

<p style="text-align: center;">WARM UP x 3 sets</p> <p><i>Raise body temp</i></p> <p>1. Squat Duck Unders 5 reps/side 2. Lateral Leg Swings 10 reps/side</p> <p><i>Activate</i></p> <p>3. Blackburns 5 reps 4. Donkey Kick 5 reps/side</p> <p><i>Mobilise</i></p> <p>5. Seated Forward Fold 5 reps</p>	 SCAN HERE FOR A VIDEO DEMONSTRATION OF THE WARM UP :-)	<p style="text-align: center;">Food diary</p> <p>Track your food and drink and review with a coach</p>
<p style="text-align: center;">PRO TIPS</p> <p><i>This month is "Root", building on last month's "Seed" by strengthening and widening your base so you can grow further.</i></p> <p>➤ <i>Main lifts move to descending reps — 12, 8, 4 — finishing with a 12-rep drop set to maximise effort.</i></p> <p>➤ <i>1.5 reps mean lowering to the bottom, coming halfway up, returning to the bottom, then standing fully, that's one rep.</i></p>	 How to track your progress? What gets measured, gets managed.	<p style="text-align: center;">Goal setting</p> <p>Download this worksheet and set your next goal!</p>

	EXERCISE	LEARNING	PROGRESS	PEAK	RELOAD	
1	A1	Kickstand Hip Thrust	3 sets 8 reps/side	3 sets 8 reps/side (↑resistance)	3 sets 8 reps/side (↑resistance)	2-3 sets 8 reps/side
	A2	Side Plank DB Rotation	3 sets 8 reps/side	3 sets 10 reps/side	3 sets 12 reps/side	2-3 sets 12 reps/side
	B1	Squat	4 sets kg kg kg kg 12 reps, 8 reps, 4 reps, 12 reps	4 sets kg kg kg kg 12 reps, 8 reps, 4 reps, 12 reps	4 sets kg kg kg kg 12 reps, 8 reps, 4 reps, 12 reps	3 sets kg kg kg 12 reps, 8 reps, 4 reps,
			Goal kg next week→	Goal kg next week→	Goal kg next week→	Goal kg next week→
	B2	One Leg Donkey Calf Raise	3 sets 10 reps/side	3 sets 12 reps/side	3 sets 14 reps/side	3 sets 14 reps/side
	C's	Lower Circuit - 1.5 reps (1)- Landmine Hack Squat (2)- Wall Press Leg Lowers (3)- DB Hamstring Curl	3 sets (1)- 6 reps (2)- 8 reps (3)- 10 reps	3 sets (1)- 8 reps (2)- 10 reps (3)- 12 reps	3 sets (1)- 10 reps (2)- 12 reps (3)- 14 reps	2-3 sets (1)- 10 reps (2)- 12 reps (3)- 14 reps
D	Workout of the Month					

Power 1 – LOWER & ABS

2 Power 2 – UPPER	EXERCISE		LEARNING	PROGRESS	PEAK	RELOAD
	A1	DB/KB One Arm Row	3 sets 8 reps/side	3 sets 8 reps/side (↑weight)	3 sets 8 reps/side (↑weight)	2-3 sets 8 reps/side
	A2	Side Lying DB External Rotation	3 sets 8 reps/side	3 sets 10 reps/side	3 sets 12 reps/side	2-3 sets 12 reps/side
	B1	Bench Press	4 sets kg kg kg kg 12 reps, 8 reps, 4 reps, 12 reps	4 sets kg kg kg kg 12 reps, 8 reps, 4 reps, 12 reps	4 sets kg kg kg kg 12 reps, 8 reps, 4 reps, 12 reps	3 sets kg kg kg 12 reps, 8 reps, 4 reps,
			Goal kg next week→	Goal kg next week→	Goal kg next week→	Goal kg next week→
	B2	DB Face Pull	4 sets 10 reps	4 sets 12 reps	4 sets 14 reps	3 sets 14 reps
	C's	Upper Circuit - 1.5 reps (1)- Tricep Dips (2)- DB Bicep Curl (3)- Lui Raise	3 sets (1)- 6 reps (2)- 8 reps (3)- 10 reps	3 sets (1)- 8 reps (2)- 10 reps (3)- 12 reps	3 sets (1)- 10 reps (2)- 12 reps (3)- 14 reps	2-3 sets (1)- 10 reps (2)- 12 reps (3)- 14 reps
	Focus Block		Get to Grips			
D1	Wrist Roller	2 sets 1 down, 1 up	2 sets 2 down, 2 up	2 sets 2 down, 2 up	2 sets 1 down, 1 up	
D2	Plate Pinch Hold	2 sets Max time	2 sets Max time (↑weight)	2 sets Max time (↑weight)	2 sets Max time	

3 Power 3 – FULL BODY	EXERCISE		LEARNING	PROGRESS	PEAK	RELOAD
	A1	Pull Up <i>or</i> Chin Up <i>or</i> High Ring Row	3 sets 8 reps	3 sets 8 reps (↑difficulty)	3 sets 8 reps (↑difficulty)	2-3 sets 8 reps
	A2	Press Up Variation	3 sets 8 reps	3 sets 10 reps	3 sets 12 reps	2-3 sets 12 reps
	B1	Deadlift	4 sets kg kg kg kg 12 reps, 8 reps, 4 reps, 12 reps	4 sets kg kg kg kg 12 reps, 8 reps, 4 reps, 12 reps	4 sets kg kg kg kg 12 reps, 8 reps, 4 reps, 12 reps	3 sets kg kg kg 12 reps, 8 reps, 4 reps,
			Goal kg next week→	Goal kg next week→	Goal kg next week→	Goal kg next week→
	B2	Front Anchored Band Pull Apart	4 sets 10 reps	4 sets 12 reps	4 sets 14 reps	3 sets 14 reps
	C's	Full Body Circuit - 1.5 reps (1)- FFESS (2)- Landmine Press (3)- Offset Farmers Walk	3 sets (1)- 6 reps/side (2)- 8 reps/side (3)- 2 lengths/side	3 sets (1)- 8 reps/side (2)- 10 reps/side (3)- 2 lengths/side (↑weight)	3 sets (1)- 10 reps/side (2)- 12 reps/side (3)- 2 lengths/side (↑weight)	2-3 sets (1)- 10 reps/side (2)- 12 reps/side (3)- 2 lengths/side
	Focus Block		No Fly Chest			
D1	DB Guillotine Press	3 sets 12 reps	3 sets 16 reps	3 sets 20 reps	2 sets 20 reps	
D2	DB Squeeze Pullover	3 sets 12 reps	3 sets 16 reps	3 sets 20 reps	2 sets 20 reps	