





<p><b>WARM UP x 3 sets</b>  <i>Raise body temp</i></p> <ol style="list-style-type: none"> <li><b>Lateral Hurdle Steps</b>      5 reps/side</li> <li><b>Side Step Shuffle</b>      10 reps/side</li> </ol> <p><i>Activate</i></p> <ol style="list-style-type: none"> <li><b>Deadbugs</b>      5 reps/side</li> <li><b>Fire Hydrant</b>      5 reps/side</li> </ol> <p><i>Mobilise</i></p> <ol style="list-style-type: none"> <li><b>Yoga Pike</b>      5 reps</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>  <i>After building up for several months to some heavy lifting, it's time to give your joints and connective tissue a chance to catch up with your new strength in this month, 'Seed.'</i></p> <ul style="list-style-type: none"> <li>➤ <i>Unilateral exercises to correct imbalances &amp; build better movement symmetry.</i></li> <li>➤ <i>Bottom half only lifts to enhance flexibility and joint health.</i></li> <li>➤ <i>Less sets but higher reps to ensure plenty of repetition practice and build fatigue resistance.</i></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		TEACHING				PROGRESS				PEAK				RELOAD			
	A1	One-Leg Hip Thrust	3 sets 8 reps/side				3 sets 10 reps/side				3 sets 10 reps/side (↑weight)				2-3 sets 10 reps/side			
	A2	Side Plank Band Row	3 sets 8 reps/side				3 sets 10 reps/side				3 sets 10 reps/side (↑resistance)				2-3 sets 10 reps/side			
	B1	Squat	3 sets <b>kg</b> <b>kg</b> <b>kg</b> 8 reps				3 sets <b>kg</b> <b>kg</b> <b>kg</b> 8 reps (↑weight)				3 sets <b>kg</b> <b>kg</b> <b>kg</b> 8 reps (↑weight)				3 sets <b>kg</b> <b>kg</b> <b>kg</b> 8 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> →			
	B2	One-Leg Toe Elevated Calf Raise	3 sets 12 reps/side				3 sets 14 reps/side				3 sets 16 reps/side				3 sets 16 reps/side			
	C's	<b>Lower Circuit - Bottom ½ Reps</b>	3 sets <b>(1)</b> - 8 reps <b>(2)</b> - 10 reps <b>(3)</b> - 12 reps				3 sets <b>(1)</b> - 10 reps <b>(2)</b> - 12 reps <b>(3)</b> - 14 reps				3 sets <b>(1)</b> - 12 reps <b>(2)</b> - 14 reps <b>(3)</b> - 16 reps				2-3 sets <b>(1)</b> - 12 reps <b>(2)</b> - 14 reps <b>(3)</b> - 16 reps			
	D	<b>Workout of the Month</b>																

2	EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
	A1	KB/DB One Arm Row	3 sets 8 reps/side	3 sets 10 reps/side	3 sets 10 reps/side (↑weight)	2-3 sets 10 reps/side
	A2	One Arm Band External Rotation	3 sets 8 reps/side	3 sets 10 reps/side	3 sets 10 reps/side (↑resistance)	2-3 sets 10 reps/side
	B1	Bench Press	3 sets <b>kg</b> <b>kg</b> <b>kg</b> 8 reps	3 sets <b>kg</b> <b>kg</b> <b>kg</b> 8 reps (↑weight)	3 sets <b>kg</b> <b>kg</b> <b>kg</b> 8 reps (↑weight)	3 sets <b>kg</b> <b>kg</b> <b>kg</b> 8 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>
	B2	Band Face Pull	3 sets 12 reps/side	3 sets 14 reps/side	3 sets 16 reps/side	3 sets 16 reps/side
	C's	<b>Upper Circuit - Bottom ½ Reps</b> <b>(1)-</b> Tricep Dips <b>(2)-</b> Spider Curl <b>(3)-</b> Lean IN Lateral Raise	3 sets <b>(1)-</b> 8 reps <b>(2)-</b> 10 reps <b>(3)-</b> 12 reps	3 sets <b>(1)-</b> 10 reps <b>(2)-</b> 12 reps <b>(3)-</b> 14 reps	3 sets <b>(1)-</b> 12 reps <b>(2)-</b> 14 reps <b>(3)-</b> 16 reps	2-3 sets <b>(1)-</b> 12 reps <b>(2)-</b> 14 reps <b>(3)-</b> 16 reps
	<b>Focus Block</b>		<b>Thor's Forearms</b>			
	D1	Thor's Hammer	2 sets 10 reps/direction/side	2 sets 12 reps/direction/side	2 sets 15 reps/direction/side	2 sets 10 reps/direction/side
	D2	Reverse Thor's Hammer	2 sets 10 reps/direction/side	2 sets 12 reps/direction/side	2 sets 15 reps/direction/side	2 sets 10 reps/direction/side

3	EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
	A1	Chin Up <i>or</i> High Ring Row <i>or</i> Pull Up	3 sets 8 reps	3 sets 10 reps	3 sets 10 reps (↑difficulty)	2-3 sets 10 reps
	A2	Landmine Press	3 sets 8 reps/side	3 sets 10 reps/side	3 sets 10 reps/side (↑weight)	2-3 sets 10 reps/side
	B1	Deadlift	3 sets <b>kg</b> <b>kg</b> <b>kg</b> 8 reps	3 sets <b>kg</b> <b>kg</b> <b>kg</b> 8 reps (↑weight)	3 sets <b>kg</b> <b>kg</b> <b>kg</b> 8 reps (↑weight)	3 sets <b>kg</b> <b>kg</b> <b>kg</b> 8 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>
	B2	BPA	3 sets 12 reps	3 sets 14 reps	3 sets 16 reps	3 sets 16 reps
	C's	<b>Full Body Circuit - Bottom ½ Reps</b> <b>(1)-</b> RFESS <b>(2)-</b> Press Up Variation <b>(3)-</b> Rack Carry	3 sets <b>(1)-</b> 8 reps/side <b>(2)-</b> 10 reps <b>(3)-</b> 2 lengths	3 sets <b>(1)-</b> 10 reps/side <b>(2)-</b> 12 reps <b>(3)-</b> 3 lengths	3 sets <b>(1)-</b> 12 reps/side <b>(2)-</b> 14 reps <b>(3)-</b> 4 lengths	2-3 sets <b>(1)-</b> 12 reps/side <b>(2)-</b> 14 reps <b>(3)-</b> 4 lengths
	<b>Focus Block</b>		<b>It's a trap...</b>			
	D1	One Arm Band Lui Raise	3 sets 12 reps/side	3 sets 15 reps/side	3 sets 15 reps/side (↑ resistance)	2-3 sets 15 reps/side
	D2	Seated Shrugs	3 sets 12 reps	3 sets 15 reps	3 sets 15 reps (↑weight)	2-3 sets 15 reps