





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 and power development month. You'll be handling more weight over the month while also aiming to move more dynamically.</p> <p>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 Athlete 1	EXERCISE	TEACHING	PROGRESS	PEAK	RELOAD
	A1	1-Arm TRX Row	3 sets 5 reps/side	4 sets 5 reps/side	4 sets 6 reps/side
	A2	Chaos Pallof Press	3 sets 5 reps/side	4 sets 5 reps/side	4 sets 6 reps/side
	B1	Band Assisted Explosive Press Up	4 sets 3 reps	4 sets 5 reps	3 sets 5 reps
	B2	Bench Press (1.2.X.1)	4 sets kg kg kg kg 3 reps	4 sets kg kg kg kg 5 reps	4 sets kg kg kg kg 5 reps
		Goal kg next week→		Goal kg next week→	
	C's	Heavy DB/KB Complex (1)- Push Press (2)- Bent Over Row (3)- RDL	3 sets (1)- 6 reps (2)- 8 reps (3)- 12 reps	4 sets (1)- 6 reps (↑weight) (2)- 8 reps (↑weight) (3)- 12 reps (↑weight)	3 sets (1)- 6 reps (2)- 8 reps (3)- 12 reps
	D	Workout of the Week			

2 Athlete 2	EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
	A1	Chin Up <i>or</i> High Ring Row Slow Lowers	3 sets 3-5 reps	4 sets 3-5 reps	4 sets 4-6 reps	3 sets 4-6 reps
	A2	Floating Heel Split Squat	3 sets 5 reps/side	4 sets 5 reps/side	4 sets 6 reps/side	3 sets 6 reps/side
	B1	Split Squat Jump	4 sets 3 reps/side	4 sets 4 reps/side	4 sets 5 reps/side	3 sets 5 reps/side
	B2	Deadlift (dead stop)	4 sets kg kg kg kg 3 reps	4 sets kg kg kg kg 4 reps	4 sets kg kg kg kg 5 reps	3 sets kg kg kg 5 reps
			Goal kg next week→	Goal kg next week→	Goal kg next week→	Goal kg next week→
	C's	EXPLOSIVE REPEAT (1)- KB/DB Jump Squats <i>or</i> KB Swings <i>or</i> Rope Slams (2)- Rest	10 sets (1)- Max reps in 12 seconds (2)- 48 seconds	10 sets (1)- Max reps in 15 seconds (2)- 45 seconds	10 sets (1)- Max reps in 18 seconds (2)- 42 seconds	8 sets (1)- Max reps in 12 seconds (2)- 48 seconds
	Focus Block		Top to Toe Mobility			
	D1	World's Greatest Stretch	3 sets 3 reps/side	3 sets 4 reps/side	3 sets 5 reps/side	3 sets 4 reps/side
	D2	Foot Elevated Ankle Rocks	3 sets 10 reps/side	3 sets 12 reps/side	3 sets 15 reps/side	3 sets 12 reps/side

3 Athlete 3	EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
	A1	Kneeling Landmine Push Press	3 sets 5 reps/side	4 sets 5 reps/side	4 sets 6 reps/side	3 sets 6 reps/side
	A2	1-Leg Hip Thrust	3 sets 6 reps/side	4 sets 6 reps/side	4 sets 8 reps/side	3 sets 8 reps/side
	B1	Vertical Jump	4 sets 3 reps	4 sets 4 reps	4 sets 5 reps	3 sets 5 reps
	B2	Squat (1.2.X.1)	4 sets kg kg kg kg 3 reps	4 sets kg kg kg kg 4 reps	4 sets kg kg kg kg 5 reps	3 sets kg kg kg 5 reps
			Goal kg next week→	Goal kg next week→	Goal kg next week→	Goal kg next week→
	C's	Movement Circuit (1)- Mixed (racked/suitcase) Carry (2)- Hand Supported 1-Leg RDL (3)- 1-Arm KB Sit Up	4 sets (1)- 2 lengths/side (2)- 6 reps/side (3)- 6 reps/side	4 sets (1)- 2 length/side (2)- 8 reps/side (3)- 8 reps/side	4 sets (1)- 2 length/side (2)- 10 reps/side (3)- 10 reps/side	3 sets (1)- 2 length/side (2)- 10 reps/side (3)- 10 reps/side
	Focus Block		Extensive Plyometrics (can be completed earlier in the session)			
	D1	Forward Pogos	3 sets 20 reps	3 sets 25 reps	3 sets 30 reps	3 sets 20 reps
	D2	Lateral Hops	3 sets 10 reps/side	3 sets 12 reps/side	3 sets 14 reps/side	3 sets 10 reps/side