

WARM UP (X3 ROUNDS)	A1 Birddog 10/10 reps	A2 Cat/Camel 10 reps	A3 Shark Stretch 10/10 reps	A4 Overhead Split Squat 5/5 reps	A5 Calf Marches 10/10 reps
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1 Energy 1	EXERCISE		WEEK 1 – TEACHING	WEEK 2 – PROGRESS	WEEK 3 – PEAK	WEEK 4 – REMIX
	A's ★	Strength Circuit: (1)-2 x Weighted Squat + Pause (2)-Close Grip Incline/Band Press Up (3)- Double Leg Lower + Pause	4 sets (1)- 5 reps (2)- 4-8 reps (3)- 10 reps	4 sets (1)- 5 reps (↑weight) (2)- 5-10 reps (3)- 10 reps (↑pause)	4 sets (1)- 5 reps (↑weight) (2)- 6-12 reps (3)- 10 reps (↑pause)	4 sets (1)- 5 reps (2)- 4-8 reps (3)- 10 reps
	B1	Feet Elevated Hip Thrusts	3-4 sets 8 reps	3-4 sets 10 reps	3-4 sets 12 reps	3 sets Try 1.5 Hip Thrusts 12 reps
	B2	Rear Foot Elevated Deadlift	3-4 sets 8 reps/side	3-4 sets 8 reps/side (↑weight)	3-4 sets 8 reps/side (↑weight)	3 sets 8 reps/side
	C1	Long Lever Plank	3-4 sets 60 seconds	4 sets 60 seconds	4-5 sets 60 seconds	4 sets Try Double Leg Deadbugs 60 seconds
	C2	MB Get Ups or Murpees	3-4 sets 60 seconds	4 sets 60 seconds	4-5 sets 60 seconds	4 sets 60 seconds
	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 ★	Seated Overhead Press + Pause	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)	4 sets kg 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	Side Plank	4 sets 25 seconds/side	4 sets 30 seconds/side	4 sets 35 seconds/side	4 sets 25 seconds/side
	B1	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)	4 sets kg 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:
	B1	TRX Row + Pause	4 sets 10 reps	4 sets 10 reps (↑pause)	4 sets 10 reps (↑pause)	4 sets Try Banded FacePull 10 reps
	C's	Fitness Circuit: (1)-Prisoner Squat (2)-Plank Jack (3)-1-Arm Kettlebell Swings	3-4 sets (1)- 30 seconds (2)- 30 seconds (3)- 10 reps/side	4 sets (1)- 40 seconds (2)- 40 seconds (3)- 12 reps/side	4-5 sets (1)- 50 seconds (2)- 50 seconds (3)- 15 reps/side	4 sets Try Ask a Coach (1)- 50 seconds (2)- 50 seconds (3)- 15 reps/side
	FOCUS BLOCKS		FOCUS ON Glute Building - Hip Extension Emphasis			
	D1	Sumo Squats	4 sets 8 sets	4 sets 10 reps	4 sets 12 reps	3 sets 12 reps
	D2	Hip Thrust Marches	4 sets 8 sets/side	4 sets 10 reps/side	4 sets 12 reps/side	3 sets 12 reps/side

3 Energy 3	EXERCISE		WEEK 1 – TEACHING	WEEK 2 – PROGRESS	WEEK 3 – PEAK	WEEK 4 – REMIX
	A1 ★	Floor/Bench Press + Bottom Pause	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)	4 sets kg 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	1-Arm Wall Row + Pause	4 sets 10 reps/side	4 sets 10 reps/side (↑pause)	4 sets 10 reps/side (↑pause)	4 sets Try Bent Over 1-Arm BPA 10 reps/side
	B's	Fitness Circuit: (1)- Weighted Step Ups (2)- Plank to Press (3)- Sprinter Sit Up	3-4 sets (1)- 30 seconds (2)- 30 seconds (3)- 30 seconds	4 sets (1)- 40 seconds (2)- 40 seconds (3)- 40 seconds	4-5 sets (1)- 50 seconds (2)- 50 seconds (3)- 50 seconds	4 sets (1)- 50 seconds (2)- 50 seconds (3)- 50 seconds
	C's	Ab Circuit: (1)- T-Rotations (2)- Deadbug Presses (3)- Russian Twists	3-4 sets (1)- 10 reps/side (2)- 10 reps/side (3)- 10 reps/side	4 sets (1)- 12 reps/side (2)- 12 reps/side (3)- 12 reps/side	4-5 sets (1)- 14 reps/side (2)- 14 reps/side (3)- 14 reps/side	4 sets Try Ask a coach (1)- 10 reps/side (2)- 10 reps/side (3)- 10 reps/side
	D1	Farmers Walk/March - Stop timer if you put weights down	Total Time 3 minutes	Total Time 3 minutes	Total Time 3 minutes	Total Time 3 minutes
	FOCUS BLOCKS		FOCUS ON Triceps Toning with bonus abs!			
	E1	1-Arm Band Push Down	4 sets 8 reps/side	4 sets 10 reps/side	4 sets 12 reps/side	3 sets 12 reps/side
	E2	Hands Together Plank	4 sets 30 seconds	4 sets 40 seconds	4 sets 50 seconds	3 sets 50 seconds

Workout of the Week:

Notes:

	Week 1	Week 2	Week 3	Week 4
Upper	Spartan	Olive	Double Centurion	Treasure Chest
Lower	Grealish	Duenna	Agent Smith	Hateful Eight
Fitness	Coach Joe is Mean(est)	Jupiter	Climber 2.0	Rex
Abs	Week 1	Week 2	Week 3	Week 4
Challenge	Calendar Month			

Scan for Programme:


Scan for Workout of the Week:
