

WARM UP (X3 ROUNDS) | **A1** Hip Circles 10/10 reps **A2** Cat/Camel 10 reps **A3** Kang Squats 10 reps **A4** Ankle Rocks 10/10 reps **A5** Prone T Circles 10/10 reps

| 1 Energy 1 | EXERCISE | | WEEK 1 – TEACHING | WEEK 2 – PROGRESS | WEEK 3 – PEAK | WEEK 4 – REMIX |
|---------------|----------|--|--|--|--|---|
| | A1 | MB Overhead Low Jacks | 4 sets 30 seconds | 4 sets 35 seconds | 4 sets 40 seconds | 3 sets, 40 seconds Or try Overhead Walking Lunges |
| | A2 | Kettlebell Swings | 1 set through 20, 15, 10, 5 reps | 1 set through 20, 15, 10, 5 reps | 1 set through 20, 15, 10, 5 reps | 1 set through 20, 15, 10 reps |
| | B1 ★ | x2 KB/DB Step Ups | 4 sets kg kg kg kg 5 reps/side | 4 sets kg kg kg kg 5 reps/side (↑weight or height) | 4 sets kg kg kg kg 5 reps/side (↑weight or height) | 3 sets kg kg kg 5 reps/side |
| | | | Rate difficulty from 1 to 10: | Rate difficulty from 1 to 10: | Rate difficulty from 1 to 10: | Rate difficulty from 1 to 10: |
| | B2 | Press Up + Bottom Pause | 4 sets 3-6 reps | 4 sets 4-8 reps | 4 sets 5-10 reps | 3 sets 5-10 reps |
| | C1 | MB Squeeze Russian Twist | 4 sets 8 reps/side | 4 sets 10 reps/side | 4 sets 12 reps/side | 3 sets 12 reps/side |
| | C2 | Swiss Ball Plank | 4 sets 30 seconds | 4 sets 35 seconds | 4 sets 40 seconds | 3 sets, 40 seconds Or try Stir the Pot |
| | D | Workout of the Week See reverse for choices | Chosen WotW Note | Chosen WotW Notes | Chosen WotW Notes | Chosen WotW Notes |

| 2 Energy 2 | EXERCISE | | WEEK 1 – TEACHING | WEEK 2 – PROGRESS | WEEK 3 – PEAK | WEEK 4 – REMIX |
|---------------|---------------------|--|---|--|--|---|
| | A1 ★ | 1-Arm Bench/Box Row + Pause | 4 sets kg kg kg kg 5 reps/side | 4 sets kg kg kg kg 5 reps/side (↑weight or pause) | 4 sets kg kg kg kg 5 reps/side (↑weight or pause) | 3 sets kg kg kg 5 reps/side |
| | | | Rate difficulty from 1 to 10: | Rate difficulty from 1 to 10: | Rate difficulty from 1 to 10: | Rate difficulty from 1 to 10: |
| | A2 | Hip Thrust + Pause | 4 sets 10 reps | 4 sets 10 reps (↑tension or pause) | 4 sets 10 reps (↑tension or pause) | 3 sets 10 reps |
| | B's | Fitness Circuit: (1)-MB Squat Thrusters (2)-Shoulder Taps (3)-Weighted Walk Over | 8 minutes (1)- 10 reps (2)- 10 reps/side (3)- 10 reps/side | 10 minutes (1)- 10 reps (2)- 10 reps/side (3)- 10 reps/side | 12 minutes (1)- 10 reps (2)- 10 reps/side (3)- 10 reps/side | 8 minutes Or ask a coach (1)- 10 reps (2)- 10 reps/side (3)- 10 reps/side |
| | C1 | Goblet Wall Squat Hold | 1 set through 60, 45, 30, 15 seconds | 1 set through 60, 45, 30, 30 seconds | 1 set through 60, 45, 45, 30 seconds | 1 set through 60, 45, 30 seconds |
| | C2 | Band Push Downs | 1 set through 20, 15, 10, 5 reps | 1 set through 20, 15, 10, 5 reps | 1 set through 20, 15, 10, 5 reps | 1 set through, 20, 15, 10 reps Or try Skull Crushers |
| | FOCUS BLOCKS | | FOCUS ON Fitness - Calories Time Trial | | | |
| | D1 | Bike/Rower | 60 Kcals | 60 Kcals | 60 Kcals | 60 Kcals |
| | D2 | Record time completed in: | | | | |

| 3 Energy 3 | EXERCISE | | WEEK 1 – TEACHING | WEEK 2 – PROGRESS | WEEK 3 – PEAK | WEEK 4 – REMIX |
|-------------------|--------------|--|--|---|---|--|
| | A1 ★ | Deadlift | 4 sets kg kg kg kg 5 reps | 4 sets kg kg kg kg 5 reps (↑weight) | 4 sets kg kg kg kg 5 reps (↑weight) | 3 sets kg kg kg 5 reps |
| | | | Rate difficulty from 1 to 10: | Rate difficulty from 1 to 10: | Rate difficulty from 1 to 10: | Rate difficulty from 1 to 10: |
| | A2 | Lying Leg Circles | 4 sets 10 reps/direction | 4 sets 10 reps/direction | 4 sets 10 reps/direction | 3 sets 10 reps/direction |
| | B's | Strength Circuit: (1)-TRX Pull Apart (2)-Kneeling 1-Arm Overhead Press (3)-x2 KB/DB Reverse Lunges | 8 minutes (1)- 6 reps (2)- 6 reps/side (3)- 6 reps/side | 10 minutes (1)- 6 reps (2)- 6 reps/side (3)- 6 reps/side | 12 minutes (1)- 6 reps (2)- 6 reps/side (3)- 6 reps/side | 8 minutes Or ask a coach (1)- 6 reps (2)- 6 reps/side (3)- 6 reps/side |
| | C1 | Ropes/Bike/Rower | 1 set through 60, 45, 30, 15 seconds | 1 set through 60, 45, 30, 30 seconds | 1 set through 60, 45, 45, 30 seconds | 1 set through 60, 45, 30 seconds |
| | C2 | Straight Arm Sit Up | 1 set through 20, 15, 10, 5 reps | 1 set through 20, 15, 10, 5 reps | 1 set through 20, 15, 10, 5 reps | 1 set through 20, 15, 10 reps Or try Heel Taps |
| | FOCUS BLOCKS | | FOCUS ON Mobility - Long Duration Static Back Stretches | | | |
| | D1 | Seated Straddle Stretch | 1 set 2-3 minutes | 1 set 2-4 minutes | 1 set 2-5 minutes | 1 set 2-5 minutes |
| | D2 | Child's Pose | 1 set 2-3 minutes | 1 set 2-4 minutes | 1 set 2-5 minutes | 1 set 2-5 minutes |

Workout of the Week:

| | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 |
|-----------|------------------------|---------|------------------|----------------|----------------|
| Upper | Spartan | Olive | Double Centurion | Treasure Chest | Atlas |
| Lower | Grealish | Duenna | Agent Smith | Hateful Eight | Pay Your Dues |
| Fitness | Coach Joe is Mean(est) | Jupiter | Climber 2.0 | Rex | EMOM Challenge |
| Abs | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 |
| Challenge | Weakness Buster | | | | |

Notes:

Scan for Programme:


Scan for Workout of the Week:
