





<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 and power expression month. Every week you'll be increasing the resistance and moving more explosively. <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> 

1 Athlete 1	EXERCISE	TEACHING	PROGRESS	PEAK	RELOAD
A1	Kroc Row	3 sets 6 reps/side	4 sets 6 reps/side	4 sets 6 reps/side (↑weight)	3 sets 6 reps/side
A2	Landmine Rotation	3 sets 6 reps/side	4 sets 6 reps/side	4 sets 6 reps/side (↑weight)	3 sets 6 reps/side
B1	Plyo Press Up	4 sets 3 reps	4 sets 3 reps (↑height or ↓assistance)	4 sets 3 reps (↑height or ↓assistance)	3 sets 3 reps
B2	Bench Press	4 sets kg kg kg kg 3 reps	4 sets kg kg kg kg 3 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→
C's	Double KB Power Complex (1)- Double Swing (2)- KB Press Up (3)- Gorilla Row	4 sets (1)- 12 reps (2)- 6 reps (3)- 6 reps/side	4 sets (↑weight) (1)- 12 reps (2)- 6 reps (3)- 6 reps/side	4 sets (↑weight) (1)- 12 reps (2)- 6 reps (3)- 6 reps/side	3 sets (1)- 12 reps (2)- 6 reps (3)- 6 reps/side
D	Workout of the Week				

2 Athlete 2	EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
	A1	Chin Up <i>or</i> High Ring Row	3 sets 2-5 reps	4 sets 2-5 reps	4 sets 2-5 reps (↓assistance or ↑weight)	3 sets 2-5 reps
	A2	Front Foot Elevated Split Squat	3 sets 6 reps/side	4 sets 6 reps/side	4 sets 6 reps/side (↑weight)	3 sets 6 reps/side
	B1	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 3 reps/side
	B2	Deadlift	4 sets kg kg kg kg 3 reps	4 sets kg kg kg kg 3 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→
	C's	ALACTIC CAPACITY INTERVALS (1) - KB/DB Jump Squats <i>or</i> KB Swings <i>or</i> Rope Slams (2) - Rest	10 sets (1) - 12 reps (2) - 30 seconds	10 sets (1) - 12 reps (2) - 25 seconds	10 sets (1) - 12 reps (2) - 20 seconds	8 sets (1) - 12 reps (2) - 20 seconds
	Focus Block		Hip Rotation Mobility			
	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 Athlete 3	EXERCISE		TEACHING	PROGRESS	PEAK	RELOAD
	A1	DB Hip to Overhead	3 sets 6 reps/side	4 sets 6 reps/side	4 sets 6 reps/side (↑weight)	3 sets 6 reps/side
	A2	Hip Thrust March	3 sets 8 reps/side	4 sets 8 reps/side	4 sets 8 reps/side (↑ resistance)	3 sets 8 reps/side
	B1	Repeat Squat Jumps	4 sets 3 reps	4 sets 3 reps (↑higher/faster)	4 sets 3 reps (↑higher/faster)	3 sets 3 reps
	B2	Squat	4 sets kg kg kg kg 3 reps	4 sets kg kg kg kg 3 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→
	C's	Movement Circuit (1) - Zombie Carry (2) - Lateral Step Down (3) - Side Plank Bend to Leg Lift	4 sets (1) - 2 lengths (2) - 6 reps/side (3) - 6 reps/side	4 sets (1) - ↑weight &/OR ↑distance (2) - 6 reps/side (↑higher) (3) - 8 reps/side	4 sets (1) - ↑weight &/OR ↑distance (2) - 6 reps/side (↑higher) (3) - 10 reps/side	3 sets (1) - 2 lengths (2) - 6 reps/side (3) - 10 reps/side
	Focus Block		High Intensity Continuous Training			
	D1	HIGH Resistance Spin Bike OR HIGH Step Ups	30 revs OR 30 reps per minute	30 revs OR 30 reps per minute	30 revs OR 30 reps per minute	30 revs OR 30 reps per minute
	D2	Duration	6-8 minutes	8-10 minutes	10-12 minutes	10 minutes