





WARM UP x 3 sets 1. Butt Kicks 10 reps/side Raise body temp 2. Spider Steps 10 reps/side 3. Wall Slide 10 reps Activate 4. Glute Bridge 10 reps 5. Hip Flexor + Rotate 10 reps/side Mobilise	Goal setting Download this worksheet and set your next goal! 	Food diary Track your food and drink and review with a coach 
<p><u>PRO TIPS</u></p> <p>Use this month to reset your technique. Use the largest range of motion possible with good form that you can.</p> <p>Had some time off? Take your time increasing the load.</p> <p>Set yourself up for an excellent year of training!</p>	How to track your progress? What gets measured, gets managed. 	Healthy Eating Guide Top tips on what to eat 
FUN FITNESS FACT: In 2019 Shaleni Bhanthia held a wall sit for 1 minute...with 100kg on her lap!		

1 Energy 1	EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
	A1	Half Kneeling 1-Arm Overhead Press	3-4 sets 6 reps/side	3-4 sets 8 reps/side	3-4 sets 8 reps/side (↑weight)	3 sets 8 reps/side
	A2	Side Plank + Leg Lift	3-4 sets 6 reps/side	3-4 sets 8 reps/side	3-4 sets 8 reps/side (+pause)	3 sets 8 reps/side
	B1	RDL	4 sets kg kg kg kg 8 reps	4 sets kg kg kg kg 10 reps	4 sets kg kg kg kg 10 reps (↑weight)	3 sets kg kg kg 10 reps
			Goal kg next week→	Goal kg next week→	Goal kg next week→	Goal kg next week→
	B2	Dead Bug Hold	4 sets 20 seconds/side	4 sets 25 seconds/side	4 sets 30 seconds/side	3 sets 30 seconds/side
	C's	Fitness Circuit (1)- Low Step Ups (2)- Shoulder Taps (3)- Side Step Squats (4)- Ropes	4 sets (1)- 30 seconds (2)- 30 seconds (3)- 30 seconds (4)- 30 seconds	4-5 sets (1)- 30 seconds (2)- 30 seconds (3)- 30 seconds (4)- 30 seconds	5 sets (1)- 30 seconds (2)- 30 seconds (3)- 30 seconds (4)- 30 seconds	3-4 sets (1)- 30 seconds (2)- 30 seconds (3)- 30 seconds (4)- 30 seconds
	D	Workout of the Week				

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Energy 2

EXERCISE		TEACHING				PROGRESS				PEAK				RELOAD			
A's	Full Body Circuit (1)- Press Up (2)- 1-Leg Glute Bridge (3)- 1-Arm Standing Band Row	3-4 sets (1)- 5-10 reps (2)- 8 reps/side (3)- 8 reps/side				4 sets (1)- 5-10 reps (2)- 8 reps/side (3)- 8 reps/side				4 sets (1)- 5-10 reps (2)- 10 reps/side (3)- 10 reps/side				3 sets (1)- 5-10 reps (2)- 10 reps/side (3)- 10 reps/side			
B1	Goblet Squat	4 sets kg kg kg kg 8 reps				4 sets kg kg kg kg 10 reps				4 sets kg kg kg kg 10 reps (↑weight)				3 sets kg kg kg 10 reps			
		Goal kg next week→				Goal kg next week→				Goal kg next week→				Goal kg next week→			
B2	Birddog Hold	4 sets 20 seconds/side				4 sets 25 seconds/side				4 sets 30 seconds/side				3 sets 30 seconds/side			
Focus Block		Simple (but not easy!) abs															
C1	Zombie Crunch	3-4 sets 10 reps				3-4 sets 10 reps				3-4 sets 12 reps				3 sets 12 reps			
C2	Slow Double Leg Deadbug	3-4 sets 4 reps				3-4 sets 5 reps				3-4 sets 6 reps				3-4 sets 6 reps			
D's	Fitness Circuit (1)- Mountain Climber (2)- Farmers Walk (3)- Forward Lunge	10 minutes (1)- 15 reps/side (2)- 4 lengths (3)- 8 reps/side				11 minutes (1)- 15 reps/side (2)- 4 lengths (3)- 8 reps/side				12 minutes (1)- 15 reps/side (2)- 4 lengths (3)- 8 reps/side				10 minutes (1)- 15 reps/side (2)- 4 lengths (3)- 8 reps/side			

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Energy 3

EXERCISE		TEACHING				PROGRESS				PEAK				RELOAD						
A1	DB Floor Press	4 sets 8 reps	kg	kg	kg	kg	4 sets 10 reps	kg	kg	kg	kg	4 sets 10 reps (↑weight)	kg	kg	kg	kg	3 sets 10 reps	kg	kg	kg
		Goal kg next week→				Goal kg next week→				Goal kg next week→				Goal kg next week→						
A2	Window Wipers	4 sets 8 reps/side				4 sets 9 reps/side				4 sets 10 reps/side				3 sets 10 reps/side						
B1	Reverse Lunge	3-4 sets 6 reps/side				3-4 sets 8 reps/side				3-4 sets 8 reps/side (↑weight)				3 sets 8 reps/side						
B2	Straight Arm Band Pull Down	3-4 sets 10 reps				3-4 sets 12 reps				3-4 sets 12 reps (↑tension)				3 sets 12 reps						
C's	Full Body Circuit (1)- Double Band Hip Thrust (2)- Alternating Leg Lower (3)- TRX Row	4 sets (1)- 8 reps (2)- 8 reps/side (3)- 8 reps				4 sets (1)- 10 reps (2)- 10 reps/side (3)- 10 reps				4 sets (1)- 12 reps (2)- 12 reps/side (3)- 12 reps				3-4 sets (1)- 12 reps (2)- 12 reps/side (3)- 12 reps						
Focus Block		Complete Cardio																		
D1	Rower/Assault Bike/Spin Bike	4 sets 40 seconds				4 sets 50 seconds				4 sets 60 seconds				3 sets 60 seconds						
D2	Pike Plank	4 sets 40 seconds				4 sets 50 seconds				4 sets 60 seconds				3 sets 60 seconds						