






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>PRO TIPS</p> <p>This month is a strength development and hypertrophy month. You'll be handling more weight over the month but also pushing some exercises to the limit of how many reps you can do. Maintain the technique and range of motion you've been developing over the past 2 months to maximize 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  Power 1 – LOWER & ABS	EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
	A1	Donkey Calf Raise	3 sets 12 reps	3 sets 15 reps	4 sets 15 reps	3 sets 15 reps
	A2	Ab Roll Out	3 sets 6 reps	3 sets 8 reps	4 sets 8 reps	3 sets 8 reps
	B1	Zombie Sit to Box	5 sets 5 reps	5 sets 5 reps (↑depth)	5 sets 5 reps (↑depth)	3 sets 5 reps
	B2	Squat (straight weight)	5 sets kg 5 reps	5 sets kg 5 reps (↑weight)	5 sets kg 5 reps (↑weight)	3 sets kg 5 reps (=weight)
			Goal kg next week→	Goal kg next week→	Goal kg next week→	Goal kg next week→
	C1	DB Hamstring Curl	2 sets 2 reps in reserve	2 sets 1 rep in reserve	2 sets Failure	2 sets 50% of peak reps
	C2	Swissball DB Hack Squat	2 sets 2 reps in reserve	2 sets 1 rep in reserve	2 sets Failure	2 sets 50% of peak reps
	D	Workout of the Week				

2	EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
	A1	Meadows Row	3 sets 6 reps/side	3 sets 8 reps/side	3 sets 8 reps/side (↑weight)	3 sets 6 reps/side
	A2	Supine Band Face Pull	3 sets 12 reps	3 sets 15 reps	3 sets 15 reps (↑tension)	3 sets 12 reps
	B1	Bench Straight Arm Shoulder Retraction	5 sets 5 reps	5 sets 5 reps (↑tension)	5 sets 5 reps (↑tension)	3 sets 5 reps
	B2	Bench Press (straight weight)	5 sets kg 5 reps	5 sets kg 5 reps (↑weight)	5 sets kg 5 reps (↑weight)	3 sets kg 5 reps (=weight)
			Goal kg next week→	Goal kg next week→	Goal kg next week→	Goal kg next week→
	C's	Upper Circuit (1)- Back to Wall Bicep Curl (2)- Kneeling Band Pushdown (3)- Standing Band Fly	2 sets (Record resistance & reps) (1)- 2 reps in reserve (2)- 2 reps in reserve (3)- 2 reps in reserve	2 sets (1)- 1 rep in reserve (2)- 1 rep in reserve (3)- 1 rep in reserve	2 sets (1)- Failure (2)- Failure (3)- Failure	2 sets (1)- 50% of peak reps (2)- 50% of peak reps (3)- 50% of peak reps
	Focus Block		BIG and WIDE Lats			
	D1	1-Arm Band Lat Pull Down	3 sets 10-12 reps/side	3 sets 12-15 reps/side	3 sets 12-15 reps/side (↑tension)	3 sets 10-12 reps/side
	D2	Kroc Row	3 sets 10-12 reps/side	3 sets 12-15 reps/side	3 sets 12-15 reps/side (↑weight)	3 sets 10-12 reps/side

3	EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
	A1	Top Pause Chin Up or High Ring Row	3 sets 3-6 reps	3 sets 4-8 reps	3 sets 5-10 reps	3 sets 3-6 reps
	A2	Feel Elevated Hip Thrust	3 sets 12 reps	3 sets 15 reps	3 sets 15 reps	3 sets 12 reps
	B1	Band Lat Pull Hinge	5 sets 5 reps	5 sets 5 reps (↑tension)	5 sets 5 reps (↑tension)	3 sets 5 reps
	B2	Deadlift (straight weight)	5 sets kg 5 reps	5 sets kg 5 reps (↑weight)	5 sets kg 5 reps (↑weight)	3 sets kg 5 reps (=weight)
			Goal kg next week→	Goal kg next week→	Goal kg next week→	Goal kg next week→
	C's	Full Body Circuit (1)- Waiter Walk (2)- RFESS (3)- Shrugs	4 sets (1)- 2 lengths/side (2)- 8 reps/side (3)- 15 reps	4 sets (1)- 2 lengths/side (↑weight) (2)- 8 reps/side (↑weight) (3)- 15 reps (↑weight)	4 sets (1)- 2 lengths/side (↑weight) (2)- 8 reps/side (↑weight) (3)- 15 reps (↑weight)	3 sets (1)- 2 lengths/side (2)- 8 reps/side (3)- 15 reps
	Focus Block		Shoulder Scorcher			
	D1	Banded V-Raise	2 sets Max reps	2 sets Max reps (> last week)	2 sets Max reps (>last week)	2 sets Half of PEAK reps
	D2	Leaning Lat Raise	2 sets Max reps/side	2 sets Max reps/side (> last week)	2 sets Max reps/side (> last week)	2 sets Half of PEAK reps