

<p>WARM UP x 3 sets</p> <p><i>Raise body temp</i></p> <ol style="list-style-type: none"> Squats 5 reps Cross Body Wall March 5 reps/side <p><i>Activate</i></p> <ol style="list-style-type: none"> Prisoner Hinge 5 reps Side Lying Overhead Windmill 5 reps/side <p><i>Mobilise</i></p> <ol style="list-style-type: none"> Adductor Rock Backs 5 reps/side 	 <p>SCAN HERE FOR A VIDEO DEMONSTRATION OF THE WARM UP :-)</p> 	<p>Food diary</p> <p>Track your food and drink and review with a coach</p> 
<p>PRO TIPS</p> <p><i>This month is "Bloom", building on the deep & wide base you've grown through Seed and Root so you can start turning that work into visible progress.</i></p> <ul style="list-style-type: none"> ➤ <i>A's move to lower rep, more complex variations that will test control.</i> ➤ <i>B1's are contrast clusters. 2 heavy reps, remove some weight, then 2 light, fast reps.</i> ➤ <i>Conditioning focuses on aerobic work for fast twitch muscles, helping you repeat hard efforts & maintain power for longer.</i> 	<p>How to track your progress?</p> <p>What gets measured, gets managed.</p> 	<p>Goal setting</p> <p>Download this worksheet and set your next goal!</p> 

1 Athlete 1	EXERCISE	LEARNING	PROGRESS	PEAK	RELOAD
A1	Landmine Z-Press	3 sets 5 reps/side	3 sets 5 reps/side (↑weight)	3 sets 5 reps/side (↑weight)	3 sets 5 reps/side
A2	Skater Squat to Box	3 sets 5 reps/side	3 sets 5 reps/side (↑difficulty)	3 sets 5 reps/side (↑difficulty)	3 sets 5 reps/side
B1	Deadlift	3 sets kg kg kg 2 heavy+2 light	3 sets kg kg kg 2 heavy+2 light (↑weight/speed)	3 sets kg kg kg 2 heavy+2 light (↑weight/speed)	3 sets kg kg kg 2 heavy+2 light
		Goal kg next week →	Goal kg next week →	Goal kg next week →	Goal kg next week →
B2	MB Broad Jump	3 sets 3 reps	3 sets 3 reps (↑weight)	3 sets 3 reps (↑weight)	3 sets 5 reps
C's	Movement Circuit (1)- Waiter Walk (2)- Step Back Band Row Rotation (3)- Walking One-Leg RDL	4 sets (1)- 2 lengths/side (2)- 6 reps/side (3)- 6 reps/side	4 sets (1)- 2 lengths/side (↑weight) (2)- 8 reps/direction (3)- 8 reps/side	4 sets (1)- 2 lengths/side (↑weight) (2)- 10 reps/direction (3)- 10 reps/side	3 sets (1)- 2 lengths/side (2)- 10 reps/direction (3)- 10 reps/side
D	Workout of the Week				

2 Athlete 2	EXERCISE		LEARNING	PROGRESS	PEAK	RELOAD
	A1	Gorilla Row	3 sets 5 reps/side	3 sets 5 reps/side (↑difficulty)	3 sets 5 reps/side (↑difficulty)	3 sets 5 reps/side
	A2	KB Swing	3 sets 10 reps	3 sets 10 reps (↑difficulty)	3 sets 10 reps (↑difficulty)	3 sets 10 reps
	B1	Bench Press	3 sets kg kg kg 2 heavy+2 light	3 sets kg kg kg 2 heavy+2 light (↑weight/speed)	3 sets kg kg kg 2 heavy+2 light (↑weight/speed)	3 sets kg kg kg 2 heavy+2 light
			Goal kg next week→	Goal kg next week→	Goal kg next week→	Goal kg next week→
	B2	Repeat MB Chest Throw	3 sets 3 reps	3 sets 3 reps (↑weight)	3 sets 3 reps (↑weight)	3 sets 5 reps
	C	Aerobic Strength Swissball Hack Squat OR Hip Thrusts	4 sets (Rest 40s between sets) 10 reps (2.0.2.0 rep tempo)	4 sets (Rest 40s between sets) 12 reps (2.0.2.0 rep tempo)	5 sets (Rest 40s between sets) 12 reps (2.0.2.0 rep tempo)	4 sets (Rest 40s between sets) 8 reps (2.0.2.0 rep tempo)
	D	Aerobic Strength DB Bench Press OR TRX Row	4 sets (Rest 40s between sets) 10 reps (2.0.2.0 rep tempo)	4 sets (Rest 40s between sets) 12 reps (2.0.2.0 rep tempo)	5 sets (Rest 40s between sets) 12 reps (2.0.2.0 rep tempo)	4 sets (Rest 40s between sets) 8 reps (2.0.2.0 rep tempo)
	Focus Block		You say Tabata, I say Tabata...			
	E	Choose an exercise you can maximally sprint on.	6 sets (3 minutes) 20 seconds ON Max Speed!	7 sets (3 minutes 30 seconds) 20 seconds ON Max Speed!	8 sets (4 minutes) 20 seconds ON Max Speed!	8 sets (4 minutes) 20 seconds ON Max Speed!
	Star Jumps, Sprinting, Mountain Climbers, Ropes etc.	6 sets 10 seconds OFF	7 sets 10 seconds OFF	8 sets 10 seconds OFF	8 sets 10 seconds OFF	

3 Athlete 3	EXERCISE		LEARNING	PROGRESS	PEAK	RELOAD
	A1	Chin Up or Pull Up or High Ring Row	3 sets 5 reps	3 sets 5 reps (↑difficulty)	3 sets 5 reps (↑difficulty)	3 sets 5 reps
	A2	Swissball Russian Twist	3 sets 5 reps/direction	3 sets 5 reps/direction (↑difficulty)	3 sets 5 reps/direction (↑difficulty)	3 sets 5 reps/direction
	B1	Squat	3 sets kg kg kg 2 heavy+2 light	3 sets kg kg kg 2 heavy+2 light (↑weight/speed)	3 sets kg kg kg 2 heavy+2 light (↑weight/speed)	3 sets kg kg kg 2 heavy + 2 light
			Goal kg next week→	Goal kg next week→	Goal kg next week→	Goal kg next week→
	B2	MB Squat Jumps	3 sets 3 reps	3 sets 3 reps (↑weight)	3 sets 3 reps (↑weight)	3 sets 5 reps
	C1	Aerobic Explosive Repeat 1 Lateral Pogos	8 sets (Rest 40s between sets) 20 seconds MAX effort	8 sets (Rest 35s between sets) 20 seconds MAX effort	8 sets (Rest 30s between sets) 20 seconds MAX effort	6 sets (Rest 30s between sets) 20 seconds MAX effort
	D1	Aerobic Explosive Repeat 2 Forward Scissors	8 sets (Rest 40s between sets) 20 seconds MAX effort	8 sets (Rest 35s between sets) 20 seconds MAX effort	8 sets (Rest 30s between sets) 20 seconds MAX effort	6 sets (Rest 30s between sets) 20 seconds MAX effort
	Focus Block		Mobile Stability			
	E1	Cossack Shifts	3 sets 6 reps/side	3 sets 6 reps/side (↑range)	3 sets 6 reps/side (↑range)	2 sets 6 reps/side
E2	Standing Single Leg Hip Circle	3 sets 6 reps/direction/side	3 sets 6 reps/direction/side (↑range)	3 sets 6 reps/direction/side (↑range)	2 sets 6 reps/direction/side	