

<p style="text-align: center;">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 	<div style="text-align: center;"> <p>SCAN HERE FOR A VIDEO DEMONSTRATION OF THE WARM UP :-)</p> </div>	<p>Food diary Track your food and drink and review with a coach</p>
<p style="text-align: center;">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>Tougher variations now become the highest-resistance versions to test your strength.</i> ➤ <i>Main lifts drop to 5 reps, so you can lift heavier with control.</i> ➤ <i>Conditioning is mostly intervals, helping you push hard, recover quicker and repeat high efforts.</i> 	<p>How to track your progress? What gets measured, gets managed.</p>	<p>Goal setting Download this worksheet and set your next goal!</p>

1	EXERCISE	LEARNING	PROGRESS	PEAK	RELOAD
Energy 1	A's Full Body Circuit (1)- Rear Foot Elevated Split Squat (2)- MB Pullover Deadbug (3)- Straight Arm Lat Pulldown	4 sets (1)- 8 reps/side (2)- 8 reps/side (3)- 8 reps	4 sets (1)- 10 reps/side (2)- 10 reps/side (3)- 10 reps	4 sets (1)- 12 reps/side (2)- 12 reps/side (3)- 12 reps	3 sets (1)- 12 reps/side (2)- 12 reps/side (3)- 12 reps
	B1 Deadlift	4 sets kg kg kg kg 5 reps	4 sets kg kg kg kg 5 reps (↑weight)	4 sets kg kg kg kg 5 reps (↑weight)	3 sets kg kg kg 5 reps
	B2 Press Up	4 sets 5 reps	4 sets 5 reps (↑difficulty)	4 sets 5 reps (↑difficulty)	3 sets 5 reps
	C Low Jacks	5 sets (2.5 minutes) 15 seconds ON - Max Effort 15 seconds REST	6 sets (3 minutes) 15 seconds ON - Max Effort 15 seconds REST	6 sets (3 minutes) 15 seconds ON - Max Effort 15 seconds REST	5 sets (2.5 minutes) 15 seconds ON - Max Effort 15 seconds REST
	D Bike/Rower/Ropes	5 sets (2.5 minutes) 15 seconds ON - Max Effort 15 seconds REST	6 sets (3 minutes) 15 seconds ON - Max Effort 15 seconds REST	6 sets (3 minutes) 15 seconds ON - Max Effort 15 seconds REST	5 sets (2.5 minutes) 15 seconds ON - Max Effort 15 seconds REST
	E Workout of the Week				

2	EXERCISE		LEARNING	PROGRESS	PEAK	RELOAD
	A's	Full Body Circuit (1)- One-Arm Push Press (2)- Feet Elevated Hip Thrust (3)- Side Plank Dip to Leg Lift	4 sets (1)- 8 reps/side (2)- 8 reps (3)- 8 reps/side	4 sets (1)- 10 reps/side (2)- 10 reps (3)- 10 reps/side	4 sets (1)- 12 reps/side (2)- 12 reps (3)- 12 reps/side	3 sets (1)- 12 reps/side (2)- 12 reps (3)- 12 reps/side
B1	Squat	4 sets kg kg kg kg 5 reps	4 sets kg kg kg kg 5 reps (↑weight)	4 sets kg kg kg kg 5 reps (↑weight)	3 sets kg kg kg 5 reps	
B2	TRX Row	4 sets 5 reps	4 sets 5 reps (↑difficulty)	4 sets 5 reps (↑difficulty)	3 sets 5 reps	
Focus Block		Waist Snatcher 3.0				
C1	Straight Leg Deadbugs	3 sets 40 seconds	3 sets 50 seconds	3 sets 60 seconds	3 sets 40 seconds	
C2	Plank Walk Outs	3 sets 40 seconds	3 sets 50 seconds	3 sets 60 seconds	3 sets 40 seconds	
D's	VELOCITY MEDLEY (1)- Reverse Lunge Touchdown (2)- Seal Jacks (3)- Mountain Climber Switch (4)- Sprinter Squat (5)- Sit Ups	2 sets (10 minutes) (1)- 35s ON : 25s OFF (2)- 35s ON : 25s OFF (3)- 35s ON : 25s OFF (4)- 35s ON : 25s OFF (5)- 35s ON : 25s OFF	2 sets (10 minutes) (1)- 40s ON : 20s OFF (2)- 40s ON : 20s OFF (3)- 40s ON : 20s OFF (4)- 40s ON : 20s OFF (5)- 40s ON : 20s OFF	2 sets (10 minutes) (1)- 45s ON : 15s OFF (2)- 45s ON : 15s OFF (3)- 45s ON : 15s OFF (4)- 45s ON : 15s OFF (5)- 45s ON : 15s OFF	2 sets (10 minutes) (1)- 40s ON : 20s OFF (2)- 40s ON : 20s OFF (3)- 40s ON : 20s OFF (4)- 40s ON : 20s OFF (5)- 40s ON : 20s OFF	

3	EXERCISE		LEARNING	PROGRESS	PEAK	RELOAD
	A's	Full Body Circuit (1)- RDL (2)- Straight Arm Plank Knee to Hand (3)- Split Stance One-Arm Band Row	4 sets (1)- 8 reps (2)- 8 reps/side (3)- 8 reps/side	4 sets (1)- 10 reps (2)- 10 reps/side (3)- 10 reps/side	4 sets (1)- 12 reps (2)- 12 reps/side (3)- 12 reps/side	3 sets (1)- 12 reps (2)- 12 reps/side (3)- 12 reps/side
B1	Floor/Bench Press	4 sets kg kg kg kg 5 reps	4 sets kg kg kg kg 5 reps (↑weight)	4 sets kg kg kg kg 5 reps (↑weight)	3 sets kg kg kg 5 reps	
B2	Split Squat	4 sets 5 reps/side	4 sets 5 reps/side (↑difficulty)	4 sets 5 reps/side (↑difficulty)	3 sets 5 reps/side	
Focus Block		Minimus & Medius				
C1	Seated Band Abductions <i>Lean Back</i> → <i>Upright</i> → <i>Forward Lean</i>	2 sets 20 reps each	2 sets 25 reps each	2 sets 30 reps each	2 sets 20 reps each	
C2	Rest	2 sets 60 seconds	2 sets 60 seconds	2 sets 60 seconds	2 sets 60 seconds	
D's	Fitness Circuit (1)- Star Jumps (2)- Shoulder Taps (3)- Squat to Press	6 sets (9 minutes) (1)- 30 seconds (2)- 30 seconds (3)- 30 seconds	6 sets (10 minutes 30 seconds) (1)- 35 seconds (2)- 35 seconds (3)- 35 seconds	6 sets (12 minutes) (1)- 40 seconds (2)- 40 seconds (3)- 40 seconds	5 sets (10 minutes) (1)- 40 seconds (2)- 40 seconds (3)- 40 seconds	