

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. ➤ Rep Challenges - Aim to complete in 2-4 sets. Use a resistance that you'd expect to get 12-15 reps with normally.	How to track your progress? What gets measured, gets managed. 	Goal setting Download this worksheet and set your next goal! 

1 Power 1 – LOWER & ABS	EXERCISE	LEARNING	PROGRESS	PEAK	RELOAD
	A1 Swissball Hamstring Curl	3 sets 8 reps	3 sets 10 reps	3 sets 12 reps	3 sets 8 reps
	A2 Band Rotation	3 sets 8 reps/side	3 sets 10 reps/side	3 sets 12 reps/side	3 sets 8 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
		Goal kg next week→	Goal kg next week→	Goal kg next week→	Goal kg next week→
	B2 Toes Out Calf Raise	4 sets 10 reps	4 sets 15 reps	4 sets 20 reps	3 sets 20 reps
	C's Lower Circuit - Rep Challenge (1)- Hip Thrust (2)- MB Crunch (3)- Spanish Squat	? sets (1)- 40 reps (2)- 40 reps (3)- 40 reps	? sets (1)- 50 reps (2)- 50 reps (3)- 50 reps	? sets (1)- 60 reps (2)- 60 reps (3)- 60 reps	3 sets (1)- 15 reps (2)- 15 reps (3)- 15 reps
	D Workout of the Month				

2	EXERCISE		LEARNING	PROGRESS	PEAK	RELOAD
	A1	Chin Up	3 sets 8 reps	3 sets 10 reps	3 sets 12 reps	3 sets 8 reps
	A2	One Arm Band External Rotation	3 sets 8 reps/side	3 sets 10 reps/side	3 sets 12 reps/side	3 sets 8 reps/side
	B1	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
			Goal kg next week→	Goal kg next week→	Goal kg next week→	Goal kg next week→
	B2	Band 'A'	4 sets 10 reps	4 sets 15 reps	4 sets 20 reps	3 sets 20 reps
	C's	Upper Circuit - Rep Challenge (1)- One Arm DB/KB Row (2)- Low Overhead Band Extension (3)- Hammer Curl	? sets (1)- 40 reps/side (2)- 40 reps (3)- 40 reps	? sets (1)- 50 reps/side (2)- 50 reps (3)- 50 reps	? sets (1)- 60 reps/side (2)- 60 reps (3)- 60 reps	3 sets (1)- 15 reps/side (2)- 15 reps (3)- 15 reps
	Focus Block		Crushing Strength			
	D1	Heavy Fat Grip Hold	3 sets 30 seconds	3 sets 30 seconds (↑weight)	3 sets 30 seconds (↑weight)	2 sets 30 seconds
	D2	Radial/Ulnar Deviation Raise	3 sets 8 reps/direction/side	3 sets 10 reps/direction/side	3 sets 12 reps/direction/side	2 sets 12 reps/direction/side
3	EXERCISE		LEARNING	PROGRESS	PEAK	RELOAD
	A1	Band Lat Pulldown	3 sets 8 reps	3 sets 10 reps	3 sets 12 reps	3 sets 8 reps
	A2	Seated One Arm Overhead Press	3 sets 8 reps/side	3 sets 10 reps/side	3 sets 12 reps/side	3 sets 8 reps/side
	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
			Goal kg next week→	Goal kg next week→	Goal kg next week→	Goal kg next week→
	B2	One Arm BPA	4 sets 10 reps/side	4 sets 15 reps/side	4 sets 20 reps/side	3 sets 20 reps/side
	C's	Full Body Circuit - Rep Challenges (1)- Walking Lunge (2)- Press Up (3)- Suitcase-Rack Mixed Carry	? sets (1)- 40 reps/side (2)- 40 reps (3)- 4 lengths/side	? sets (1)- 50 reps/side (2)- 50 reps (3)- 5 lengths/side	? sets (1)- 60 reps/side (2)- 60 reps (3)- 6 lengths/side	3 sets (1)- 15 reps/side (2)- 15 reps (3)- 3 lengths/side
	Focus Block		Named Lats			
	D1	Egyptian Raise	3 sets 12 reps/side	3 sets 15 reps/side	3 sets 20 reps/side	2 sets 20 reps/side
	D2	Kirk Shrug	3 sets 12 reps	3 sets 15 reps	3 sets 20 reps	2 sets 20 reps