

WARM UP x 3 sets <i>Raise body temp</i> Knee Grab March 10 reps/side Alternate Arm Swings 10 reps/direction <i>Activate</i> Bent Over W's 5 reps Fire Hydrant 5 reps/side <i>Mobilize</i> Half Kneel T-Rotation 5 reps/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 ➤ Month 2 of our 4-month strength focus brings a mix of heavier lifts and higher-volume work. ➤ For B1s, start where you finished last month. Keep every rep crisp, controlled and fast on the way up. ➤ Accessory Circuits build supporting muscles, resilience and address weaknesses.	How to track your progress? What gets measured, gets managed. 	Goal setting Download this worksheet and set your next goal! 

1 Athlete 1	EXERCISE	LEARNING	PROGRESS	PEAK	RELOAD
	A's Accessory Circuit (1)- Skater Squat (2)- Landmine Push Press (3)- Hollow Body Crunch	3 sets (1)- 6 reps/side (2)- 6 reps/side (3)- 6 reps	3 sets (1)- 6 reps/side(↑difficulty) (2)- 6 reps/side (↑difficulty) (3)- 6 reps (↑difficulty)	4 sets (1)- 6 reps/side (2)- 6 reps/side (3)- 6 reps	3 sets (1)- 6 reps/side (2)- 6 reps/side (3)- 6 reps
	B1 Deadlift for speed	6 sets kg 3 reps Goal kg next week→	6 sets kg 3 reps (↑weight/speed) Goal kg next week→	6 sets kg 3 reps (↑weight/speed) Goal kg next week→	6 sets kg 3 reps Goal kg next week→
	B2 Single Leg Forward Hop	6 sets 3 reps/side	6 sets 3 reps/side (↑speed)	6 sets 3 reps/side (↑speed)	6 sets 3 reps/side
	C's ALACTIC CAPACITY INTERVALS (1) DB Jump Squats or KB Swings or Rope Slams (2) Rest	10 sets (1)- 12 reps (2)- 20 seconds	10 sets (1)- 16 reps (2)- 20 seconds	10 sets (1)- 20 reps (2)- 20 seconds	8 sets (1)- 16 reps (2)- 20 seconds
	D Workout of the Month				

2 Athlete 2	EXERCISE		LEARNING	PROGRESS	PEAK	RELOAD
	A's	Accessory Circuit (1)- Pendlay Row (2)- One Leg Hamstring Slider (3)- Side Plank Star	3 sets (1)- 6 reps (2)- 6 reps/side (3)- 6 reps/side	3 sets (1)- 6 reps (↑difficulty) (2)- 6 reps/side (↑difficulty) (3)- 6 reps/side (↑difficulty)	4 sets (1)- 6 reps (2)- 6 reps/side (3)- 6 reps/side	3 sets (1)- 6 reps (2)- 6 reps/side (3)- 6 reps/side
	B1	Bench Press for speed	6 sets kg 3 reps	6 sets kg 3 reps (↑weight/speed)	6 sets kg 3 reps (↑weight/speed)	6 sets kg 3 reps
			Goal kg next week→	Goal kg next week→	Goal kg next week→	Goal kg next week→
	B2	Band Slam	6 sets 3 reps	6 sets 3 reps (↑speed)	6 sets 3 reps (↑speed)	6 sets 3 reps
	C's	PERFORMANCE CIRCUIT - EMOM 'til you drop Pick Assault Bike, Rower or Burpees	1st min - 2 cal/ reps (rest for remainder of minute) 2nd min - 4 cal/ reps..... Continue adding 2 each minute until you can no longer complete	Aim to complete more minutes.	Aim to complete more minutes.	Match PEAK performance
	Focus Block		Hips & Upper Back Opener			
	D1	90/90 Chest Dip & Reach	2 sets 6 reps/side	2 sets 8 reps/side	2 sets 10 reps/side	2 sets 6 reps/side
	D2	Spiderman & Reach	2 sets 6 reps/side	2 sets 8 reps/side	2 sets 10 reps/side	2 sets 6 reps/side

3 Athlete 3	EXERCISE		LEARNING	PROGRESS	PEAK	RELOAD
	A's	Accessory Circuit (1)- Chin Up/Pull Up/High Ring Row (2)- Landmine Contralateral Lunge (3)- Adductor Band Rotation	3 sets (1)- 6 reps (2)- 6 reps/side (3)- 6 reps/side	3 sets (1)- 6 reps (↑difficulty) (2)- 6 reps/side (↑difficulty) (3)- 6 reps/side (↑difficulty)	4 sets (1)- 6 reps (2)- 6 reps/side (3)- 6 reps/side	3 sets (1)- 6 reps (2)- 6 reps/side (3)- 6 reps/side
	B1	Squat for speed	6 sets kg 3 reps	6 sets kg 3 reps (↑weight/speed)	6 sets kg 3 reps (↑weight/speed)	6 sets kg 3 reps
			Goal kg next week→	Goal kg next week→	Goal kg next week→	Goal kg next week→
	B2	Single Leg Vertical Hop	6 sets 3 reps/side	6 sets 3 reps/side (↑speed)	6 sets 3 reps/side (↑speed)	6 sets 3 reps/side
	C's	Movement Circuit (1)- One Arm Rack Carry (2)- Curtsy Lunge (3)- Half Kneel Windmill	3 sets (1)- 2 lengths/side (2)- 8 reps/side (3)- 8 reps/side	3 sets (1)- 2 lengths/side (↑difficulty) (2)- 8 reps/side (↑difficulty) (3)- 8 reps/side (↑difficulty)	4 sets (1)- 2 lengths/side (2)- 8 reps/side (3)- 8 reps/side	3 sets (1)- 2 lengths/side (2)- 8 reps/side (3)- 8 reps/side
	Focus Block		Baseline Alactic Fitness			
	D1	Bike/Rower/Rope/Any other cardio activity	8 sets 12 seconds	8 sets 12 seconds (↑distance/reps)	8 sets 12 seconds (↑distance/reps)	8 sets 12 seconds
	D2	Recover	8 sets 48 seconds	8 sets 48 seconds	8 sets 48 seconds	8 sets 48 seconds