

WARM UP x 3 sets <i>Raise body temp</i> Sprinter Step Back 5 reps/side Bent Arm Circles 10 reps/direction <i>Activate</i> Kneeling Prisoner Extension 10 reps Birddog 5 reps/side <i>Mobilise</i> Hip Flexor Side Bends 5 reps/direction/side	 SCAN HERE FOR A VIDEO DEMONSTRATION OF THE WARM UP :-) 	Food diary Track your food and drink and review with a coach 
PRO TIPS ➤ This is the first of 4 strength-focused months, and it sets you up for more intense lifting in the final months of the year. ➤ Focus on range of motion, stability through that full range, and control across your lifts. ➤ Higher reps help to improve resilience, build muscle and increase work capacity.	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)- Side Plank March (2)- Forward Lunge (3)- Alternating Lat Pulldown	4 sets (1)- 10 reps/side (2)- 10 reps/side (3)- 10 reps/side	4 sets (1)- 12 reps/side (2)- 12 reps/side (3)- 12 reps/side	4 sets (1)- 15 reps/side (2)- 15 reps/side (3)- 15 reps/side
	B1	Deadlift	4 sets kg kg kg kg 8 reps	4 sets kg kg kg kg 8 reps (↑weight)	4 sets kg kg kg kg 8 reps (↑weight)
	B2	Press Up	4 sets 8 reps	4 sets 8 reps	3 sets 8 reps
	C's	Fitness Circuit (1)- Low Box Taps (2)- High Plank + Reach (3)- Sit Ups (4)- RECOVER	5 sets (6 minutes 40 seconds) (1)- 20 seconds (2)- 20 seconds (3)- 20 seconds (3)- 20 seconds	5 sets (8 minutes 20 seconds) (1)- 25 seconds (2)- 25 seconds (3)- 25 seconds (3)- 25 seconds	5 sets (10 minutes) (1)- 30 seconds (2)- 30 seconds (3)- 30 seconds (3)- 30 seconds
	D	Workout of the Month			

2 Energy 2	EXERCISE		LEARNING	PROGRESS	PEAK	RELOAD
	A's	Full Body Circuit (1)- Straight Leg Deadbug (2)- Kickstand Hip Thrust (3)- SeeSaw Overhead Press	4 sets (1)- 10 reps/side (2)- 10 reps/side (3)- 10 reps/side	4 sets (1)- 12 reps/side (2)- 12 reps/side (3)- 12 reps/side	4 sets (1)- 15 reps/side (2)- 15 reps/side (3)- 15 reps/side	3 sets (1)- 15 reps/side (2)- 15 reps/side (3)- 15 reps/side
	B1	Squat	4 sets kg kg kg kg 8 reps	4 sets kg kg kg kg 8 reps (↑weight)	4 sets kg kg kg kg 8 reps (↑weight)	3 sets kg kg kg 8 reps
	B2	TRX Row	4 sets 8 reps	4 sets 8 reps	4 sets 8 reps	3 sets 8 reps
	Focus Block		Swiss Abs			
	C1	Swissball Crunch	3 sets 12 reps	3 sets 16 reps	3 sets 20 reps	2 sets 20 reps
	C2	Swissball Knee Tuck	3 sets 6 reps	3 sets 8 reps	3 sets 10 reps	2 sets 10 reps
	D's	Fitness Circuit (1)- Murpees (2)- Yoga Pike Toe Taps (3)- Surrenders (4)- Rest	4 sets (12 minutes) (1)- 45 seconds (2)- 45 seconds (3)- 45 seconds (4)- 45 seconds	4 sets (11 minutes) (1)- 45 seconds (2)- 45 seconds (3)- 45 seconds (4)- 30 seconds	4 sets (10 minutes) (1)- 45 seconds (2)- 45 seconds (3)- 45 seconds (4)- 15 seconds	4 sets (11 minutes) (1)- 45 seconds (2)- 45 seconds (3)- 45 seconds (4)- 30 seconds

3 Energy 3	EXERCISE		LEARNING	PROGRESS	PEAK	RELOAD
	A's	Full Body Circuit (1)- Paloff Circle (2)- Tall Kneeling Alternating Band Row (3)- Kickstand RDL	4 sets (1)- 10 reps/side (2)- 10 reps/side (3)- 10 reps/side	4 sets (1)- 12 reps/side (2)- 12 reps/side (3)- 12 reps/side	4 sets (1)- 15 reps/side (2)- 15 reps/side (3)- 15 reps/side	3 sets (1)- 15 reps/side (2)- 15 reps/side (3)- 15 reps/side
	B1	Floor/Bench Press	4 sets kg kg kg kg 8 reps	4 sets kg kg kg kg 8 reps (↑weight)	4 sets kg kg kg kg 8 reps (↑weight)	3 sets kg kg kg 8 reps
	B2	Split Squat	4 sets 8 reps/side	4 sets 8 reps/side	4 sets 8 reps/side	3 sets 8 reps/side
	Focus Block		Lateral Glutes			
	C1	Lateral Band Walk	3 sets 20 reps/side	3 sets 25 reps/side	2 sets 30 reps/side	2 sets 30 reps/side
	C2	Side Lying Leg Circles	3 sets 10 reps/direction/side	3 sets 12 reps/direction/side	3 sets 15 reps/direction/side	2 sets 15 reps/direction/side
	D's	Fitness Circuit (1)- Sprinter Step Ups (2)- Kneeling Ropes (3)- Bike/Rower	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 (13 minutes 30 seconds) (1)- 90 seconds (2)- 90 seconds (3)- 90 seconds	3 sets (12 minutes) (1)- 80 seconds (2)- 80 seconds (3)- 80 seconds