

WARM UP x 3 sets <i>Raise body temp</i> 1. High Knee March 5 reps/side 2. Cross Arm Swings 5 reps/side <i>Activate</i> 3. Wall Slide 5 reps 4. Glute Bridge 5 reps <i>Mobilise</i> 5. Wide Stance Floor Touch 5 reps	 SCAN HERE FOR A VIDEO DEMONSTRATION OF THE WARM UP :-) 	Food diary Track your food and drink and review with a coach 
PRO TIPS Do you need a fast, efficient but productive workout? You have two great options this month. Remember, 30 minutes is all you need for an effective session 1. Warm up, then 2 sets of each section 2. Warm up, then 3-4 sets of A's & B's	How to track your progress? What gets measured, gets managed. 	Goal setting Download this worksheet and set your next goal! 

1 Energy 1	EXERCISE		LEARNING	PROGRESS	PEAK	RELOAD
	A's	Full Body Circuit (1)- Step Up (2)- Deadbug Hold (3)- Alternating Band Pulldown	2-4 sets (1)- 12 reps/side (2)- 10-30 seconds/side (3)- 12 reps/side	2-4 sets (1)- 12 reps/side (2)- 10-30 seconds/side (3)- 12 reps/side	2-4 sets (1)- 12 reps/side (2)- 10-30 seconds/side (3)- 12 reps/side	2-3 sets (1)- 12 reps/side (2)- 10-30 seconds/side (3)- 12 reps/side
	B1	Deadlift	2-4 sets kg kg kg kg 8 reps	2-4 sets kg kg kg kg 8 reps (↑weight)	2-4 sets kg kg kg kg 8 reps (↑weight)	2-4 sets kg kg kg kg 8 reps
	B2	Press Up Bottom Hold	2-4 sets 10-30 seconds	2-4 sets 10-30 seconds	2-4 sets 10-30 seconds	2-4 sets 10-30 seconds
	C	Low Jacks	3 sets (3 minutes) 25 seconds ON - Max Effort 35 seconds REST	3 sets (3 minutes) 30 seconds ON - Max Effort 30 seconds REST	3 sets (3 minutes) 35 seconds ON - Max Effort 25 seconds REST	3 sets (3 minutes) 25 seconds ON - Max Effort 35 seconds REST
	D	Bike/Rower/Ropes	3 sets (3 minutes) 25 seconds ON - Max Effort 35 seconds REST	3 sets (3 minutes) 30 seconds ON - Max Effort 30 seconds REST	3 sets (3 minutes) 35 seconds ON - Max Effort 25 seconds REST	3 sets (3 minutes) 25 seconds ON - Max Effort 35 seconds REST
	E	Workout of the Month				

2	EXERCISE		LEARNING	PROGRESS	PEAK	RELOAD
	A's	Full Body Circuit (1)- Seesaw Press (2)- Swissball Hamstring Curl (3)- Side Plank Clam Hold	2-4 sets (1)- 12 reps/side (2)- 12 reps (3)- 10-30 seconds/side	2-4 sets (1)- 12 reps/side (2)- 12 reps (3)- 10-30 seconds/side	2-4 sets (1)- 12 reps/side (2)- 12 reps (3)- 10-30 seconds/side	2-3 sets (1)- 12 reps/side (2)- 12 reps (3)- 10-30 seconds/side
	B1	Squat	2-4 sets kg kg kg kg 8 reps	2-4 sets kg kg kg kg 8 reps (↑weight)	2-4 sets kg kg kg kg 8 reps (↑weight)	2-4 sets kg kg kg kg 8 reps
	B2	TRX Row Top Hold	2-4 sets 10-30 seconds	2-4 sets 10-30 seconds	2-4 sets 10-30 seconds	2-4 sets 10-30 seconds
	Focus Block		Hold a Bridge			
	C1	Glute Bridge with MB Squeeze Hold	2 sets 40 seconds	2 sets 50 seconds	2 sets 60 seconds	2 sets 40 seconds
	C2	Glute Bridge with Miniband Hold	2 sets 40 seconds	2 sets 50 seconds	2 sets 60 seconds	2 sets 40 seconds
	D's	VELOCITY MEDLEY (1)- Sprinter Lunges (2)- Plank (3)- Surrenders (4)- T-Rotation (5)- Heel Tap Crunches	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)- Hip Thrust (2)- Birddog Hold (3)- Alternating Band Row	2-4 sets (1)- 12 reps (2)- 10-30 seconds/side (3)- 12 reps/side	2-4 sets (1)- 12 reps (2)- 10-30 seconds/side (3)- 12 reps/side	2-4 sets (1)- 12 reps (2)- 10-30 seconds/side (3)- 12 reps/side	2-3 sets (1)- 12 reps (2)- 10-30 seconds/side (3)- 12 reps/side
	B1	Floor/Bench Press	2-4 sets kg kg kg kg 8 reps	2-4 sets kg kg kg kg 8 reps (↑weight)	2-4 sets kg kg kg kg 8 reps (↑weight)	2-4 sets kg kg kg kg 8 reps
	B2	Split Squat Bottom Hold	2-4 sets 10-20 seconds/side	2-4 sets 10-20 seconds/side	2-4 sets 10-20 seconds/side	2-4 sets 10-20 seconds/side
	Focus Block		Bottom Half Abs			
	C1	Window Wiper	2 sets 6 reps/side	2 sets 8 reps/side	2 sets 10 reps/side	2 sets 6 reps/side
	C2	Hand Supported Bent Knee V-Up	2 sets 20 reps	2 sets 25 reps	2 sets 30 reps	2 sets 20 reps
	D's	Fitness Circuit (1)- Lateral Box Step Up and Over (2)- Inchworm (3)- Leg Lower to Toe Touch Crunch	3 sets (9 minutes) (1)- 60 seconds (2)- 60 seconds (3)- 60 seconds	3 sets (10 minutes 30 seconds) (1)- 70 seconds (2)- 70 seconds (3)- 70 seconds	3 sets (12 minutes) (1)- 80 seconds (2)- 80 seconds (3)- 80 seconds	3 sets (10 minutes 30 seconds) (1)- 70 seconds (2)- 70 seconds (3)- 70 seconds