





<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 expression month. Every week you'll be adding weight to the bar, using a thicker band and using heavier DB's and KB's</p> <p><i>How to warm up for heavy, low rep sets. (e.g. for 100kg)</i> Set 1 - 50% of work set x 6 reps (50kg x 6 reps) Set 2 - 75% of 1st work sets x 3 reps (75kg x 3 reps)</p>	<p>How to track your progress? What gets measured, gets managed.</p> 	<p>Healthy Eating Guide Top tips on what to eat</p> 

	EXERCISE	TEACHING	PROGRESS	PEAK	RELOAD
1 Power 1 – LOWER & ABS	A1 1-Leg Long Lever Bridge	3 sets 10 reps/side	3 sets 10 reps/side (longer/↑weight)	3 sets 10 reps/side (longer/↑weight)	3 sets 10 reps/side
	A2 Hanging Knee Raise	3 sets 6-10 reps	3 sets 6-10 reps	3 sets 6-10 reps	3 sets 6-10 reps
	B1 Squat Warm Up Sets	See PRO TIPS	See PRO TIPS	See PRO TIPS	See PRO TIPS
	C1 Squat	4 sets kg kg kg kg 5 reps	4 sets kg kg kg kg 4 reps (↑weight)	4 sets kg kg kg kg 3 reps (↑weight)	3 sets kg kg kg 3 reps
		Goal kg next week→	Goal kg next week→	Goal kg next week→	Goal kg next week→
	D1 Weighted Sit Up	3 sets 8 reps	3 sets 8 reps (↑weight)	3 sets 8 reps (↑weight)	3 sets 8 reps
	D2 Heel Elevated RFESS	3 sets 6 reps/side	3 sets 6 reps/side (↑weight)	3 sets 6 reps/side (↑weight)	3 sets 8 reps
E Workout of the Week					

2 Power 2 – UPPER	EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
	A1	1-Arm DB/KB Row to Hip	3 sets 6 reps/side	3 sets 6 reps/side (↑weight)	3 sets 6 reps/side (↑weight)	3 sets 6 reps/side
	A2	Band Tate Press	3 sets 12 reps	3 sets 12 reps (↑tension)	3 sets 12 reps (↑tension)	3 sets 12 reps
	B1	Bench Press Warm Up Sets	See PRO TIPS	See PRO TIPS	See PRO TIPS	See PRO TIPS
	C1	Bench Press	4 sets kg kg kg kg 5 reps	4 sets kg kg kg kg 4 reps (↑weight)	4 sets kg kg kg kg 3 reps (↑weight)	3 sets kg kg kg 3 reps
			Goal kg next week→	Goal kg next week→	Goal kg next week→	Goal kg next week→
	D's	Upper Circuit (1)- Straight Arm Band 'A' Row (2)- Pinwheel DB Curl (3)- Arnold Press	3 sets (1)- 8 reps (2)- 8 reps/side (3)- 8 reps	3 sets (1)- 10 reps (2)- 10 reps/side (3)- 10 reps	3 sets (1)- 12 reps (2)- 12 reps/side (3)- 12 reps	3 sets (1)- 8 reps (2)- 8 reps/side (3)- 8 reps
	Focus Block		Chest Squeeze & Stretch			
	E1	Squeeze Press	3 sets 30 seconds	3 sets 35 seconds	3 sets 40 seconds	3 sets 30 seconds
	E2	DB Fly to Press	3 sets 10 reps	3 sets 10 reps (↑weight)	3 sets 12 reps	3 sets 12 reps

3 Power 3 – FULL BODY	EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
	A1	Pull Up <i>or</i> High Ring Row	3 sets 2-4 reps	3 sets 3-5 reps	3 sets 4-6 reps	3 sets 3-5 reps
	A2	1-Arm Bridge Press	3 sets 8 reps/side	3 sets 8 reps/side (↑weight)	3 sets 8 reps/side (↑weight)	3 sets 8 reps/side
	B1	Deadlift Warm Up Sets	See PRO TIPS	See PRO TIPS	See PRO TIPS	See PRO TIPS
	C1	Deadlift	4 sets kg kg kg kg 5 reps	4 sets kg kg kg kg 4 reps (↑weight)	4 sets kg kg kg kg 3 reps (↑weight)	3 sets kg kg kg 3 reps
			Goal kg next week→	Goal kg next week→	Goal kg next week→	Goal kg next week→
	D's	Full Body Circuit (1)- Farmers Walk (2)- Step Ups (non-alternating) (3)- Seated Rear Delt Fly	4 sets (1)- 2 lengths (2)- 8 reps/side (3)- 10 reps	4 sets (1)- ↑weight &/OR ↑distance (2)- 8 reps/side (↑weight) (3)- 12 reps	4 sets (1)- ↑weight &/OR ↑distance (2)- 8 reps/side (↑weight) (3)- 15 reps	3 sets (1)- 2 lengths (2)- 8 reps/side (3)- 15 reps
	Focus Block		Strong Planks			
	E1	RKC Plank	3 sets 15 seconds	3 sets 20 seconds	3 sets 25 seconds	3 sets 20 seconds
	E2	Side Plank Bend + Weight	3 sets 8 reps/side	3 sets 8 reps/side (↑weight)	3 sets 8 reps/side (↑weight)	3 sets 8 reps/side