

<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>          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>➤ Mobility and single sided work keeps you moving well and prevents imbalances.</li> <li>➤ Slower eccentrics build control, refine technique, and maximize muscle growth.</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 Power 1 – LOWER & ABS	EXERCISE		LEARNING	PROGRESS	PEAK	RELOAD
	A1	Kickstand RDL	3 sets 10 reps/side	3 sets 10 reps/side (↑weight)	4 sets 10 reps/side	3 sets 10 reps/side
	A2	Kneeling Band Woodchop	3 sets 10 reps/side	3 sets 10 reps/side (↑weight)	4 sets 10 reps/side	3 sets 10 reps/side
	B1	Bootstrap Squat	4 sets 5 reps	4 sets 5 reps	4 sets 5 reps	3 sets 5 reps
	B2	Squat (4 seconds lower)	4 sets <b>kg    kg    kg</b> 5 reps	4 sets <b>kg    kg    kg    kg</b> 5 reps (↑weight)	4 sets <b>kg    kg    kg    kg</b> 5 reps (↑weight)	3 sets <b>kg    kg    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>Lower &amp; Ab Circuit</b> (1)- Reverse Nordic (2)- Ab Roll Out (3)- One Leg Calf Raise	3 sets (3 second lower) (1)- 6 reps (2)- 8 reps (3)- 10 reps/side	3 sets (4 second lower) (1)- 6 reps (2)- 8 reps (3)- 10 reps/side	3 sets (5 second lower) (1)- 6 reps (2)- 8 reps (3)- 10 reps/side	3 sets (regular tempo) (1)- 6 reps (2)- 8 reps (3)- 10 reps/side
	D	<b>Workout of the Month</b>				

2	EXERCISE		LEARNING	PROGRESS	PEAK	RELOAD
	A1	Meadows Row	3 sets 10 reps/side	3 sets 10 reps/side (↑weight)	4 sets 10 reps/side	3 sets 10 reps/side
	A2	Band Cuban Rotation	3 sets 10 reps	3 sets 10 reps (↑weight)	4 sets 10 reps	3 sets 10 reps
	B1	No Money	4 sets 10 reps	4 sets 10 reps	4 sets 10 reps	3 sets 10 reps
	C1	Bench Press (4 seconds lower)	4 sets <b>kg</b> <b>kg</b> <b>kg</b> 5 reps	4 sets <b>kg</b> <b>kg</b> <b>kg</b> <b>kg</b> 5 reps (↑weight)	4 sets <b>kg</b> <b>kg</b> <b>kg</b> <b>kg</b> 5 reps (↑weight)	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>
	D's	<b>Upper Circuit</b> (1)- Press Up (2)- Back to Wall Bicep Curl (3)- Skullcrusher	3 sets (3 second lower) (1)- 6 reps (2)- 8 reps (3)- 10 reps	3 sets (4 second lower) (1)- 6 reps (2)- 8 reps (3)- 10 reps	3 sets (5 second lower) (1)- 6 reps (2)- 8 reps (3)- 10 reps	3 sets (regular tempo) (1)- 6 reps (2)- 8 reps (3)- 10 reps
	<b>Focus Block</b>		<b>All Over Delts</b>			
	D1	Band Front Raise → Band Lat Raise	3 sets 10 reps each	3 sets 12 reps each	3 sets 15 reps each	3 sets 10 reps each
	D2	Straight Arm Wrist Roller	3 sets 2 down/2 up	3 sets 2 down/2 up (↑length/weight)	3 sets 2 down/2 up (↑length/weight)	3 sets 2 down/2 up

3	EXERCISE		LEARNING	PROGRESS	PEAK	RELOAD
	A1	Arnold Press	3 sets 10 reps	3 sets 10 reps (↑weight)	4 sets 10 reps	3 sets 10 reps
	A2	Feet Elevated One Leg Glute Bridge	3 sets 10 reps/side	3 sets 10 reps/side (↑weight)	4 sets 10 reps/side	3 sets 10 reps/side
	B1	Stick Good Morning	4 sets 10 reps	4 sets 10 reps	4 sets 10 reps	3 sets 10 reps
	B2	Deadlift (4 seconds lower)	4 sets <b>kg</b> <b>kg</b> <b>kg</b> 5 reps	4 sets <b>kg</b> <b>kg</b> <b>kg</b> <b>kg</b> 5 reps (↑weight)	4 sets <b>kg</b> <b>kg</b> <b>kg</b> <b>kg</b> 5 reps (↑weight)	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>Full Body Circuit</b> (1)- Chin Up (2)- RFESS (3)- DB Fly to Press	3 sets (3 second lower) (1)- 6 reps (2)- 8 reps/side (3)- 10 reps	3 sets (4 second lower) (1)- 6 reps (2)- 8 reps/side (3)- 10 reps	3 sets (5 second lower) (1)- 6 reps (2)- 8 reps/side (3)- 10 reps	3 sets (regular tempo) (1)- 6 reps (2)- 8 reps/side (3)- 10 reps
	<b>Focus Block</b>		<b>Back Squeeze</b>			
	D1	Back Widow	3 sets 10 reps	3 sets 12 reps	3 sets 15 reps	3 sets 12 reps
	D2	TRX Row	3 sets 10 reps	3 sets 12 reps	3 sets 15 reps	3 sets 12 reps