b>kg</b> <b>kg</b> <b>kg</b> <b>kg</b> 5 reps	3 sets <b>kg</b> <b>kg</b> <b>kg</b> 5 reps	
		<b>Goal kg next week</b> →	<b>Goal kg next week</b> →	<b>Goal kg next week</b> →	<b>Goal kg next week</b> →	
C's	<b>ALACTIC CAPACITY INTERVALS</b> <b>(1) ALTERNATE</b> - Jump Squats & Rope Slams <b>(2) Recover</b>	10 sets <b>(1)-</b> 12 reps <b>(2)- 20 seconds</b>	10 sets <b>(1)-</b> 15 reps <b>(2)- 20 seconds</b>	10 sets <b>(1)-</b> 18 reps <b>(2)- 20 seconds</b>	8 sets <b>(1)-</b> 18 reps <b>(2)- 20 seconds</b>	
<b>Focus Block</b>		<b>Aerobic Core Endurance</b>				
D1	Plank Leg Lifts and Shoulder Taps	5 sets (7.5 mins) 30 seconds	5 sets (7.5mins) 30 seconds (↑faster)	6 sets (9mins) 30 seconds	5 sets (7.5 mins) 30 seconds	
D2	Bike/Rower	5 sets (7.5mins) 60 seconds	5 sets (7.5mins) 60 seconds (↑faster)	6 sets (9 mins) 60 seconds	5 sets (7.5mins) 60 seconds	