

<p>WARM UP x 3 sets <i>Raise body temp</i></p> <ol style="list-style-type: none"> Lateral Hurdle Steps 5 reps/side Side Step Shuffle 10 reps/side <p><i>Activate</i></p> <ol style="list-style-type: none"> Deadbugs 5 reps/side Fire Hydrant 5 reps/side <p><i>Mobilise</i></p> <ol style="list-style-type: none"> Yoga Pike 5 reps 	 <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 <i>This month is 'Seed', it's a chance to rebuild your base, move well again, and set yourself up for the next phase of training.</i></p> <ul style="list-style-type: none"> ➤ <i>A balanced mix of reps, tempos and training styles improves strength, endurance and overall fitness.</i> ➤ <i>The exercises place more focus on technique, control, range of motion and quality of movement.</i> ➤ <i>Conditioning shifts back toward more aerobic circuits. These are designed to improve fitness, help recovery between harder efforts, and rebuild your engine without beating you up.</i> 	<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	TEACHING	PROGRESS	PEAK	RELOAD
1 Energy 1	A's	Full Body Circuit (1)- Deficit Split Squat (2)- Side Plank Hip Dips (3)- Kneeling Lat Pulldown	4 sets (1)- 10 reps/side (2)- 10 reps/side (3)- 10 reps	4 sets (1)- 12 reps/side (2)- 12 reps/side (3)- 12 reps	4 sets (1)- 14 reps/side (2)- 14 reps/side (3)- 14 reps	3 sets (1)- 14 reps/side (2)- 14 reps/side (3)- 14 reps
	B1	Deadlift	4 sets kg kg kg kg 8 reps	4 sets kg kg kg kg 8 reps (↑weight)	4 sets kg kg kg kg 8 reps (↑weight)	3 sets kg kg kg 8 reps
	B2	Press Up	4 sets 8 reps	4 sets 8 reps (↑difficulty)	4 sets 8 reps (↑difficulty)	3 sets 8 reps
	C1	Bike/Rower/Ropes/Other cardio exercise	5 sets (5 mins) 40 seconds	6 sets (6 mins) 40 seconds	7 sets (7 mins) 40 seconds	6 sets (6 mins) 40 seconds
	C2	Plank	5 sets 20 seconds	6 sets 20 seconds	7 sets 20 seconds	6 sets 20 seconds
	D	Workout of the Month				

2	EXERCISE		TEACHING				PROGRESS				PEAK				RELOAD			
	A's	Full Body Circuit (1)- One-Arm Overhead Press (2)- Feet Elevated Glute Bridge (3)- Band Pullover Deadbug	4 sets (1)- 10 reps/side (2)- 10 reps (3)- 10 reps/side	4 sets (1)- 12 reps/side (2)- 12 reps (3)- 12 reps/side	4 sets (1)- 14 reps/side (2)- 14 reps (3)- 14 reps/side	3 sets (1)- 14 reps/side (2)- 14 reps (3)- 14 reps/side												
B1	Squat	4 sets kg kg kg kg 8 reps	4 sets kg kg kg kg 8 reps (↑weight)	4 sets kg kg kg kg 8 reps (↑weight)	3 sets kg kg kg kg 8 reps													
B2	TRX Row	4 sets 8 reps	4 sets 8 reps (↑difficulty)	4 sets 8 reps (↑difficulty)	3 sets 8 reps													
Focus Block		Tricep Burner																
C1	DB Tricep Kickbacks	2 sets 15 reps/side	2 sets 20 reps/side	3 sets 20 reps/side	2 sets 20 reps/side													
C2	Band Push Downs	2 sets 15 reps	2 sets 20 reps	3 sets 20 reps	2 sets 20 reps/side													
D's	Fitness Circuit (1)- Cross Jacks (2)- Plank Saw (3)- Forward Lunges (4)- Recover	5 sets (8 mins 20 seconds) (1)- 25 seconds (2)- 25 seconds (3)- 25 seconds (4)- 25 seconds	5 sets (10 minutes) (1)- 30 seconds (2)- 30 seconds (3)- 30 seconds (4)- 30 seconds	5 sets (11 mins 40 seconds) (1)- 35 seconds (2)- 35 seconds (3)- 35 seconds (4)- 35 seconds	4 sets (9 mins 20 seconds) (1)- 35 seconds (2)- 35 seconds (3)- 35 seconds (4)- 35 seconds													

3	EXERCISE		TEACHING				PROGRESS				PEAK				RELOAD			
	A's	Full Body Circuit (1)- Wall Press One Leg RDL (2)- Superman Straight Arm Plank Lift (3)- Half Kneel One Arm Band Row	4 sets (1)- 10 reps/side (2)- 10 reps/side (3)- 10 reps/side	4 sets (1)- 12 reps/side (2)- 12 reps/side (3)- 12 reps/side	4 sets (1)- 14 reps/side (2)- 14 reps/side (3)- 14 reps/side	3 sets (1)- 14 reps/side (2)- 14 reps/side (3)- 14 reps/side												
B1	Floor/Bench Press	4 sets kg kg kg kg 8 reps	4 sets kg kg kg kg 8 reps (↑weight)	4 sets kg kg kg kg 8 reps (↑weight)	3 sets kg kg kg kg 8 reps													
B2	Split Squat	4 sets 8 reps/side	4 sets 8 reps/side (↑difficulty)	4 sets 8 reps/side (↑difficulty)	3 sets 8 reps/side													
Focus Block		All 4's Glutes																
C1	Donkey Kick from Elbows	3 sets 15 reps/side	3 sets 20 reps/side	4 sets 20 reps/side	3 sets 20 reps/side													
C2	Straight Leg Fire Hydrants	3 sets 15 reps/side	3 sets 20 reps/side	4 sets 20 reps/side	3 sets 20 reps/side													
D's	Fitness Circuit (1)- Sprinter Squat (2)- Yoga Pike to Mountain Climbers (3)- Bicycle Crunch	3 sets (9 mins) (1)- 60 seconds (2)- 60 seconds (3)- 60 seconds	3 sets (10 mins 30 seconds) (1)- 70 seconds (2)- 70 seconds (3)- 70 seconds	3 sets (12 mins) (1)- 80 seconds (2)- 80 seconds (3)- 80 seconds	3 sets (10 mins 30 seconds) (1)- 70 seconds (2)- 70 seconds (3)- 70 seconds													