

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 the main lifts your first working weight should be where you finished last month. Then build from there. ➤ 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 - 1.5 reps (1)- Side Plank Row 1.5 (2)- Reverse Lunge 1.5 (3)- Lat Pulldown 1.5	4 sets (1)- 8 reps/side (2)- 8 reps/side (3)- 8 reps	4 sets (1)- 10 reps/side (2)- 10 reps/side (3)- 10 reps	4 sets (1)- 10 reps/side (↑difficulty) (2)- 10 reps/side (↑difficulty) (3)- 10 reps (↑difficulty)	3 sets (1)- 10 reps/side (2)- 10 reps/side (3)- 10 reps
	B1	Deadlift	4 sets kg kg kg kg 6 reps	4 sets kg kg kg kg 6 reps (↑weight)	4 sets kg kg kg kg 6 reps (↑weight)	3 sets kg kg kg 6 reps
	B2	Press Up	4 sets 6 reps	4 sets 6 reps (↑difficulty)	4 sets 6 reps (↑difficulty)	3 sets 6 reps
	C's	Fitness Circuit (1)- Medball Surrenders (2)- High Plank Shuffle (3)- Hand Supported In-Out (4)- Recover!	5 sets (6 minutes 40 seconds) (1)- 20 seconds (2)- 20 seconds (3)- 20 seconds (4)- 20 seconds	6 sets (8 minutes) (1)- 20 seconds (2)- 20 seconds (3)- 20 seconds (4)- 20 seconds	7 sets (9 minutes 20 seconds) (1)- 20 seconds (2)- 20 seconds (3)- 20 seconds (4)- 20 seconds	5 sets (6 minutes 40 seconds) (1)- 20 seconds (2)- 20 seconds (3)- 20 seconds (4)- 20 seconds
	D	Workout of the Month				

2 Energy 2	EXERCISE		LEARNING	PROGRESS	PEAK	RELOAD
	A's	Full Body Circuit - 1.5 reps (1)- Double Leg Deadbug 1.5 (2)- Hip Thrust 1.5 (3)- Overhead Press 1.5	4 sets (1)- 8 reps (2)- 8 reps (3)- 8 reps	4 sets (1)- 10 reps (2)- 10 reps (3)- 10 reps	4 sets (1)- 10 reps (↑difficulty) (2)- 10 reps (↑difficulty) (3)- 10 reps (↑difficulty)	3 sets (1)- 10 reps (2)- 10 reps (3)- 10 reps
	B1	Squat	4 sets kg kg kg kg 6 reps	4 sets kg kg kg kg 6 reps (↑weight)	4 sets kg kg kg kg 6 reps (↑weight)	3 sets kg kg kg 6 reps
	B2	TRX Row	4 sets 6 reps	4 sets 6 reps (↑difficulty)	4 sets 6 reps (↑difficulty)	3 sets 6 reps
	Focus Block		Triceps Burner			
	C1	Tricep Kickback	3 sets 12 reps/side	3 sets 16 reps/side	3 sets 20 reps/side	2 sets 20 reps/side
	C2	Strict Shoulder Tap	3 sets 12 reps/side	3 sets 16 reps/side	3 sets 20 reps/side	2 sets 20 reps/side
	D's	Fitness Circuit (1)- Heel Tap Crunches (2)- Bear Crawl Hold (3)- Wall Squat Hold (4)- Recover!	4 sets (9 minutes 20 seconds) (1)- 35 seconds (2)- 35 seconds (3)- 35 seconds (4)- 35 seconds	4 sets (10 minutes 40 seconds) (1)- 40 seconds (2)- 40 seconds (3)- 40 seconds (4)- 40 seconds	4 sets (12 minutes) (1)- 45 seconds (2)- 45 seconds (3)- 45 seconds (4)- 45 seconds	4 sets (10 minutes 40 seconds) (1)- 40 seconds (2)- 40 seconds (3)- 40 seconds (4)- 40 seconds

3 Energy 3	EXERCISE		LEARNING	PROGRESS	PEAK	RELOAD
	A's	Full Body Circuit - 1.5 reps (1)- Paloff Press 1.5 (2)- Seated Band Row 1.5 (3)- RDL 1.5	4 sets (1)- 8 reps/side (2)- 8 reps (3)- 8 reps	4 sets (1)- 10 reps/side (2)- 10 reps (3)- 10 reps	4 sets (1)- 10 reps/side (↑difficulty) (2)- 10 reps (↑difficulty) (3)- 10 reps (↑difficulty)	3 sets (1)- 12 reps/side (2)- 12 reps (3)- 12 reps
	B1	Floor/Bench Press	4 sets kg kg kg kg 6 reps	4 sets kg kg kg kg 6 reps (↑weight)	4 sets kg kg kg kg 6 reps (↑weight)	3 sets kg kg kg 6 reps
	B2	Split Squat	4 sets 6 reps/side	4 sets 6 reps/side (↑difficulty)	4 sets 6 reps/side (↑difficulty)	3 sets 6 reps/side
	Focus Block		Inner/Outer Thighs			
	C1	Curtsey Lunge	3 sets 6 reps/side	3 sets 8 reps/side	3 sets 8 reps/side (↑difficulty)	2 sets 8 reps/side
	C2	Standing Band Adduction	3 sets 12 reps/side	3 sets 15 reps/side	3 sets 15 reps/side (↑difficulty)	2 sets 15 reps/side
	D's	Fitness Circuit (1)- MB Squat to Press (2)- Bike/Rower (3)- Knee Taps	3 sets (7 minutes 30 seconds) (1)- 50 seconds (2)- 50 seconds (3)- 50 seconds	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 (9 minutes) (1)- 60 seconds (2)- 60 seconds (3)- 60 seconds