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|---|---|--|
| <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</p> <p>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>  |

| 1 Energy 1 | EXERCISE | TEACHING | PROGRESS | PEAK | RELOAD |
|---------------|--|--|--|--|--|
| | A1 | Seated Overhead Press | 3-4 sets 6 reps | 4 sets 6 reps (↑weight) | 4 sets 6 reps (↑weight) |
| A2 | Mini Band Butterfly | 3-4 sets 12 reps | 4 sets 12 reps | 4 sets 15 reps | 3 sets 15 reps |
| B1 | Deadlift | 4 sets kg kg kg kg 6 reps | 4 sets kg kg kg kg 6 reps (↑weight) | 4 sets kg kg kg kg 6 reps (↑weight) | 3 sets kg kg kg 6 reps |
| | | Goal kg next week → | Goal kg next week → | Goal kg next week → | Goal kg next week → |
| B2 | Half Kneel Pallof Press | 4 sets 8 reps/side | 4 sets 8 reps/side (↑tension) | 4 sets 10 reps/side (=tension) | 3 sets 10 reps/side |
| C's | Fitness Circuit (1)- Sumo Squats (2)- Plank to Press (3)- Walking Squat (4)- Mini Ropes | 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 Energy 2 | EXERCISE | | TEACHING | | | | PROGRESS | | | | PEAK | | | | RELOAD | | | |
|---------------|---|--|--|----------------------------|--|---|--|--|--|---|--|--|--|---|--|--|--|--|
| | A's | Full Body Circuit (1)- Press Up (2)- 1-Leg Foot Elevated Glute Bridge (3)- Alternating Seated Band Row | 3-4 sets (1)- 6 reps (2)- 10 reps/side (3)- 8 reps/side | | | | 4 sets (1)- 6 reps (↑difficulty) (2)- 10 reps/side (↑resistance) (3)- 8 reps/side (↑resistance) | | | | 4 sets (1)- 6 reps (↑difficulty) (2)- 10 reps/side (↑resistance) (3)- 8 reps/side (↑resistance) | | | | 3 sets (1)- 6 reps (2)- 12 reps/side (3)- 8 reps/side | | | |
| | B1 | Squat | 4 sets kg kg kg kg 6 reps | | | | 4 sets kg kg kg kg 6 reps (↑weight) | | | | 4 sets kg kg kg kg 6 reps (↑weight) | | | | 3 sets kg kg kg 6 reps | | | |
| | | | Goal kg next week → | | | | Goal kg next week → | | | | Goal kg next week → | | | | Goal kg next week → | | | |
| | B2 | Side Plank Rotation | 4 sets 8 reps/side | | | | 4 sets 10 reps/side | | | | 4 sets 12 reps/side | | | | 3 sets 12 reps/side | | | |
| | Focus Block | | | Hip Thrust Drop Set | | | | | | | | | | | | | | |
| | C1 | Hip Thrust Drop Set | 2 sets 10 reps/band | | | | 2 sets 12 reps/band | | | | 2 sets 15 reps/band | | | | 2 sets 12 reps/band | | | |
| | C2 | Start at the biggest band you can & end with no band! | No rest between bands | | | | No rest between bands | | | | No rest between bands | | | | No rest between bands | | | |
| D's | Fitness Circuit (1)- Shoulder Tap + Leg Lift (2)- MB Ground to Overhead (3)- 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 | | | | |

| 3 Energy 3 | EXERCISE | | TEACHING | | | | PROGRESS | | | | PEAK | | | | RELOAD | | | |
|---------------|--|---|--|---------------------------|--|--|---|--|--|--|---|--|--|------------------------------|--|--|--|--|
| | A1 | DB Floor/Bench Press | 4 sets kg kg kg kg 6 reps | | | | 4 sets kg kg kg kg 6 reps (↑weight) | | | | 4 sets kg kg kg kg 6 reps (↑weight) | | | | 3 sets kg kg kg 6 reps | | | |
| | | | Goal next week → | | | | Goal next week → | | | | Goal next week → | | | | Goal next week → | | | |
| | A2 | Weighted Zombie Crunch | 4 sets 8 reps | | | | 4 sets 8 reps (↑weight) | | | | 4 sets 10 reps (=weight) | | | | 3 sets 8 reps | | | |
| | B1 | Forward Lean Split Squat | 3-4 sets 8 reps/side | | | | 4 sets 8 reps/side (↑weight) | | | | 4 sets 8 reps/side (↑weight) | | | | 3 sets 8 reps/side | | | |
| | B2 | High Ring Row | 3-4 sets 4-8 reps | | | | 4 sets 4-8 reps | | | | 4 sets 6-10 reps | | | | 3 sets 6-10 reps | | | |
| | C's | Full Body Circuit (1)- Swissball Glute Bridge (2)- Double Leg Lower (3)- TRX Facepull | 4 sets (1)- 10 reps (2)- 10 reps (3)- 10 reps | | | | 4 sets (1)- 10 reps (2)- 10 reps (lower) (3)- 10 reps (feet forward) | | | | 4 sets (1)- 10 reps (2)- 10 reps (lower) (3)- 10 reps (feet forward) | | | | 3 sets (1)- 10 reps (2)- 10 reps (3)- 10 reps | | | |
| | Focus Block | | | 1:1 Cardio Pyramid | | | | | | | | | | | | | | |
| D1 | Rower/Bike/Assault Bike/Ropes/Other cardio exercise | 10s, 20s, 30s, 30s, 20s, 10s | | | | 10s, 15s, 20s, 30s, 30s, 20s, 15s, 10s | | | | 10s, 15s, 20s, 25s, 30s, 30s, 25s, 20s, 15s, 10s | | | | 20s, 25s, 30s, 30s, 25s, 20s | | | | |
| D2 | Rest | 10s, 20s, 30s, 30s, 20s, 10s | | | | 10s, 15s, 20s, 30s, 30s, 20s, 15s, 10s | | | | 10s, 15s, 20s, 25s, 30s, 30s, 25s, 20s, 15s, 10s | | | | 20s, 25s, 30s, 30s, 25s, 20s | | | | |