

<p><b>WARM UP x 3 sets</b>  <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>                  Track your food and drink and review with a coach</p> 
<p><b>PRO TIPS</b>                  This month is "Root" building on last month's "Seed" by strengthening and widening your base so you can grow further.</p> <ul style="list-style-type: none"> <li>➤ Tougher variations of last month's exercises build on what you already know.</li> <li>➤ Lower reps allow you to use more resistance and continue building strength.</li> <li>➤ Conditioning remains mostly aerobic, with some more intense intervals introduced.</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		EXERCISE	LEARNING	PROGRESS	PEAK	RELOAD
Energy 1	A's	<b>Full Body Circuit</b> (1)- Front Foot Elevated Split Squat (2)- Side Plank Leg Lifts to Front Kick (3)- One Arm Lat Pulldown	4 sets (1)- 8 reps/side (2)- 8 reps/side (3)- 8 reps/side	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	3 sets (1)- 12 reps/side (2)- 12 reps/side (3)- 12 reps/side
	B1	Deadlift	4 sets kg kg kg kg 6 reps	4 sets kg kg kg kg 6 reps (↑weight)	4 sets kg kg kg kg 6 reps (↑weight)	3 sets kg kg kg 6 reps
	B2	Press Up	4 sets 6 reps	4 sets 6 reps (↑difficulty)	4 sets 6 reps (↑difficulty)	3 sets 6 reps
	C1	Mountain Climbers	3 sets (3 minutes) 20 seconds <b>ON</b> - Max Effort 40 seconds <b>REST</b>	3 sets (3 minutes) 25 seconds <b>ON</b> - Max Effort 35 seconds <b>REST</b>	3 sets (3 minutes) 30 seconds <b>ON</b> - Max Effort 30 seconds <b>REST</b>	3 sets (3 minutes) 20 seconds <b>ON</b> - Max Effort 40 seconds <b>REST</b>
	D1	Bike/Rower/Ropes	3 sets (3 minutes) 20 seconds <b>ON</b> - Max Effort 40 seconds <b>REST</b>	3 sets (3 minutes) 25 seconds <b>ON</b> - Max Effort 35 seconds <b>REST</b>	3 sets (3 minutes) 30 seconds <b>ON</b> - Max Effort 30 seconds <b>REST</b>	3 sets (3 minutes) 20 seconds <b>ON</b> - Max Effort 40 seconds <b>REST</b>
	E	<b>Workout of the Month</b>				

2	EXERCISE		LEARNING				PROGRESS				PEAK				RELOAD			
	A's	<b>Full Body Circuit</b> (1)- Half Kneeling One-Arm Overhead Press (2)- One Leg Glute Bridge (3)- Wall Press Deadbug	4 sets (1)- 8 reps/side (2)- 8 reps/side (3)- 8 reps/side	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	3 sets (1)- 12 reps/side (2)- 12 reps/side (3)- 12 reps/side	B1	Squat	4 sets kg kg kg kg 6 reps	4 sets kg kg kg kg 6 reps (↑weight)	4 sets kg kg kg kg 6 reps (↑weight)	3 sets kg kg kg 6 reps	B2	TRX Row	4 sets 6 reps	4 sets 6 reps (↑difficulty)	4 sets 6 reps (↑difficulty)	3 sets 6 reps
<b>Focus Block</b>		<b>Double Vision Abs</b>																
C1	Behind the Leg Pass Crunch	3 sets 12 reps	3 sets 16 reps	3 sets 20 reps	3 sets 16 reps	C2	Dolphin Plank	3 sets 12 reps	3 sets 16 reps	3 sets 20 reps	3 sets 16 reps	D's	<b>Fitness Circuit</b> (1)- Line Touch (2)- Bear Crawl Lift Offs (3)- MB Side Step Squat (4)- Recover	3 sets (8 minutes) (1)- 40 seconds (2)- 40 seconds (3)- 40 seconds (4)- 40 seconds	3 sets (10 minutes) (1)- 50 seconds (2)- 50 seconds (3)- 50 seconds (4)- 50 seconds	3 sets (12 minutes) (1)- 60 seconds (2)- 60 seconds (3)- 60 seconds (4)- 60 seconds	3 sets (8 minutes) (1)- 40 seconds (2)- 40 seconds (3)- 40 seconds (4)- 40 seconds	

3	EXERCISE		LEARNING				PROGRESS				PEAK				RELOAD			
	A's	<b>Full Body Circuit</b> (1)- Kickstand RDL (2)- Bear Birddog (3)- Alternating Band Row with Hold	4 sets (1)- 8 reps/side (2)- 8 reps/side (3)- 8 reps/side	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	3 sets (1)- 12 reps/side (2)- 12 reps/side (3)- 12 reps/side	B1	Floor/Bench Press	4 sets kg kg kg kg 6 reps	4 sets kg kg kg kg 6 reps (↑weight)	4 sets kg kg kg kg 6 reps (↑weight)	3 sets kg kg kg 6 reps	B2	Split Squat	4 sets 6 reps/side	4 sets 6 reps/side (↑difficulty)	4 sets 6 reps/side (↑difficulty)	3 sets 6 reps/side
<b>Focus Block</b>		<b>Double Vision Squats</b>																
C1	Sumo Squat	3 sets 12 reps	3 sets 16 reps	3 sets 20 reps	3 sets 16 reps	C2	Cyclist Squat	3 sets 12 reps	3 sets 16 reps	3 sets 20 reps	3 sets 16 reps	D's	<b>Fitness Circuit</b> (1)- Cossack Hand Walkouts (2)- Walking Lunges (3)- Plank Jack (4)- Side Step Jacks	4 sets (8 minutes) (1)- 30 seconds (2)- 30 seconds (3)- 30 seconds (4)- 30 seconds	5 sets (10 minutes) (1)- 30 seconds (2)- 30 seconds (3)- 30 seconds (4)- 30 seconds	6 sets (12 minutes) (1)- 30 seconds (2)- 30 seconds (3)- 30 seconds (4)- 30 seconds	5 sets (10 minutes) (1)- 30 seconds (2)- 30 seconds (3)- 30 seconds (4)- 30 seconds	