

<p>WARM UP x 3 sets <i>Raise body temp</i></p> <ol style="list-style-type: none"> Standing Hip Circles 10 reps/direction Narrow Stance Squats 10 reps <p><i>Activate</i></p> <ol style="list-style-type: none"> Forearm Wall Slide 10 reps Glute Bridge + Reach 10 reps <p><i>Mobilise</i></p> <ol style="list-style-type: none"> Side Lying Windmill 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 style="text-align: center;">PRO TIPS</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"> ➤ Heavier variations of the lifts you've been practicing means more strength improvements. ➤ Same reps on the B's but without pauses or slow lowers. Aim to use more weight than you did when tempo was slowing things down. ➤ Conditioning also steps up with more intense interval-based work, including another accumulation circuit in Session 3. Break these reps up however you like! 	<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 Energy 1	EXERCISE	LEARNING	PROGRESS	PEAK	RELOAD	
	A's	Full Body Circuit (1)- RFESS (2)- Side Plank Twist (3)- High Ring Row	4 sets (1)- 8 reps/side (2)- 8 reps/side (3)- 8 reps	4 sets (1)- 8 reps/side (2)- 8 reps/side (3)- 8 reps	4 sets (1)- 10 reps/side (2)- 10 reps/side (3)- 10 reps	3 sets (1)- 10 reps/side (2)- 10 reps/side (3)- 10 reps
	B1	Deadlift	4 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
	B2	Press Up	4 sets 10 reps	4 sets 10 reps (↑difficulty)	4 sets 10 reps (↑difficulty)	3 sets 10 reps
	C's	Fitness Circuit (1)- Sumo Squats (2)- Plank to Press (3)- Walking Squat (4)- Mini Ropes	4 sets (5 mins 20 seconds) (1)- 20 seconds (2)- 20 seconds (3)- 20 seconds (4)- 20 seconds	5 sets (6 mins 40 seconds) (1)- 20 seconds (2)- 20 seconds (3)- 20 seconds (4)- 20 seconds	6 sets (8 mins) (1)- 20 seconds (2)- 20 seconds (3)- 20 seconds (4)- 20 seconds	4 sets (5 mins 20 seconds) (1)- 20 seconds (2)- 20 seconds (3)- 20 seconds (4)- 20 seconds
	D	Workout of the Month				

2	EXERCISE		LEARNING	PROGRESS	PEAK	RELOAD
	A's	Full Body Circuit (1)- Seated Overhead Press (2)- 1-Leg Foot Elevated Glute Bridge (3)- Zombie Crunch	4 sets (1)- 8 reps (2)- 8 reps/side (3)- 8 reps	4 sets (1)- 8 reps (2)- 8 reps/side (3)- 8 reps	4 sets (1)- 10 reps (2)- 10 reps/side (3)- 10 reps	3 sets (1)- 10 reps (2)- 10 reps/side (3)- 10 reps
B1	Squat	4 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	
B2	TRX Row	4 sets 10 reps	4 sets 10 reps (↑difficulty)	4 sets 10 reps (↑difficulty)	3 sets 10 reps	
Focus Block		Contrast Lateral Abs				
C1	Side Bends	3 sets 10 reps/side	3 sets 10 reps/side (↑weight)	3 sets 10 reps/side (↑weight)	2 sets 10 reps/side	
C2	Heel Tap Crunch	3 sets 20 reps/side	3 sets 25 reps/side	3 sets 30 reps/side	2 sets 30 reps/side	
D's	Fitness Circuit (1)- Shoulder Tap + Leg Lift (2)- MB Squat to Press (3)- Squat to Lunge	4 sets (12 mins) (1)- 35s ON : 25s OFF (2)- 35s ON : 25s OFF (3)- 35s ON : 25s OFF	4 sets (12 mins) (1)- 40s ON : 20s OFF (2)- 40s ON : 20s OFF (3)- 40s ON : 20s OFF	4 sets (12 mins) (1)- 45s ON : 15s OFF (2)- 45s ON : 15s OFF (3)- 45s ON : 15s OFF	4 sets (12 mins) (1)- 30s ON : 30s OFF (2)- 30s ON : 30s OFF (3)- 30s ON : 30s OFF	

3	EXERCISE		LEARNING	PROGRESS	PEAK	RELOAD
	A's	Full Body Circuit (1)- Hip Thrust (2)- Double Leg Lowers (3)- Alternating Seated Band Row	4 sets (1)- 8 reps (2)- 8 reps (3)- 8 reps/side	4 sets (1)- 8 reps (2)- 8 reps (3)- 8 reps/side	4 sets (1)- 10 reps (2)- 10 reps (3)- 10 reps/side	3 sets (1)- 10 reps (2)- 10 reps (3)- 10 reps/side
B1	DB Floor/Bench Press	4 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	
B2	Split Squat	4 sets 10 reps/side	4 sets 10 reps/side (↑difficulty)	4 sets 10 reps/side (↑difficulty)	3 sets 10 reps/side	
Focus Block		Band Glute Conditioning				
C1	Band Lateral Walk -> Band Squats -> Band Frog Thrust	4 sets 8 reps of each (/side)	4 sets 10 reps of each (/side)	4 sets 12 reps of each (/side)	3 sets 12 reps of each (/side)	
C2	Glute Bridge Hold	4 sets 30 seconds	4 sets 30 seconds	4 sets 30 seconds	3 sets 30 seconds	
D's	Fitness Circuit (1)- Line Touches (total) (2)- MB Ground to Shoulder (total) (3)- Sit Ups	(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	