

Strength Program #1 – Full Gym Access

This program has been specifically developed to replicate the key movement patterns and the physical demands of the PAT, will help you develop your muscular power, strength and endurance. The program is general in nature and does not account for individual differences in candidates. Personal circumstances may dictate the need to research technique and individualise your training prior to beginning. For those who are new to resistance training, **it is highly recommended** that you seek medical clearance from a health professional.

The Program:

The order of exercises can be seen on the left-hand side (A1, A2, B1 etc). You will do exercise A1 and A2 together and then rest. Exercise B1 and B2 together and then rest and so on. **Reps** are the number of times you perform the exercise and **sets** are how many rounds of the exercise(s). When the reps read '8/8/6/6', that means 8 reps in set 1, 8 reps in set 2, 6 reps in set 3 and 6 reps in set 4.

% 1RM/RPE is your lifting intensity. This refers to the weight/effort you should look to achieve in the last few sets of the exercise.
E.g. In session 1, exercise A1, the Trap Bar Deadlift is 5x5 at 70% 1RM or RPE 7. In sets 4 and 5 you should be at that weight or effort.

If you do not know your repetition maximum for your main lifts, you should use the RPE scale. The scale can be found at the top right of the program.
Rest is your break time between sets.

Please use to the blank weight column to fill in the weight you used on the day. This helps track progress.

You should complete a 10-15 minute warm up that includes foam rolling, active mobility/stretching and some form of cardiovascular exercise that increases your heart rate such as skipping, running or riding a bike.

RPE 10	I can't do any more reps
RPE 9.5	I can maybe do 1 more rep
RPE 9	I can definitely do 1 more rep
RPE 8.5	I can maybe do 2 more reps
RPE 8	I can definitely do 2 more reps
RPE 7.5	I can maybe do 3 more reps
RPE 7	I can definitely do 3 more reps
RPE 6	Weights that can be utilised for power-based exercises
RPE 5	Weights that can be utilised for speed-based exercises
RPE 4 & Below	Weights that can be utilised for warm-up sets, mobility and recovery

Weeks 1-4:

Session 1:

WEEK 1						WEEK 2						WEEK 3						WEEK 4					
Exercise	Sets	Reps	% 1RM/RPE	Rest	Weight	Sets	Reps	% 1RM/RPE	Rest	Weight	Sets	Reps	% 1RM/RPE	Rest	Weight	Sets	Reps	% 1RM/RPE	Rest	Weight			
A1. Trap Bar Deadlift	5	5	70% 1RM / 8	2mins		5	5	75% 1RM / 8	2mins		5	8/6/4/4	75% 1RM / 8	2mins		5	8/6/4/4	80% 1RM / 8	2mins				
A2. Cable Face Pull		12	RPE 7			12	RPE 7				15	RPE 7			15	RPE 7			15	RPE 7			
B1. Bench Press	4	8/8/6/6	70% 1RM / 7	2mins		4	8/8/6/6	70% 1RM / 7	2mins		4	5	75% 1RM / 7.5	2mins		4	5	75% 1RM / 7.5	2mins				
B2. DB SL RDL		6/s	RPE 7			6/s	RPE 7				8/s	RPE 7			8/s	RPE 7			8/s	RPE 7			
C1. Alternating DB Bench Press	3	8/s	RPE 7	90secs		3	8/s	RPE 7	90secs		3	10/s	RPE 7	90secs		3	10/s	RPE 7	90secs				
C2. HK Pallof Press + OH Raise		10/s	-			10/s	-				8/s	-			8/s	-			8/s	-			
Circuit:						Circuit – Same as Week 1						Circuit:						Circuit – Same as Week 3					
D. KB Swing x12						KB Swing x12						Push Up x8					Push Up x12						
						Intensity: 6-8 RPE						Sets: Repeat Circuit 4-6 times					Intensity: 6-8 RPE						
						Rest: 15-30secs between exercises,						2-5mins between circuits					Rest: 15-30secs between exercises,						
						2-5mins between circuits											2-5mins between circuits						

Session 2:

WEEK 1						WEEK 2						WEEK 3						WEEK 4					
Exercise	Sets	Reps	% 1RM/RPE	Rest	Weight	Sets	Reps	% 1RM/RPE	Rest	Weight	Sets	Reps	% 1RM/RPE	Rest	Weight	Sets	Reps	% 1RM/RPE	Rest	Weight			
A1. BB Box Squat	4	8/5/3/3	75% 1RM / 7.5	2mins		4	8/5/3/3	75% 1RM / 7.5	2mins		4	5/5/3/3	80% 1RM / 8	2mins		4	5/5/3/3	80% 1RM / 8	2mins				
A2. UH Chin Up		5-10	-			5-10	-				6-12	-			6-12	-			6-12	-			
B1. Seated Row	4	15/12/10/8	RPE 8	90secs		4	15/12/10/8	RPE 8	90secs		4	12/10/8/6	RPE 8	90sec		4	12/10/8/6	RPE 8	90sec				
B2. DB Bulgarian Split Squat		6/s	RPE 8			6/s	RPE 8				8/s	RPE 8			8/s	RPE 8			8/s	RPE 8			
C1. 1-Arm DB Row	3	8/s	RPE 7	60secs		3	8/s	RPE 7	60secs		3	10/s	RPE 7	60sec		3	10/s	RPE 7	60sec				
C2. TK OH Pallof Press		10/s	-			10/s	-				10/s	-			10/s	-			10/s	-			
Circuit:						Circuit – Same as Week 1						Circuit:						Circuit – Same as Week 3					
D. Sled Drag x30secs						Intensity: 6-8 RPE						DB Glute Bridge x20					Intensity: 6-8 RPE						
						Sets: Repeat Circuit 2-4 times						Sets: Repeat Circuit 2-4 times					Sets: Repeat Circuit 2-4 times						
						Rest: 15-30secs between exercises,						Rest: 15-30secs between exercises,					Rest: 15-30secs between exercises,						
						2-5mins between circuits						2-5mins between circuits					2-5mins between circuits						
						Mountain Climbers x15/s						Mountain Climbers x20/s											

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Weeks 5-8:

Session 1:

WEEK 5						
Exercise	Sets	Reps	% 1RM/RPE	Rest	Weight	
A1. Trap Bar Deadlift	5	8/5/3/3/3	80% 1RM / 8	2mins		
A2. Lat Pull Down		12	RPE 8			
B1. Bench Press	4	5/5/3/3	80% 1RM / 8	2mins		
B2. SL KB Deadlift		6/s	RPE 7			
C1. SA DB Bench Press	3	6/s	RPE 8	60secs		
C2. DB Renegade Row		8/s	-			
Circuit:						
D.	Double KB Front Squat x12 DB Bent Over Reverse Fly x12 Band Tricep Extension x20 Farmers Carry x30secs					
	Intensity: 6-8 RPE Sets: Repeat Circuit 4-6 times Rest: 15-30secs between exercises, 2-5mins between circuits					

WEEK 6					
Exercise	Sets	Reps	% 1RM/RPE	Rest	Weight
	5	8/5/3/3/3	80% 1RM / 8	2mins	
		12	RPE 8		
	4	5/5/3/3	80% 1RM / 8	2mins	
		6/s	RPE 7		
	3	6/s	RPE 8	60secs	
		8/s	-		
Circuit – Same as Week 1					

WEEK 7						
Exercise	Sets	Reps	% 1RM/RPE	Rest	Weight	
	5	3	85% 1RM / 8.5	2mins		
		10	RPE 8			
	4	5	75% 1RM / 7.5	2mins		
		8/s	RPE 7			
	3	8/s	RPE 8	60secs		
		10/s	-			
Circuit:						
D.	Double KB Front Squat x15 DB Reverse Fly x15 Band Tricep Extension x30 Farmers Carry x45secs					
	Intensity: 6-8 RPE Sets: Repeat Circuit 4-6 times Rest: 15-30secs between exercises, 2-5mins between circuits					

WEEK 8					
Exercise	Sets	Reps	% 1RM/RPE	Rest	Weight
	5	3	85% 1RM / 8.5	2mins	
		10	RPE 8		
	4	5	75% 1RM / 7.5	2mins	
		8/s	RPE 7		
	3	8/s	RPE 8	60secs	
		10/s	-		
Circuit – Same as Week 3					

Session 2:

WEEK 5						
Exercise	Sets	Reps	% 1RM/RPE	Rest	Weight	
A1. BB Step Up	4	5/s	60-70% 1RM / 7	2mins		
A2. OH Chin Up		5-10	-			
B1. Supinated BB Bent-Over Row	4	6	70% 1RM / 8	2mins		
B2. Plate OH Walking Lunge		12/s	RPE 8			
C1. HK DB Hammer Press	4	6/s	RPE 8	60secs		
C2. TK OH Pallof Press		10/s	-			
Circuit:						
D.	Sled Drag x30secs Push Ups x 12 Mountain Climber Crossovers x15/s Farmers Carry x30secs					
	Intensity: 6-8 RPE Sets: Repeat Circuit 2-4 times Rest: 15-30secs between exercises, 2-5mins between circuits					

WEEK 6					
Exercise	Sets	Reps	% 1RM/RPE	Rest	Weight
	4	5/s	60-70% 1RM / 7	2mins	
		5-10	-		
	4	6	70% 1RM / 8	2mins	
		12/s	RPE 8		
	4	6/s	RPE 8	60secs	
		10/s	-		
Circuit – Same as Week 1					

WEEK 7						
Exercise	Sets	Reps	% 1RM/RPE	Rest	Weight	
	4	6/s	60-70% 1RM / 7	2mins		
		6-12	-			
	4	5	75% 1RM / 8	2mins		
		15/s	RPE 8			
	4	8/s	RPE 8	60secs		
		10/s	-			
Circuit:						
D.	Sled Drag x45secs Push Ups x 15 Mountain Climber X-Over x20/s Farmers Carry x45secs					
	Intensity: 6-8 RPE Sets: Repeat Circuit 2-4 times Rest: 15-30secs between exercises, 2-5mins between circuits					

WEEK 8					
Exercise	Sets	Reps	% 1RM/RPE	Rest	Weight
	4	6/s	60-70% 1RM / 7	2mins	
		6-12	-		
	4	5	75% 1RM / 8	2mins	
		15/s	RPE 8		
	4	8/s	RPE 8	60secs	
		10/s	-		
Circuit – Same as Week 3					

Key –

- /s – Per side
- 1RM – Repetition Maximum
- BB – Barbell
- DB – Dumbbell
- HK – Half Kneeling
- KB – Kettlebell
- OH – Overhead
- RPE – Rate of Perceived Exertion
- SA – Single Arm
- SL – Single Leg
- TK – Tall Kneeling
- UH – Underhand
- X-Over – Crossover