

|                            |                          |                                |                                |                                    |                            |
|----------------------------|--------------------------|--------------------------------|--------------------------------|------------------------------------|----------------------------|
| <b>WARM UP</b> (X3 ROUNDS) | <b>A1</b> Cat/Camel (10) | <b>A2</b> Donkey Kicks (10/10) | <b>A3</b> Prisoner Squats (10) | <b>A4</b> Cross Arm Swings (10/10) | <b>A5</b> Wall Slides (10) |
|----------------------------|--------------------------|--------------------------------|--------------------------------|------------------------------------|----------------------------|

| 1<br>Energy 1 | EXERCISE |  | WEEK 1 – TEACHING                        | WEEK 2 – PROGRESS                                  | WEEK 3 – PEAK                                      | WEEK 4 – REMIX  |
|---------------|----------|--|--|--|--|---|
|               | A1<br>★  | Alternating Overhead Press                     | 4 sets <b>kg kg kg kg</b><br>8 reps/side | 4 sets <b>kg kg kg kg</b><br>8 reps/side (↑weight) | 4 sets <b>kg kg kg kg</b><br>8 reps/side (↑weight) | 3 sets <b>kg kg kg</b><br>8 reps/side                       |
|               |          |  | <b>Rate difficulty from 1 to 10:</b>     | <b>Rate difficulty from 1 to 10:</b>               | <b>Rate difficulty from 1 to 10:</b>               | <b>Rate difficulty from 1 to 10:</b>                        |
|               | A2       | T-Rotations                                    | 4 sets<br>10 reps/side                   | 4 sets<br>10 reps/side                             | 4 sets<br>10 reps/side                             | 3 sets<br>10 reps/side                                      |
|               | B1       | Lateral Step Ups                               | 4 sets<br>8 reps/side                    | 4 sets<br>9 reps/side                              | 4 sets<br>10 reps/side                             | 3 sets, 10 reps/side<br><b>Or try Assisted Skater Squat</b> |
|               | B2       | Kneeling Side Plank Rotation                   | 4 sets<br>8 reps/side                    | 4 sets<br>9 reps/side                              | 4 sets<br>10 reps/side                             | 3 sets, 10 reps/side<br><b>Or try Pallof Rotations</b>      |
|               | C1       | Farmers Walk/March                             | 4 sets<br>30 seconds                     | 5 sets<br>30 seconds                               | 6 sets<br>30 seconds                               | 4 sets<br>30 seconds  |
|               | C2       | Rower/Bike                                     | 4 sets<br>30 seconds                     | 5 sets<br>30 seconds                               | 6 sets<br>30 seconds                               | 4 sets<br>30 seconds  |
|               | D        | Workout of the Week<br>See reverse for choices | Chosen WotW<br>Notes                     | Chosen WotW<br>Notes                               | Chosen WotW<br>Notes                               | Chosen WotW<br>Notes  |

| 2<br>Energy 2 | EXERCISE            |  | WEEK 1 – TEACHING                              | WEEK 2 – PROGRESS                                  | WEEK 3 – PEAK                                      | WEEK 4 – REMIX   |
|---------------|---------------------|--|--|--|--|--|
|               | A1<br>★             | Cossack Squat                                  | 4 sets <b>kg kg kg kg</b><br>8 reps/side       | 4 sets <b>kg kg kg kg</b><br>8 reps/side (↑weight) | 4 sets <b>kg kg kg kg</b><br>8 reps/side (↑weight) | 3 sets <b>kg kg kg</b><br>8 reps/side                                  |
|               |                     |  | <b>Rate difficulty from 1 to 10:</b>           | <b>Rate difficulty from 1 to 10:</b>               | <b>Rate difficulty from 1 to 10:</b>               | <b>Rate difficulty from 1 to 10:</b>                                   |
|               | A2                  | Diagonal Alternating BPA                       | 4 sets<br>10 reps/side                         | 4 sets<br>10 reps/side                             | 4 sets<br>10 reps/side                             | 3 sets<br>10 reps/side   |
|               | B1                  | Knee Up TRX Rows                               | 4 sets<br>8 reps/side                          | 4 sets<br>9 reps/side                              | 4 sets<br>10 reps/side                             | 3 sets<br>10 reps/side   |
|               | B2                  | Double Leg Raises Over KB                      | 4 sets<br>8 reps/side                          | 4 sets<br>9 reps/side                              | 4 sets<br>10 reps/side                             | 3 sets, 10 reps/side<br><b>Or try Hanging Knee Raise</b>               |
|               | C1                  | Press Up Variation - Ask a coach               | 3 minutes<br>Max Reps                          | 4 minutes<br>Max Reps                              | 5 minutes<br>Max Reps                              | 3 minutes, Max Reps<br><b>Or try a different version - ask a coach</b> |
|               | D's                 | (1)- Sprinter Lunges<br>(2)- Kettlebell Swings | 5 Minutes<br>(1)- 10 reps/side<br>(2)- 10 reps | 6 Minutes<br>(1)- 12 reps/side<br>(2)- 12 reps     | 7 Minutes<br>(1)- 12 reps/side<br>(2)- 12 reps     | 4 Minutes<br>(1)- 12 reps/side<br>(2)- 12 reps                         |
|               | <b>FOCUS BLOCKS</b> |  | <b>FOCUS ON Full Body Fitness Ladder</b>       |  |  |  |
|               | E1                  | Squat to 1-Arm Press                           | 1 set<br>8, 10, 12, 14 reps/side               | 1 set<br>6, 8, 10, 12, 14 reps/side                | 1 set<br>6, 8, 10, 12, 14, 16 reps/side            | 1 set<br>8, 10, 12, 14 reps/side                                       |
|               | E2                  | Murpees  | 1 set<br>8, 10, 12, 14 reps                    | 1 set<br>6, 8, 10, 12, 14 reps                     | 1 set<br>6, 8, 10, 12, 14, 16 reps                 | 1 set<br>8, 10, 12, 14 reps  |

| 3<br>Energy 3 | EXERCISE     |  | WEEK 1 – TEACHING  | WEEK 2 – PROGRESS  | WEEK 3 – PEAK  | WEEK 4 – REMIX   |
|---------------|--------------|--|--|--|--|--|
|               | A's<br>★     | (1)- Deadlift<br>(2)- Floor Press<br>(3)- Plank Hops                           | 10 minutes<br>(1)- 8 reps<br>(2)- 8 reps<br>(3)- 8 reps/side         | 12 minutes<br>(1)- 8 reps<br>(2)- 8 reps<br>(3)- 8 reps/side         | 14 minutes<br>(1)- 8 reps<br>(2)- 8 reps<br>(3)- 8 reps/side         | 10 minutes<br>(1)- 8 reps<br>(2)- 8 reps<br>(3)- 8 reps/side   |
|               | B1           | Rest   | 2-3 minutes  | 2-3 minutes  | 2-3 minutes  | 2-3 minutes  |
|               | C's          | (1)- Goblet Squats<br>(2)- 1-Arm Bench/Box Row<br>(3)- Bent Knee Window Wipers | 10 minutes<br>(1)- 12 reps<br>(2)- 12 reps/side<br>(3)- 12 reps/side | 12 minutes<br>(1)- 12 reps<br>(2)- 12 reps/side<br>(3)- 12 reps/side | 14 minutes<br>(1)- 12 reps<br>(2)- 12 reps/side<br>(3)- 12 reps/side | 10 minutes<br>(1)- 12 reps<br><b>Or try Reverse Lunges</b><br>(2)- 12 reps/side<br>(3)- 12 reps/side |
|               | D1           | Rest   | 2-3 minutes  | 2-3 minutes  | 2-3 minutes  | 2-3 minutes  |
|               | E's          | (1)- Bicycle Crunches<br>(2)- Low Jacks  | 5 Minutes<br>(1)- 10 reps/side<br>(2)- 10 reps                       | 6 Minutes<br>(1)- 12 reps/side<br>(2)- 12 reps                       | 7 Minutes<br>(1)- 12 reps/side<br>(2)- 12 reps                       | 5 Minutes<br>(1)- 12 reps/side<br>(2)- 12 reps<br><b>Or try Assault Bike - 8-10kcal</b>              |
|               | FOCUS BLOCKS |  | FOCUS ON Upper & Lower Isometrics                                    |  |  |  |
|               | F1           | Split Squat Bottom Hold  | 4 sets<br>15 seconds/side  | 4 sets<br>20 seconds/side  | 4 sets<br>25 seconds/side  | 3 sets<br>25 seconds/side  |
|               | F2           | Press Up Bottom Hold   | 4 sets<br>15 seconds   | 4 sets<br>20 seconds   | 4 sets<br>25 seconds   | 3 sets<br>25 seconds   |

### Workout of the Week:

### Notes:

|           | Week 1           | Week 2        | Week 3          | Week 4     |
|-----------|------------------|---------------|-----------------|------------|
| Upper     | The Archer       | Arm Education | Disco Pump      | Spartan    |
| Lower     | Legs, Bum & Tums | Lioness       | The Quadfather  | The Matrix |
| Fitness   | Pay Your Dues    | The One Where | 15 <sup>3</sup> | Tick Tock  |
| Abs       | Week 1           | Week 2        | Week 3          | Week 4     |
| Challenge | Christmas        | Christmas     | Christmas       | Christmas  |

Scan for  
Programme:


Scan for  
Workout of  
the Week:
