




<p><b>WARM UP x 3 sets</b></p> <p><i>Raise body temp</i></p> <ol style="list-style-type: none"> <li><b>Squats</b> 5 reps</li> <li><b>Cross Body Wall March</b> 5 reps/side</li> </ol> <p><i>Activate</i></p> <ol style="list-style-type: none"> <li><b>Prisoner Hinge</b> 5 reps</li> <li><b>Side Lying Overhead Windmill</b> 5 reps/side</li> </ol> <p><i>Mobilise</i></p> <ol style="list-style-type: none"> <li><b>Adductor Rock Backs</b> 5 reps/side</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><b>PRO TIPS</b></p> <p><i>This month is "Bloom", building on the deep &amp; wide base you've grown through <b>Seed</b> and <b>Root</b> so you can start turning that work into visible progress.</i></p> <ul style="list-style-type: none"> <li>➤ <i>Main lifts are staying at 5 reps all month, giving you a clear target to increase weight and build strength week by week.</i></li> <li>➤ <i>The circuits are now Myo Rep sets. Start with 12 reps, then complete mini-sets of 3 with 15 second rests between them until you can't keep good form.</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> 

1		EXERCISE	LEARNNG	PROGRESS	PEAK	RELOAD
Power 1 – LOWER & ABS	A1	Hip Thrust	3 sets 8 reps	3 sets 8 reps (↑resistance)	3 sets 8 reps (↑resistance)	2-3 sets 8 reps
	A2	Side Plank Band Pullthrough	3 sets 8 reps/side	3 sets 10 reps/side	3 sets 12 reps/side	2-3 sets 12 reps/side
	B1	Squat	3 sets <b>kg</b> <b>kg</b> <b>kg</b> 5 reps	3 sets <b>kg</b> <b>kg</b> <b>kg</b> 5 reps (↑weight)	3 sets <b>kg</b> <b>kg</b> <b>kg</b> 5 reps (↑weight)	3 sets <b>kg</b> <b>kg</b> <b>kg</b> 5 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	One Leg Seated Calf Raise	3 sets 10 reps/side	3 sets 12 reps/side	3 sets 14 reps/side	3 sets 14 reps/side
	C's	<b>Lower Circuit - Myo reps</b> (1)- Spanish Squat (2)- Leg/Knee Raise (3)- DB Hamstring Curl	2 sets (1)- 12 reps (+3 reps til fail) (2)- 12 reps (+3 reps til fail) (3)- 12 reps (+3 reps til fail)	2 sets (1)- 12 reps (+3 reps til fail) (2)- 12 reps (+3 reps til fail) (3)- 12 reps (+3 reps til fail)	2 sets (1)- 12 reps (+3 reps til fail) (2)- 12 reps (+3 reps til fail) (3)- 12 reps (+3 reps til fail)	2 sets (1)- 12 reps (+3 reps til fail) (2)- 12 reps (+3 reps til fail) (3)- 12 reps (+3 reps til fail)
D	<b>Workout of the Week</b>					

2	EXERCISE		LEARNING	PROGRESS	PEAK	RELOAD
	A1	DB/KB One Arm Row	3 sets 6 reps/side	3 sets 6 reps/side (↑weight)	3 sets 6 reps/side (↑weight)	2-3 sets 6 reps/side
	A2	Prone DB Shoulder 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	3 sets <b>kg</b> <b>kg</b> <b>kg</b> 5 reps	3 sets <b>kg</b> <b>kg</b> <b>kg</b> 5 reps (↑weight)	3 sets <b>kg</b> <b>kg</b> <b>kg</b> 5 reps (↑weight)	3 sets <b>kg</b> <b>kg</b> <b>kg</b> 5 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	Z-Band Facepull	3 sets 10 reps	3 sets 12 reps	3 sets 14 reps	3 sets 14 reps
	C's	<b>Upper Circuit - Myo reps</b> (1)- Tricep Dips (2)- Seated DB Bicep Curl (3)- Lat Raise	2 sets (1)- 12 reps (+3 reps til fail) (2)- 12 reps (+3 reps til fail) (3)- 12 reps (+3 reps til fail)	2 sets (1)- 12 reps (+3 reps til fail) (2)- 12 reps (+3 reps til fail) (3)- 12 reps (+3 reps til fail)	2 sets (1)- 12 reps (+3 reps til fail) (2)- 12 reps (+3 reps til fail) (3)- 12 reps (+3 reps til fail)	2 sets (1)- 12 reps (2)- 12 reps (3)- 12 reps
	<b>Focus Block</b>		<b>Lats Trio</b>			
	D1	DB Pullover→Straight Arm Pull Down→Lat Prayer Row	2 sets 12 reps each	2 sets 15 reps each	2 sets Max reps each	2 sets 15 reps each
	D2	Rest	2 sets 90 seconds	2 sets 90 seconds	2 sets 90 seconds	2 sets 90 seconds

3	EXERCISE		LEARNING	PROGRESS	PEAK	RELOAD
	A1	Pull Up <i>or</i> Chin Up <i>or</i> High Ring Row	3 sets 6 reps	3 sets 6 reps (↑difficulty)	3 sets 6 reps (↑difficulty)	2-3 sets 6 reps
	A2	Press Up Variation	3 sets 6 reps	3 sets 6 reps (↑difficulty)	3 sets 6 reps (↑difficulty)	2-3 sets 6 reps
	B1	Deadlift	3 sets <b>kg</b> <b>kg</b> <b>kg</b> 5 reps	3 sets <b>kg</b> <b>kg</b> <b>kg</b> 5 reps (↑weight)	3 sets <b>kg</b> <b>kg</b> <b>kg</b> 5 reps (↑weight)	3 sets <b>kg</b> <b>kg</b> <b>kg</b> 5 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	Palms Up Pull Apart	3 sets 10 reps	3 sets 12 reps	3 sets 14 reps	3 sets 14 reps
	C's	<b>Full Body Circuit - Myo reps</b> (1)- Split Squat (2)- Landmine Press (3)- Suitcase Carry	2 sets (1)- 12 reps/side (+3 reps til fail) (2)- 12 reps/side (+3 reps til fail) (3)- 2 lengths/side	2 sets (1)- 12 reps/side (+3 reps til fail) (2)- 12 reps/side (+3 reps til fail) (3)- 3 lengths/side	2 sets (1)- 12 reps/side (+3 reps til fail) (2)- 12 reps/side (+3 reps til fail) (3)- 4 lengths/side	2 sets (1)- 12 reps/side (2)- 12 reps/side (3)- 2 lengths/side
	<b>Focus Block</b>		<b>Triceps Trio 2.0</b>			
	D1	DB Skullcrusher→Overhead Band Extensions→Band Pushdown	2 sets 12 reps each	2 sets 15 reps each	2 sets Max reps each	2 sets 15 reps each
	D2	Rest	2 sets 90 seconds	2 sets 90 seconds	2 sets 90 seconds	2 sets 90 seconds