Month: **March 2023 | Strength Introduction Focus**

RESULTS inc

WARM UP (X3 ROUNDS)	**A1** Toe Hold Squats 10 reps **A2** Hip Circles 10/10 reps **A3** Jefferson Curl 10 reps **A4** Glute Bridge + No Money 10 reps **A5** Overhead Press, Squat, KB Deadlift 10 reps

1 — Athlete 1

	EXERCISE	**WEEK 1 – TEACHING**	**WEEK 2 – PROGRESS**	**WEEK 3 – PEAK**	**WEEK 4 – REMIX Ask a coach for swaps**
A1 ★	Overhead Press	4 sets **kg kg kg kg** 5 reps	4 sets **kg kg kg kg** 4 reps (↑weight)	4 sets **kg kg kg kg** 4 reps (↑weight)	3 sets **kg kg kg** 4 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	Rest	4 sets - 2 minutes	4 sets - 2 minutes	4 sets - 2 minutes	3 sets - 2 minutes
B1	Lateral Step Up	4 sets 8 reps/side	4 sets 8 reps/side (↑weight)	4 sets 8 reps/side (↑weight)	3 sets 8 reps/side
B2	Leg Raise + Elbow Touch	4 sets 8 reps/side	4 sets 8 reps/side (+pause)	4 sets 8 reps/side (↑pause)	3 sets 8 reps/side
C1	Gorilla Row	4-5 sets 8 reps/side	4-5 sets 8 reps/side	4-5 sets 8 reps/side	4 sets 8 reps/side
C2	Ropes/Bike/Rower	4-5 sets 30 seconds	4-5 sets 40 seconds	4-5 sets 50 seconds	4 sets 50 seconds
D	Workout of the Week See back for choices	Chosen WotW Notes	Chosen WotW Notes	Chosen WotW Notes	Chosen WotW Notes

2 — Athlete 2

	EXERCISE	**WEEK 1 – TEACHING**	**WEEK 2 – PROGRESS**	**WEEK 3 – PEAK**	**WEEK 4 – REMIX Ask a coach for swaps**
A1	Pull Up/High Ring Row + Top Pause	4 sets 2-4 reps	4 sets 3-5 reps	4 sets 3-6 reps	3 sets 3-6 reps
A2	Wall Press Leg Lowers	4 sets 8 reps/side	4 sets 10 reps/side	4 sets 12 reps/side	3 sets 12 reps/side
B1 ★	Squat	4 sets **kg kg kg kg** 5 reps	4 sets **kg kg kg kg** 4 reps (↑weight)	4 sets **kg kg kg kg** 4 reps (↑weight)	3 sets **kg kg kg** 4 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:**
B2	Rest	4 sets - 2 minutes	4 sets - 2 minutes	4 sets - 2 minutes	3 sets - 2 minutes
C's	**Full Body Circuit:** **(1)**-Handwalkout + Press Up **(2)**-Reverse MB Woodchop **(3)**-Walking Lunges	12 minutes **(1)-** 4-8 reps **(2)-** 8 reps/side **(3)-** 8 reps/side	12 minutes **(1)-** 4-9 reps **(2)-** 8 reps/side (↑weight) **(3)-** 8 reps/side (↑weight)	12 minutes **(1)-** 4-10 reps **(2)-** 8 reps/side (↑weight) **(3)-** 8 reps/side (↑weight)	10 minutes **(1)-** 4-10 reps **(2)-** 8 reps/side **(3)-** 8 reps/side
FOCUS BLOCKS		**FOCUS ON Shoulder Strength & Stability**			
D1	Waiter Walk/March	5 sets 1 length/side or 30 seconds/side	5 sets 1 length/side or 30 seconds/side	5 sets 1 length/side or 30 seconds/side	5 sets 1 length/side or 30 seconds/side
D2	TRX Y-Row	5 sets 6 reps->2 reps	5 sets 7 reps->3 reps	5 sets 8 reps->4 reps	5 sets 6 reps->2 reps

3	EXERCISE		WEEK 1 – TEACHING	WEEK 2 – PROGRESS	WEEK 3 – PEAK	WEEK 4 – REMIX Ask a coach for swaps
Athlete 3	A1 ★	Deadlift	4 sets **kg kg kg kg** 5 reps	4 sets **kg kg kg kg** 4 reps (↑weight)	4 sets **kg kg kg kg** 4 reps (↑weight)	3 sets **kg kg kg** 4 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	Rest	4 sets - 2 minutes	4 sets - 2 minutes	4 sets - 2 minutes	3 sets - 2 minutes
	B1	1-Arm TRX Row	4 sets 8 reps/side	4 sets 8 reps/side (↑feet forward)	4 sets 8 reps/side (↑feet forward)	4 sets 8 reps/side
	B2	Side Plank + Leg Lift	4 sets 8 reps/side	4 sets 8 reps/side (+pause)	4 sets 8 reps/side (↑pause)	4 sets 8 reps/side
	C's	**Kettlebell Circuit:** **(1)**-1-Arm Push Press **(2)-** Unilateral Squat **(3)-** Unilateral Row **(4)**-1-Arm KB Swing	3 sets **(1)-** 4 reps/side **(2)-** 4 reps/side **(3)-** 4 reps/side **(4)-** 8 reps/side	4 sets **(1)-** 4 reps/side **(2)-** 4 reps/side **(3)-** 4 reps/side **(4)-** 8 reps/side	4 sets (↑weight) **(1)-** 4 reps/side **(2)-** 4 reps/side **(3)-** 4 reps/side **(4)-** 8 reps/side	3 sets **(1)-** 4 reps/side **(2)-** 4 reps/side **(3)-** 4 reps/side **(4)-** 8 reps/side
	FOCUS BLOCKS		**FOCUS ON Timed Dynamic Fitness**			
	D1	Sprinter Lunge	5 sets 30 seconds	5 sets 40 seconds	5 sets 50 seconds	4 sets 50 seconds
	D2	Plank Jack + Shoulder Tap	5 sets 30 seconds	5 sets 40 seconds	5 sets 50 seconds	4 sets 50 seconds

Workout of the Week:

	Week 1	Week 2	Week 3	Week 4	Week 5
Upper	Boulder Shoulders	**The Holiday**	Lord of the Rows	Monkey Business	Gym Carrey Returns
Lower	Ferris Wheel	The Rubber Duck	A pain in the...	**Harry Squatter**	Lower 21's
Fitness	**VO2 Max**	Finale	**Jack of all Trades**	Let the Games Begin	**On the Spot Triathlon**
Abs	Week 1	Week 2	Week 3	Week 4	
Challenge	Rower Intervals				

Scan for Programme:

Scan for Workout of the Week:

Notes: