





<p>WARM UP x 3 sets <i>Raise body temp</i></p> <ol style="list-style-type: none"> Standing Hip Circles 10 reps/side Narrow Stance Squats 10 reps <p><i>Activate</i></p> <ol style="list-style-type: none"> Forearm Wall Slide 10 reps Glute Bridge + Reach 5 reps/side <p><i>Mobilise</i></p> <ol style="list-style-type: none"> Side Lying Windmill 5 reps/side 	<p>Goal setting Download this worksheet and set your next goal!</p> 	<p>Food diary Track your food and drink and review with a coach</p> 
<p>PRO TIPS This month is a strength month whilst also improving your strength endurance. You'll be increasing the difficulty and resistance used each session, especially on your A's and B's. The circuits feature shorter efforts or intervals which allow you to work even harder!</p>	<p>How to track your progress? What gets measured, gets managed.</p> 	<p>Healthy Eating Guide Top tips on what to eat</p> 

<p>1 Anywhere 1</p>	EXERCISE	TEACHING	PROGRESS	PEAK	RELOAD	
	A1	Prone Y's	4 sets 6 reps	4 sets 8 reps	4 sets 10 reps	3 sets 10 reps
	A2	Side Plank Bend to Leg Lift	4 sets 6 reps/side	4 sets 8 reps/side	4 sets 10 reps/side	3 sets 10 reps/side
	B1	1-Leg Long Lever Bridge	4 sets 8 reps/side	4 sets 8 reps/side (longer!)	4 sets 8 reps/side (longer)	3 sets 8 reps/side
	B2	Broad Jumps	4 sets 3 reps	4 sets 3 reps (further!)	4 sets 3 reps (further!)	3 sets 5 reps
	C's	Fitness Circuit (1)- Sumo Squats (2)- Plank to Press (3)- Walking Squat (4)- Sit Ups	4 sets (1)- 20 seconds (2)- 20 seconds (3)- 20 seconds (4)- 20 seconds	5 sets (1)- 20 seconds (2)- 20 seconds (3)- 20 seconds (4)- 20 seconds	6 sets (1)- 20 seconds (2)- 20 seconds (3)- 20 seconds (4)- 20 seconds	4 sets (1)- 20 seconds (2)- 20 seconds (3)- 20 seconds (4)- 20 seconds
	D	Workout of the Week				

2	EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
	A's	Full Body Circuit (1)- High Step Ups (2)- 1-Leg Foot Elevated Glute Bridge (3)- Alternating Plank Row	3 sets (1)- 10 reps/side (2)- 10 reps/side (3)- 10 reps/side	4 sets (1)- 10 reps/side (2)- 10 reps/side (3)- 10 reps/side	4 sets (1)- 12 reps/side (2)- 12 reps/side (3)- 12 reps/side	3 sets (1)- 12 reps/side (2)- 12 reps/side (3)- 12 reps/side
B1	Heel Elevated RFESS	4 sets 8 reps/side	4 sets 8 reps/side (lower/↑elevation)	4 sets 8 reps/side (lower/↑elevation)	3 sets 8 reps/side	
B2	Repeat Squat Jumps	4 sets 3 reps	4 sets 3 reps (higher/faster!)	4 sets 3 reps (higher/faster!)	3 sets 5 reps	
C's	Fitness Circuit (1)- Shoulder Tap + Leg Lift (2)- Seal Jack (3)- Prisoner Surrenders	4 sets (1)- 35s ON : 25s OFF (2)- 35s ON : 25s OFF (3)- 35s ON : 25s OFF	4 sets (1)- 40s ON : 20s OFF (2)- 40s ON : 20s OFF (3)- 40s ON : 20s OFF	4 sets (1)- 45s ON : 15s OFF (2)- 45s ON : 15s OFF (3)- 45s ON : 15s OFF	4 sets (1)- 30s ON : 30s OFF (2)- 30s ON : 30s OFF (3)- 30s ON : 30s OFF	
D1	Kneeling Hip Rotation	3 sets 3 reps/side	3 sets 4 reps/side	3 sets 5 reps/side	3 sets 4 reps/side	
D2	Hip Internal Rotation Hold	3 sets 30 seconds/side	3 sets 30 seconds/side	3 sets 30 seconds/side	3 sets 30 seconds/side	

3	EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
	A1	Press Up	4 sets 3-5 reps	4 sets 3-5 reps (↑difficulty)	4 sets 3-5 reps (↑difficulty)	3 sets 3-5 reps
A2	RKC Plank	4 sets 20 seconds	4 sets 25 seconds	4 sets 30 seconds	3 sets 30 seconds	
B1	Forward Lean Split Squat	4 sets 6 reps/side	4 sets 8 reps/side	4 sets 10 reps/side	3 sets 10 reps/side	
B2	Switch Split Squat Jump	4 sets 3 reps/side	4 sets 3 reps/side (higher/faster!)	4 sets 3 reps/side (higher/faster!)	3 sets 5 reps/side	
C's	Full Body Circuit (1)- Hip Thrust March (2)- Double Leg Lower (3)- Pike with Toe Tap	4 sets (1)- 8 reps/side (2)- 8 reps (3)- 8 reps/side	4 sets (1)- 10 reps/side (2)- 10 reps (3)- 10 reps/side	4 sets (1)- 12 reps/side (2)- 12 reps (3)- 12 reps/side	3 sets (1)- 12 reps/side (2)- 12 reps (3)- 12 reps/side	
D1	Jump Squats	10 sets 12 reps	10 sets 12 reps	10 sets 12 reps	8 sets 12 reps	
D2	Rest	30 seconds	25 seconds	20 seconds	20 seconds	