

WARM UP x 3 sets <i>Raise body temp</i> 1. Knee Grab March 10 reps/side 2. Alternate Arm Swings 10 reps/direction <i>Activate</i> 3. Bent Over W's 5 reps 4. Fire Hydrant 5 reps/side <i>Mobilize</i> 5. 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. ➤ Max reps: Aim for 12–30 reps. Under 12 = reduce the load. Over 30 : increase it. Finish when you feel you've only got 1–2 good reps left.	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 Band Hamstring Curl	3 sets 8 reps	3 sets 10 reps	3 sets 12 reps	3 sets 8 reps
	A2 Kneeling Low to High Band Rotation	3 sets 6 reps/side	3 sets 6 reps/side (↑resistance)	3 sets 6 reps/side (↑resistance)	3 sets 6 reps/side
	B1 Squat	4 sets kg kg kg kg 4 reps	4 sets kg kg kg kg 4 reps (↑weight)	4 sets kg kg kg kg 4 reps (↑weight)	3 sets kg kg kg 4 reps
		Goal kg next week→	Goal kg next week→	Goal kg next week→	Goal kg next week→
	B2 Single Leg Calf Raise	4 sets 10 reps/side	4 sets 12 reps/side	4 sets 15 reps/side	3 sets 15 reps/side
	C's Lower Circuit - Max Reps (1)- Hip Thrust (2)- MB Pass Deadbugs (3)- Spanish Squat	2 sets (1)- Max reps (12-30 reps) (2)- Max reps (12-30 reps) (3)- Max reps (12-30 reps)	2 sets (1)- Max reps (↑reps/weight) (2)- Max reps (↑reps/weight) (3)- Max reps (↑reps/weight)	2 sets (1)- Max reps (↑reps/weight) (2)- Max reps (↑reps/weight) (3)- Max reps (↑reps/weight)	2 sets (1)- Same as PEAK (2)- Same as PEAK (3)- Same as PEAK
D	Workout of the Month				

2	EXERCISE		LEARNING	PROGRESS	PEAK	RELOAD
	A1	Chin Up <i>or</i> Pull Up <i>or</i> High Ring Row	3 sets 6 reps	3 sets 6 reps (↑difficulty)	3 sets 6 reps (↑difficulty)	3 sets 8 reps (↑difficulty)
	A2	90/90 Band ER	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 4 reps	4 sets kg kg kg kg 4 reps (↑weight)	4 sets kg kg kg kg 4 reps (↑weight)	3 sets kg kg kg 4 reps
			Goal kg next week→	Goal kg next week→	Goal kg next week→	Goal kg next week→
	B2	Band 'T'	4 sets 10 reps	4 sets 12 reps	4 sets 15 reps	3 sets 15 reps
	C's	Upper Circuit - Max Reps (1)- One Arm DB/KB Row (2)- Band Kickbacks (3)- Zottman Curl	2 sets (1)- Max reps (12-30 reps) (2)- Max reps (12-30 reps) (3)- Max reps (12-30 reps)	2 sets (1)- Max reps (↑reps/weight) (2)- Max reps (↑reps/weight) (3)- Max reps (↑reps/weight)	2 sets (1)- Max reps (↑reps/weight) (2)- Max reps (↑reps/weight) (3)- Max reps (↑reps/weight)	2 sets (1)- Same as PEAK (2)- Same as PEAK (3)- Same as PEAK
	Focus Block		Delta Delts			
	D1	Bent Forward Shrug	3 sets 12 reps	3 sets 12 reps (↑weight)	3 sets 12 reps (↑weight)	2 sets 12 reps
	D2	Bent Arm Lat Raise	3 sets 12 reps	3 sets 12 reps (↑weight)	3 sets 12 reps (↑weight)	2 sets 12 reps

3	EXERCISE		LEARNING	PROGRESS	PEAK	RELOAD
	A1	Straight Arm Band Pulldown	3 sets 8 reps	3 sets 10 reps	3 sets 12 reps	3 sets 8 reps
	A2	Seated Overhead Press	3 sets 6 reps	3 sets 6 reps (↑weight)	3 sets 6 reps (↑weight)	3 sets 6 reps
	B1	Deadlift	4 sets kg kg kg kg 4 reps	4 sets kg kg kg kg 4 reps (↑weight)	4 sets kg kg kg kg 4 reps (↑weight)	3 sets kg kg kg 4 reps
			Goal kg next week→	Goal kg next week→	Goal kg next week→	Goal kg next week→
	B2	Alternating BPA	4 sets 10 reps/side	4 sets 12 reps/side	4 sets 15 reps/side	3 sets 15 reps/side
	C's	Full Body Circuit - Max Reps (1)- Forward to Reverse Lunge (2)- Press Up (3)- Farmers Walk	2 sets (1)- Max reps (12-30 reps) (2)- Max reps (12-30 reps) (3)- Max distance (12-30 reps)	2 sets (1)- Max reps(↑reps/weight) (2)- Max reps (↑reps/weight) (3)- Max distance (↑reps/weight)	2 sets (1)- Max reps (↑reps/weight) (2)- Max reps (↑reps/weight) (3)- Max distance (↑reps/weight)	2 sets (1)- Same as PEAK (2)- Same as PEAK (3)- Same as PEAK
	Focus Block		Swiss Cheest			
	D1	Swissball DB Fly	3 sets 8 reps	3 sets 10 reps	3 sets 12 reps	2 sets 12 reps
	D2	Swissball Pullover	3 sets 8 reps	3 sets 10 reps	3 sets 12 reps	2 sets 12 reps