





<b>WARM UP x 3 sets</b> <ol style="list-style-type: none"> <li><b>Knee Grab March</b> 10 reps/side <b>Raise body temp</b></li> <li><b>Step Back Touchdowns</b> 10 reps/side <b>Activate</b></li> <li><b>Bent Over Y's</b> 10 reps <b>Mobilise</b></li> <li><b>Birddog Heel Circles</b> 10 reps/side</li> <li><b>Long Adductor Toe Reach</b> 5 reps/side</li> </ol>	<b>Goal setting</b> Download this worksheet and set your next goal! 	<b>Food diary</b> Track your food and drink and review with a coach 
<p><b>PRO TIPS</b></p> <p>This month is a strength development month with a high intensity fitness focus. You'll be doing more advanced variations of some exercises but also pushing workouts faster during the circuits. Maintain the technique and range of motion you've been developing over the past 2 months to maximise your results.</p>	<b>How to track your progress?</b> What gets measured, gets managed. 	<b>Healthy Eating Guide</b> 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 Anywhere 1	EXERCISE	TEACHING	PROGRESS	PEAK	RELOAD
	A1 Double Leg Deadbug Hold	4 sets 20 seconds	4 sets 20 seconds	4 sets 20 seconds	3 sets 20 seconds
	A2 Side Plank + Leg Circles	4 sets 6 reps/direction/side	4 sets 6 reps/direction/side	4 sets 8 reps/side	3 sets 8 reps/side
	B1 Wall Press 1-Leg RDL	4 sets 8 reps/side	4 sets 10 reps/side	4 sets 12 reps/side	3 sets 12 reps/side
	B2 Lateral Bounds	4 sets 4 reps/side	4 sets 5 reps/side	4 sets 6 reps/side	3 sets 6 reps/side
	C's <b>Fitness E2MOM Circuit</b> (1)- Jumping Jacks (2)- Wide Outs (3)- Sit Ups	3 sets (1)- 30-40 reps (2)- 10-15 reps (3)- 8-10 reps	4 sets (1)- 30-40 reps (2)- 10-15 reps (3)- 8-10 reps	5 sets (1)- 30-40 reps (2)- 10-15 reps (3)- 8-10 reps	3 sets (1)- 30-40 reps (2)- 10-15 reps (3)- 8-10 reps
	D <b>Workout of the Week</b>				

2	EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
	A's	<b>Full Body Circuit</b> (1)- Bear Crawl Hip Tap (2)- Donkey Kick Pulses (3)- Scapula Dips	3 sets (1)- 10 reps/side (2)- 10 reps/side (3)- 10 reps	4 sets (1)- 10 reps/side (2)- 10 reps/side (3)- 10 reps	4 sets (1)- 12 reps/side (2)- 12 reps/side (3)- 12 reps	3 sets (1)- 12 reps/side (2)- 12 reps/side (3)- 12 reps
	B1	Floating Heel Split Squat	4 sets 8 reps/side	4 sets 10 reps/side	4 sets 12 reps/side	3 sets 12 reps/side
	B2	Split Squat Jump	4 sets 4 reps/side	4 sets 5 reps/side	4 sets 6 reps/side	3 sets 6 reps/side
	C1	Heel Tap Crunch	4 sets 20 reps/side	4 sets 25 reps/side	5 sets 20 reps/side	4 sets 20 reps/side
	C2	Plank Hip Rotations	4 sets 10 reps/side	4 sets 12 reps/side	5 sets 10 reps/side	4 sets 10 reps/side
	D's	<b>Fitness Circuit</b> (1)- Diagonal Mountain Climber (2)- Kneeling Plank to Press (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 Anywhere 3	EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
	A1	Bottom Half Press Up	4 sets 4-8 reps	4 sets 5-10 reps	4 sets 6-12 reps	3 sets 6-12 reps
	A2	Table Top Crunch	4 sets 12 reps	4 sets 14 reps	4 sets 16 reps	3 sets 16 reps
	B1	Lateral Step Up with Slow Lower	4 sets 6 reps/side	4 sets 7 reps/side	4 sets 8 reps/side	3 sets 8 reps/side
	B2	Cobra Hold	4 sets 20 seconds	4 sets 20 seconds	4 sets 20 seconds	3 sets 20 seconds
	C's	<b>Full Body Circuit</b> (1)- Long Lever Hip Thrust (2 up, 1 down) (2)- Sprinter Sit Up (3)- Bent Over Batwing	4 sets (1)- 12 reps  (2)- 6 reps/side (3)- 10 reps	4 sets (1)- 15 reps  (2)- 8 reps/side (3)- 12 reps	5 sets (1)- 15 reps  (2)- 8 reps/side (3)- 12 reps	4 sets (1)- 15 reps  (2)- 8 reps/side (3)- 12 reps
	D1	Jump Squats	8 sets Max reps in 15 seconds	8 sets Max reps in 18 seconds	8 sets Max reps in 20 seconds	8 sets Max reps in 15 seconds
	D2	Rest	8 sets 45 seconds	8 sets 42 seconds	8 sets 40 seconds	8 sets 45 seconds