





March 2024

'Put the roof on'

WARM UP x 3 sets 1. Knee Grab March 10 reps/side Raise body 2. Step Back Touchdowns 10 reps/side temp 3. Bent Over Y's 10 reps Activate 4. Birddog Heel Circles 10 reps/side 5. Long Adductor Toe Reach 5 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 style="text-align: center;"><u>PRO TIPS</u></p> <p>This month is a strength development month with a high intensity fitness focus.</p> <p>You'll be handling more weight over the month but also pushing workouts faster during the circuits.</p> <p>Maintain the technique and range of motion you've been developing over the past 2 months to maximise your results.</p>	How to track your progress? What gets measured, gets managed. 	Healthy Eating Guide Top tips on what to eat 
The women's record for 50 calories on an Assault Bike is 1 minute 8 seconds. Whilst the most calories completed in 30 minutes is 408!		

1 Energy 1	EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
	A1	Double Leg Deadbug Hold	3-4 sets 20 seconds	4 sets 20 seconds	4 sets 20 seconds	4 sets 20 seconds
	A2	Side Plank + Leg Circles	3-4 sets 6 reps/direction/side	4 sets 6 reps/direction/side	4 sets 8 reps/direction/side	3 sets 8 reps/side
	B1	Kickstand Deadlift	4 sets kg kg kg kg 6 reps/side	4 sets kg kg kg kg 6 reps/side (↑weight)	4 sets kg kg kg kg 6 reps/side (↑weight)	3 sets kg kg kg 6 reps/side
			Goal kg next week→	Goal kg next week→	Goal kg next week→	Goal kg next week→
	B2	1-Arm Overhead Press	4 sets 6 reps/side	4 sets 6 reps/side (↑weight)	4 sets 8 reps/side (=weight)	3 sets 8 reps/side
	C's	E2MOM Fitness Circuit (1)- Jumping Jacks (2)- Squat to Press (3)- Sit Ups	3 sets (6 minutes) (1)- 30-40 reps (2)- 10-15 reps (3)- 8-10 reps	4 sets (8 minutes) (1)- 30-40 reps (2)- 10-15 reps (3)- 8-10 reps	5 sets (10 minutes) (1)- 30-40 reps (2)- 10-15 reps (3)- 8-10 reps	4 sets (8 minutes) (1)- 30-40 reps (2)- 10-15 reps (3)- 8-10 reps
	D	Workout of the Week				

2	EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
	A's	Full Body Circuit (1)- Bottom Half Press Up (2)- Resisted Donkey Kick (3)- 1-Arm Wall Row	3 sets (1)- 10 reps (2)- 10 reps/side (3)- 10 reps/side	4 sets (1)- 10 reps (2)- 10 reps/side (↑resistance) (3)- 10 reps/side (↑weight)	4 sets (1)- 10 reps (2)- 10 reps/side (↑resistance) (3)- 10 reps/side (↑weight)	3 sets (1)- 10 reps (2)- 10 reps/side (3)- 10 reps/side
	B1	Offset Stance Squat	4 sets kg kg kg kg 6 reps/side	4 sets kg kg kg kg 6 reps/side (↑weight)	4 sets kg kg kg kg 6 reps/side (↑weight)	3 sets kg kg kg 6 reps/side
			Goal kg next week→	Goal kg next week→	Goal kg next week→	Goal kg next week→
	B2	Wide Stance Pallof Press	4 sets 8 reps/side	4 sets 8 reps/side (↑tension)	4 sets 8 reps/side (↑tension)	3 sets 8 reps/side
	Focus Block		High Volume Abs			
	C1	Heel Tap Crunch	80 reps/side	90 reps/side	100 reps/side	70 reps/side
	C2	Plank Hip Rotations	40 reps/side	45 reps/side	50 reps/side	35 reps/side
	D's	Fitness Circuit (1)- Diagonal Mountain Climber (2)- Kneeling Ropes (3)- Sprinter Step Ups	5 sets (1)- 35 seconds (2)- 35 seconds (3)- 35 seconds	5 sets (1)- 40 seconds (2)- 40 seconds (3)- 40 seconds	5 sets (1)- 45 seconds (2)- 45 seconds (3)- 45 seconds	4 sets (1)- 35 seconds (2)- 35 seconds (3)- 35 seconds

3	EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
	A1	1-Arm DB Floor/Bench Press	4 sets kg kg kg kg 6 reps/side	4 sets kg kg kg kg 6 reps/side (↑weight)	4 sets kg kg kg kg 6 reps/side (↑weight)	3 sets kg kg kg 6 reps/side
			Goal next week→	Goal next week→	Goal next week→	Goal next week→
	A2	Table Top Crunch	4 sets 12 reps	4 sets 14 reps	4 sets 16 reps	3 sets 16 reps
	B1	Lateral Step Up	3-4 sets 6 reps/side	4 sets 6 reps/side	4 sets 8 reps/side	3 sets 8 reps/side
	B2	1-Arm Straight Arm Pull Down	3-4 sets 10 reps/side	4 sets 10 reps/side	4 sets 12 reps/side	3 sets 12 reps/side
	C's	Full Body Circuit (1)- Band Pull Through (2)- Sprinter Sit Up (3)- Bent Over Band Row	3-4 sets (1)- 15 reps (2)- 8 reps/side (3)- 12 reps	4 sets (1)- 15 reps (2)- 8 reps/side (3)- 12 reps	4 sets (1)- 20 reps (2)- 10 reps/side (3)- 15 reps	3 sets (1)- 20 reps (2)- 10 reps/side (3)- 15 reps
	Focus Block		Strong and Supple Hips			
	D1	Quadruped Hip Airplane	3 sets 4 rotations/side	3 sets 5 rotations/side	3 sets 6 rotations/side	3 sets 5 rotations/side
	D2	90/90 Switch	3 sets 4 reps/side	3 sets 5 reps/side	3 sets 6 reps/side	3 sets 5 reps/side