

<p><b>WARM UP x 3 sets</b></p> <p><i>Raise body temp</i></p> <ol style="list-style-type: none"> <li><b>Squat Duck Unders</b>      5 reps/side</li> <li><b>Lateral Leg Swings</b>      10 reps/side</li> </ol> <p><i>Activate</i></p> <ol style="list-style-type: none"> <li><b>Blackburns</b>      5 reps</li> <li><b>Donkey Kick</b>      5 reps/side</li> </ol> <p><i>Mobilise</i></p> <ol style="list-style-type: none"> <li><b>Seated Forward Fold</b>      5 reps</li> </ol>	<p><b>SCAN HERE FOR A VIDEO DEMONSTRATION OF THE WARM UP :-)</b></p>	<p><b>Food diary</b></p> <p>Track your food and drink and review with a coach</p>
<p style="text-align: center;"><b>PRO TIPS</b></p> <p><i>This month is "Root", building on last month's "Seed" by strengthening and widening your base so you can continue developing.</i></p> <ul style="list-style-type: none"> <li>➤ <i>Unilateral and unstable exercises are progressed to further challenge balance and control.</i></li> <li>➤ <i>The B1's move to strength clusters. Lower reps, heavier loads, with ~10 seconds between mini-sets.</i></li> <li>➤ <i>The B2's become more reactive and spring-based to develop power.</i></li> <li>➤ <i>Conditioning focuses on lactic work, designed to burn and improve your ability to recover from it.</i></li> </ul>	<p><b>How to track your progress?</b></p> <p>What gets measured, gets managed.</p>	<p><b>Goal setting</b></p> <p>Download this worksheet and set your next goal!</p>

	EXERCISE	LEARNING	PROGRESS	PEAK	RELOAD	
<b>1</b>  <b>Athlete 1</b>	A1	DB Z-Press	3 sets 6 reps	3 sets 6 reps	3 sets 6 reps	
	A2	One-Leg Squat off Box	3 sets 6 reps/side	3 sets 6 reps/side (↑difficulty)	3 sets 6 reps/side (↑difficulty)	
	B1	Deadlift	4 sets <b>kg   kg   kg   kg</b> 2+2+2 reps	4 sets <b>kg   kg   kg   kg</b> 2+2+2 reps (↑weight)	4 sets <b>kg   kg   kg   kg</b> 2+2+2 reps (↑weight)	3 sets <b>kg   kg   kg</b> 2+2+2 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	Repeat Broad Jump	4 sets 3 reps	4 sets 4 reps	4 sets 5 reps	3 sets 5 reps
	C's	<b>Movement Circuit</b> (1)- Double Overhead Carry (2)- Split Stance Band Row Rotation (3)- 1-Leg RDL to Step Up	4 sets (1)- 2 lengths (2)- 6 reps/side (3)- 6 reps/side	4 sets (1)- 2 lengths (↑weight) (2)- 8 reps/direction (3)- 8 reps/side	4 sets (1)- 2 lengths (↑weight) (2)- 10 reps/direction (3)- 10 reps/side	3 sets (1)- 2 lengths (2)- 10 reps/direction (3)- 10 reps/side
D	<b>Workout of the Month</b>					

2 Athlete 2	EXERCISE		LEARNING	PROGRESS	PEAK	RELOAD
	A1	Wall Row	3 sets 6 reps/side	3 sets 6 reps/side (↑difficulty)	3 sets 6 reps/side (↑difficulty)	3 sets 6 reps/side
	A2	One Arm KB Swing	3 sets 6 reps/side	3 sets 6 reps/side (↑difficulty)	3 sets 6 reps/side (↑difficulty)	3 sets 6 reps/side
	B1	Bench Press	4 sets <b>kg kg kg kg</b> 2+2+2 reps	4 sets <b>kg kg kg kg</b> 2+2+2 reps (↑weight)	4 sets <b>kg kg kg kg</b> 2+2+2 reps (↑weight)	3 sets <b>kg kg kg</b> 2+2+2 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	Repeat Explosive Press Up	4 sets 3 reps	4 sets 4 reps	4 sets 5 reps	3 sets 5 reps
	C1	<b>Static Dynamics Lower</b> Swissball Hack Squat <b>OR</b> Hip Thrusts	2 slow reps, pause at bottom for 10 seconds, continue for 2 mins	2 slow reps, pause at bottom for 10 seconds, continue for 3 mins	2 slow reps, pause at bottom for 10 seconds, continue for 4 mins	2 slow reps, pause at bottom for 10 seconds, continue for 3 mins
	D1	<b>Static Dynamics Upper</b> DB Bench Press <b>OR</b> TRX Row	2 slow reps, pause at bottom for 10 seconds, continue for 2 mins	2 slow reps, pause at bottom for 10 seconds, continue for 3 mins	2 slow reps, pause at bottom for 10 seconds, continue for 4 mins	2 slow reps, pause at bottom for 10 seconds, continue for 3 mins
	<b>Focus Block</b>		<b>Dynamic Single Leg Balance</b>			
	E1	Single Leg Balance KB Pass	3 sets 6 reps/direction/side	3 sets 6 reps/direction/side(↑difficulty)	3 sets 6 reps/direction/side(↑difficulty)	3 sets 6 reps/direction/side
E2	One Leg RDL Hip Aeroplane	3 sets 6 reps/side	3 sets 6 reps/side (↑difficulty)	3 sets 6 reps/side (↑difficulty)	3 sets 6 reps/side	

3 Athlete 3	EXERCISE		LEARNING	PROGRESS	PEAK	RELOAD
	A1	Chin Up <b>or</b> Pull Up <b>or</b> High Ring Row	3 sets 5 reps	3 sets 5 reps (↑difficulty)	3 sets 5 reps (↑difficulty)	3 sets 5 reps
	A2	Swissball Stir the Pot	3 sets 5 reps/direction	3 sets 5 reps/direction (↑difficulty)	3 sets 5 reps/direction (↑difficulty)	3 sets 6 reps/direction
	B1	Squat	4 sets <b>kg kg kg kg</b> 2+2+2 reps	4 sets <b>kg kg kg kg</b> 2+2+2 reps (↑weight)	4 sets <b>kg kg kg kg</b> 2+2+2 reps (↑weight)	3 sets <b>kg kg kg</b> 2+2+2 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	Repeat Squat Jumps	4 sets 3 reps	4 sets 4 reps	4 sets 5 reps	3 sets 5 reps
	C1	<b>Lactic Explosive Repeat 1</b> Lateral Pogos	8 sets (Rest 15s between sets) 20 seconds	8 sets (Rest 15s between sets) 25 seconds	8 sets (Rest 15s between sets) 30 seconds	8 sets (Rest 15s between sets) 20 seconds
	D1	<b>Lactic Explosive Repeat 2</b> Forward Scissors	8 sets (Rest 15s between sets) 20 seconds	8 sets (Rest 15s between sets) 25 seconds	8 sets (Rest 15s between sets) 30 seconds	8 sets (Rest 15s between sets) 20 seconds
	<b>Focus Block</b>		<b>Groin Protector</b>			
	E1	Seated Bus Driver	3 sets 6 reps/side	3 sets 6 reps/side (↑difficulty)	3 sets 6 reps/side (↑difficulty)	3 sets 6 reps/side
E2	Copenhagen Side Plank Lifts	3 sets 6 reps/side	3 sets 6 reps/side (↑difficulty)	3 sets 6 reps/side (↑difficulty)	3 sets 6 reps/side	