

<p>WARM UP x 3 sets <i>Raise body temp</i></p> <ol style="list-style-type: none"> 1. Standing Hip Circles 10 reps/direction 2. Narrow Stance Squats 10 reps <p><i>Activate</i></p> <ol style="list-style-type: none"> 3. Forearm Wall Slide 10 reps 4. Glute Bridge + Reach 10 reps <p><i>Mobilise</i></p> <ol style="list-style-type: none"> 5. 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>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 mean greater opportunities to build strength. ➤ B2's move to lower starting reps that increase across the month. Find a weight you can lift for 4 reps and aim to keep that weight as the reps rise. ➤ The C's focus on maximizing tension at the top of each movement. Slow down, squeeze hard, and really feel the working muscle. 	<p>How to track your progress? What gets measured, gets managed.</p> 	<p>Goal setting Download this worksheet and set your next goal!</p> 

		EXERCISE	LEARNING	PROGRESS	PEAK	RELOAD
1 Power 1 – LOWER & ABS	A1	Landmine One Leg RDL	3 sets 8 reps/side	3 sets 8 reps/side (↑tension)	3 sets 8 reps/side (↑tension)	3 sets 8 reps/side
	A2	Landmine Rotation	3 sets 8 reps/side	3 sets 8 reps/side (↑weight)	3 sets 8 reps/side (↑weight)	3 sets 8 reps/side
	B1	Counterbalance Squat Hold with Ankle Rock	4 sets 6 reps/side	4 sets 6 reps/side	4 sets 6 reps/side	3 sets 6 reps/side
	B2	Squat	4 sets kg kg kg kg 4 reps	4 sets kg kg kg kg 5 reps (=weight)	4 sets kg kg kg kg 6 reps (=weight)	3 sets kg kg kg 6 reps
			Goal kg next week →	Goal kg next week →	Goal kg next week →	Goal kg next week →
	C's	Lower & Ab Circuit (1)- Spanish Squat Top Half (2)- Band Pullover Reverse Crunch (3)- Kickstand Hip Thrust	3 sets (1)- 12 reps (2)- 12 reps (3)- 12 reps/side	3 sets (1)- 12 reps (↑difficulty) (2)- 12 reps (↑difficulty) (3)- 12 reps/side (↑difficulty)	3 sets (1)- 12 reps (↑difficulty) (2)- 12 reps (↑difficulty) (3)- 12 reps/side (↑difficulty)	3 sets (1)- 12 reps (2)- 12 reps (3)- 12 reps/side
	D	Workout of the Month				

2 Power 2 – UPPER	EXERCISE		LEARNING	PROGRESS	PEAK	RELOAD
	A1	DB/KB One Arm Row to Hip	3 sets 8 reps/side	3 sets 8 reps/side (↑weight)	3 sets 8 reps/side (↑weight)	3 sets 8 reps/side
	A2	Rear Delt Fly	3 sets 12 reps	3 sets 12 reps (↑weight)	3 sets 12 reps (↑weight)	3 sets 12 reps
	B1	Prone Y Raise	4 sets 6 reps	4 sets 6 reps	4 sets 6 reps	3 sets 6 reps
	B2	Bench Press	4 sets kg kg kg kg 4 reps	4 sets kg kg kg kg 5 reps (=weight)	4 sets kg kg kg kg 6 reps (=weight)	3 sets kg kg kg 6 reps
			Goal kg next week→	Goal kg next week→	Goal kg next week→	Goal kg next week→
	C's	Upper Circuit (1)- Bayesian Curl (2)- Tricep Kickbacks (3)- Palms Up Band Pull Apart	3 sets (1)- 12 reps/side (2)- 12 reps/side (3)- 12 reps	3 sets (1)- 12 reps/side (↑difficulty) (2)- 12 reps/side (↑difficulty) (3)- 12 reps (↑difficulty)	3 sets (1)- 12 reps/side (↑difficulty) (2)- 12 reps/side (↑difficulty) (3)- 12 reps (↑difficulty)	3 sets (1)- 12 reps/side (2)- 12 reps/side (3)- 12 reps
	Focus Block		DB Chest Pre-Exhaust			
	D1	DB Squeeze Press	3 sets 12 reps	3 sets 15 reps	3 sets 20 reps	2 sets 20 reps
D2	DB Chest Fly	3 sets 12 reps	3 sets 15 reps	3 sets 20 reps	2 sets 20 reps	

3 Power 3 – FULL BODY	EXERCISE		LEARNING	PROGRESS	PEAK	RELOAD
	A1	Chin Up <i>or</i> Pull Up <i>or</i> High Ring Row	3 sets 4-8 reps	3 sets 4-8 reps (↑difficulty)	3 sets 4-8 reps (↑difficulty)	3 sets 4-8 reps
	A2	One Arm Bridge Press	3 sets 8 reps/side	3 sets 8 reps/side (↑weight)	3 sets 8 reps/side (↑weight)	3 sets 8 reps/side
	B1	Band Pull Through	4 sets 6 reps	4 sets 6 reps	4 sets 6 reps	3 sets 6 reps
	B2	Deadlift	4 sets kg kg kg kg 4 reps	4 sets kg kg kg kg 5 reps (=weight)	4 sets kg kg kg kg 6 reps (=weight)	3 sets kg kg kg 6 reps
			Goal kg next week→	Goal kg next week→	Goal kg next week→	Goal kg next week→
	C's	Full Body Circuit (1)- Farmers Walk (2)- Step Ups (non-alternating) (3)- Press Ups	3 sets (1)- 2 lengths (2)- 12 reps/side (3)- 12 reps	3 sets (1)- ↑weight &/OR ↑distance (2)- 12 reps/side (↑difficulty) (3)- 12 reps (↑difficulty)	3 sets (1)- ↑weight &/OR ↑distance (2)- 12 reps/side (↑difficulty) (3)- 12 reps (↑difficulty)	3 sets (1)- 2 lengths (2)- 12 reps/side (3)- 12 reps
	Focus Block		Triple Stack Calves			
	D1	Toes In, Toes Out, Toes Straight Calf Raises	3 sets 8 reps of each	3 sets 10 reps of each	3 sets 12 reps of each	2 sets 12 reps of each
D2	Bodyweight Tib Raise	3 sets 12 reps	3 sets 15 reps	3 sets 20 reps	2 sets 20 reps	