

<p><b>WARM UP x 3 sets</b>  <i>Raise body temp</i></p> <ol style="list-style-type: none"> <li><b>Standing Hip Circles</b>      10 reps/direction</li> <li><b>Narrow Stance Squats</b>      10 reps</li> </ol> <p><i>Activate</i></p> <ol style="list-style-type: none"> <li><b>Forearm Wall Slide</b>      10 reps</li> <li><b>Glute Bridge + Reach</b>      10 reps</li> </ol> <p><i>Mobilise</i></p> <ol style="list-style-type: none"> <li><b>Side Lying Windmill</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 is "Reinforce" and is the culmination of what we've been building over the past three months.</p> <ul style="list-style-type: none"> <li>➤ Heavier variations of the lifts you've been practicing mean greater opportunities to build strength.</li> <li>➤ The B's focus on explosiveness. Every rep should be sharp and move with intent. Think fast, powerful but controlled.</li> <li>➤ The C's focus on lactic accumulation and recovering from it. We've kept the exercises familiar so you can push the intensity .</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 Athlete 1	EXERCISE		LEARNING	PROGRESS	PEAK	RELOAD
	A1	Landmine Two Arm Press	3 sets 6 reps	3 sets 6 reps (↑weight)	3 sets 6 reps (↑weight)	3 sets 6 reps
A2	Deficit Reverse Lunge	3 sets 6 reps/side	3 sets 6 reps/side (↑weight)	3 sets 6 reps/side (↑weight)	3 sets 6 reps/side	
B1	Split Squat Jump	4 sets 4 reps/side	4 sets 4 reps/side (↑height)	4 sets 4 reps/side (↑height)	3 sets 4 reps/side	
B2	Deadlift for speed	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> 4 reps (↑weight)	3 sets <b>kg   kg   kg</b> 4 reps	
		<b>Goal kg next week→</b>				
C's	<b>KB Power Complex</b> (1)- KB Swing (2)- KB Offset Press Up (3)- Gorilla Row	4 sets (1)- 6 reps (2)- 6 reps/side (3)- 6 reps/side	5 sets (1)- 6 reps (2)- 6 reps/side (3)- 6 reps/side	6 sets (1)- 6 reps (2)- 6 reps/side (3)- 6 reps/side	5 sets (1)- 6 reps (2)- 6 reps/side (3)- 6 reps/side	
D	<b>Workout of the Month</b>					

2	EXERCISE		LEARNING				PROGRESS				PEAK				RELOAD			
	A1	Rotary TRX Row	3 sets 6 reps/side				3 sets 6 reps/side (↑difficulty)				3 sets 6 reps/side (↑difficulty)				3 sets 6 reps/side			
A2	Hip Thrust March	3 sets 6 reps/side				3 sets 6 reps/side (↑difficulty)				3 sets 6 reps/side (↑difficulty)				3 sets 6 reps/side				
B1	Explosive Press Up	4 sets 4 reps				4 sets 4 reps (↑height or ↓assistance)				4 sets 4 reps (↑height or ↓assistance)				3 sets 4 reps				
B2	Bench Press for speed	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> 4 reps (↑weight)				3 sets <b>kg</b> <b>kg</b> <b>kg</b> 4 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>LACTIC EXPLOSIVE REPEATS</b> <b>(1)- ALTERNATE</b> - Jump Squats & Rope Slams <b>(2)- Recover</b>	10 sets (6 mins 40 seconds) <b>(1)-</b> Max reps in 15 seconds <b>(2)- 25 seconds</b>				10 sets (6 mins 40 seconds) <b>(1)-</b> Max reps in 20 seconds <b>(2)- 20 seconds</b>				10 sets (6 mins 40 seconds) <b>(1)-</b> Max reps in 25 seconds <b>(2)- 15 seconds</b>				8 sets (5 mins 30 seconds) <b>(1)-</b> Max reps in 25 seconds <b>(2)- 20 seconds</b>				
<b>Focus Block</b>		<b>Cardio Reverse Pyramid</b>																
D1	Choose a cardio exercise <b>WORK</b> : REST	<b>50:10, 40:20, 30:30, 30:30,</b> <b>40:20, 50:10</b>				<b>50:10, 40:20, 30:30, 20:40,</b> <b>30:30, 40:20, 50:10</b>				<b>50:10, 40:20, 30:30, 20:40,</b> <b>20:40, 30:30, 40:20, 50:10</b>				<b>50:10, 40:20, 30:30, 30:30,</b> <b>40:20, 50:10</b>				

3	EXERCISE		LEARNING				PROGRESS				PEAK				RELOAD			
	A1	Chin Up <i>or</i> Pull Up <i>or</i> High Ring Row	3 sets 3-6 reps				3 sets 3-6 reps (↓assistance or ↑weight)				3 sets 3-6 reps (↓assistance or ↑weight)				3 sets 3-6 reps			
A2	Landmine Pivot Rotation	3 sets 6 reps/side				3 sets 6 reps/side (↑weight)				3 sets 6 reps/side (↑weight)				3 sets 6 reps/side				
B1	Squat Jumps	4 sets 4 reps				4 sets 4 reps (↑height)				4 sets 4 reps (↑height)				3 sets 4 reps				
B2	Squat for speed	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> 4 reps (↑weight)				3 sets <b>kg</b> <b>kg</b> <b>kg</b> 4 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>Lactic Capacity Circuit</b> <b>(1)-</b> Lateral Shuffle & Sprawl <b>(2)-</b> MB Ground to Shoulder <b>(3)-</b> Lateral Step Up & Over <b>(4)- REST</b>	4 sets (10 mins) <b>(1)-</b> 35 seconds <b>(2)-</b> 35 seconds <b>(3)-</b> 35 seconds <b>(4)-</b> 60 seconds				4 sets (11 mins) <b>(1)-</b> 40 seconds <b>(2)-</b> 40 seconds <b>(3)-</b> 40 seconds <b>(4)-</b> 60 seconds				4 sets (12 mins) <b>(1)-</b> 45 seconds <b>(2)-</b> 45 seconds <b>(3)-</b> 45 seconds <b>(4)-</b> 60 seconds				3 sets (9 mins 45 seconds) <b>(1)-</b> 45 seconds <b>(2)-</b> 45 seconds <b>(3)-</b> 45 seconds <b>(4)-</b> 60 seconds				
<b>Focus Block</b>		<b>Hip Flexor Lengthen &amp; Strengthen</b>																
D1	Couch Stretch Rocks	3 sets 15 reps/side				3 sets 15 reps/side				3 sets 15 reps/side				2 sets 15 reps/side				
D2	Hip Flexor Plank with Lift	3 sets 10 reps/side				3 sets 12 reps/side				3 sets 15 reps/side				2 sets 15 reps/side				