

<p><b>WARM UP x 3 sets</b>  <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>          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 two 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>➤ Lots of single sided work keeps you moving well and prevents imbalances.</li> <li>➤ Slower eccentrics on the B's build control, refine technique, and maximize muscle growth.</li> <li>➤ Session 3, D's - break it up as you wish!</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 Energy 1	EXERCISE	LEARNING	PROGRESS	PEAK	RELOAD
A's	<b>Full Body Circuit</b> (1)- High Step Ups (2)- Side Plank + Leg Circles (3)- Band Lat Pulldown	4 sets (1)- 8 reps/side (2)- 4 reps/direction/side (3)- 8 reps	4 sets (1)- 10 reps/side (2)- 5 reps/direction/side (3)- 10 reps	4 sets (1)- 12 reps/side (2)- 6 reps/direction/side (3)- 12 reps	3 sets (1)- 12 reps/side (2)- 6 reps/direction/side (3)- 12 reps
B1	Deadlift Slow Lower	4 sets <b>kg   kg   kg   kg</b> 10 reps	4 sets <b>kg   kg   kg   kg</b> 10 reps (↑weight)	4 sets <b>kg   kg   kg   kg</b> 10 reps (↑weight)	3 sets <b>kg   kg   kg</b> 10 reps
B2	Press Up Lower	4 sets 10 reps	4 sets 10 reps	4 sets 10 reps	3 sets 10 reps
C's	<b>Fitness Circuit</b> (1)- Sprinter Sit Up (2)- Kneeling Ropes (3)- Surrenders	5 sets (8 mins 45 seconds) (1)- 35 seconds (2)- 35 seconds (3)- 35 seconds	5 sets (10 mins) (1)- 40 seconds (2)- 40 seconds (3)- 40 seconds	5 sets (11 mins 15 seconds) (1)- 45 seconds (2)- 45 seconds (3)- 45 seconds	4 sets (9 mins) (1)- 45 seconds (2)- 45 seconds (3)- 45 seconds
D	<b>Workout of the Month</b>				

2 Energy 2	EXERCISE		LEARNING				PROGRESS				PEAK				RELOAD						
	A's	<b>Full Body Circuit</b> (1)- Push Press (2)- Band Glute Kickback (3)- Table Top Crunch	4 sets (1)- 8 reps (2)- 8 reps/side (3)- 8 reps				4 sets (1)- 10 reps (2)- 10 reps/side (3)- 10 reps				4 sets (1)- 12 reps (2)- 12 reps/side (3)- 12 reps				3 sets (1)- 12 reps (2)- 12 reps/side (3)- 12 reps						
	B1	Squat Slow Lower	4 sets	kg	kg	kg	kg	4 sets	kg	kg	kg	kg	4 sets	kg	kg	kg	kg	3 sets	kg	kg	kg
	B2	TRX Row Slow Lower	4 sets 10 reps				4 sets 10 reps				4 sets 10 reps				3 sets 10 reps						
	<b>Focus Block</b>		<b>Staple Ab Variations</b>																		
	C1	Deadbug MB Pullover	3 sets 8 reps/side				3 sets 10 reps/side				3 sets 12 reps/side				3 sets 8 reps/side						
	C2	Paloff Circle	3 sets 8 reps/direction/side				3 sets 10 reps/direction/side				3 sets 12 reps/direction/side				3 sets 8 reps/direction/side						
	D's	<b>Fitness Circuit</b> (1)- Lateral Step Up & Over (2)- Diagonal Mountain Climber (3)- Sprinter Step Ups (4)- Recovery	4 sets (6 mins 40 seconds) (1)- 25 seconds (2)- 25 seconds (3)- 25 seconds (4)- 25 seconds				4 sets (8 minutes) (1)- 30 seconds (2)- 30 seconds (3)- 30 seconds (4)- 30 seconds				4 sets (9 mins 20 seconds) (1)- 35 seconds (2)- 35 seconds (3)- 35 seconds (4)- 35 seconds				3 sets (5 mins 15 seconds) (1)- 35 seconds (2)- 35 seconds (3)- 35 seconds (4)- 35 seconds						

3 Energy 3	EXERCISE		LEARNING				PROGRESS				PEAK				RELOAD						
	A's	<b>Full Body Circuit</b> (1)- Band Pull Through (2)- Double Leg Deadbug (3)- Bent Over Band Row	4 sets (1)- 8 reps (2)- 8 reps (3)- 8 reps				4 sets (1)- 10 reps (2)- 10 reps (3)- 10 reps				4 sets (1)- 12 reps (2)- 12 reps (3)- 12 reps				3 sets (1)- 12 reps (2)- 12 reps (3)- 12 reps						
	B1	DB Floor/Bench Press Slow Lower	4 sets	kg	kg	kg	kg	4 sets	kg	kg	kg	kg	4 sets	kg	kg	kg	kg	3 sets	kg	kg	kg
	B2	Split Squat Slow Lower	4 sets 10 reps/side				4 sets 10 reps/side (↑weight)				4 sets 10 reps/side (↑weight)				3 sets 10 reps/side						
	<b>Focus Block</b>		<b>Seated Inner/Outer Thigh</b>																		
	C1	Seated One Leg Band Abduction	3 sets 8 reps/side				3 sets 10 reps/side				3 sets 12 reps/side				3 sets 8 reps/side						
	C2	Seated One Leg Band Adduction	3 sets 8 reps/side				3 sets 10 reps/side				3 sets 12 reps/side				3 sets 8 reps/side						
	D's	<b>Fitness Circuit</b> (1)- Jumping Jacks (2)- Squat to Press (3)- Hand Supported In Out	(1)- 130 reps (2)- 65 reps (3)- 40 reps				(1)- 140 reps (2)- 70 reps (3)- 45 reps				(1)- 150 reps (2)- 75 reps (3)- 50 reps				(1)- 140 reps (2)- 70 reps (3)- 45 reps						