

Strength Program #2 – Minimal Equipment

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:

You will be able to do this program with – **2x Dumbbells, a kettlebell and a power band**.

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).

RPE is your lifting intensity. This refers to the effort you should look to achieve while doing the exercise. This is used as a guide as it is dependent on the weights you have access to. E.g. In session 1, exercise B1, the DB Glute Bridge is 4x20 at RPE 8. Using the scale to the right, this refers to a weight you can definitely do 2 more reps at as an 8/10 effort.

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.

Weeks 1-4:

Session 1:

WEEK 1							
Exercise	Sets	Reps	RPE	Rest	Weight		
A1. DB Deadlift	4	10	RPE 8	90secs			
A2. Band Face Pull		15	-				
B1. DB Glute Bridge	4	20	RPE 8	90secs			
B2. DB Bench Press		8	RPE 8				
C1. DB SL RDL	3	8/s	RPE 7	60secs			
C2. HK DB Hammer Press		6/s	RPE 7				
C3. HK Band Pallof Press		10/s	-				
<u>9 Rounds - 30sec ON : 30sec OFF,</u> <u>2mins Rest, Repeat x2</u>							
Circuit: Intensity: 6-8 RPE							
9 Rounds = Do every exercise 3 times Rest for 2mins between circuits Do the circuit twice							
D.							

WEEK 2					
Exercise	Sets	Reps	RPE	Rest	Weight
	4	10	RPE 8	90secs	
		15	-		
	4	20	RPE 8	90secs	
		8	RPE 8		
	3	8/s	RPE 7	60secs	
		6/s	RPE 7		
		10/s	-		
Same as Week 1					

WEEK 3							
Exercise	Sets	Reps	RPE	Rest	Weight		
	4	12	RPE 8	90secs			
		20	-				
	4	30	RPE 8	90secs			
		10	RPE 8				
	3	10/s	RPE 7	60secs			
		8/s	RPE 7				
		12/s	-				
<u>12 Rounds - 30sec ON : 30sec OFF,</u> <u>2mins Rest, Repeat x2</u>							
Circuit: Intensity: 6-8 RPE							
12 Rounds = Do every exercise 4 times Rest for 2mins between circuits Do the circuit twice							
D.							

WEEK 4					
Exercise	Sets	Reps	RPE	Rest	Weight
	4	12	RPE 8	90secs	
		20	-		
	4	30	RPE 8	90secs	
		10	RPE 8		
	3	10/s	RPE 7	60secs	
		8/s	RPE 7		
		12/s	-		
Same as Week 3					
D.					

Session 2:

WEEK 1							
Exercise	Sets	Reps	RPE	Rest	Weight		
A1. DB Goblet Squat	4	10	RPE 7	90secs			
A2. SA KB Row		6/s	RPE 7				
B1. DB Split Squat	4	8/s	RPE 7	90secs			
B2. Overhand Band Pull Apart		15	-				
C1. KB Lateral Lunge	3	6/s	RPE 7	60secs			
C2. Split Stance Band Pallof Press		8/s	-				
C3. DB Russian Twist		15/s	-				
Band OH Walking Lunge x10/s Band Bicep Curl x20 Band Tricep Extension x20 Push Up x10							
Circuit: 15min AMRAP 15mins to get done as many rounds as you can. Rest as needed.							
D.							

WEEK 2					
Exercise	Sets	Reps	RPE	Rest	Weight
	4	10	RPE 7	90secs	
		6/s	RPE 7		
	4	8/s	RPE 7	90secs	
		15	-		
	3	6/s	RPE 7	60secs	
		8/s	-		
		15/s	-		
Same as Week 1					

WEEK 3							
Exercise	Sets	Reps	RPE	Rest	Weight		
	4	15	RPE 7	90secs			
		8/s	RPE 7				
	4	10/s	RPE 7	90secs			
		20	-				
	3	8/s	RPE 7	60secs			
		10/s	-				
		20/s	-				
Band OH Walking Lunge x15/s Band Bicep Curl x30 Band Tricep Extension x30 Push Up x12							
Circuit: 15min AMRAP 15mins to get done as many rounds as you can. Rest as needed.							
D.							

WEEK 4					
Exercise	Sets	Reps	RPE	Rest	Weight
	4	15	RPE 7	90secs	
		8/s	RPE 7		
	4	10/s	RPE 7	90secs	
		20	-		
	3	8/s	RPE 7	60secs	
		10/s	-		
		20/s	-		
Same as Week 3					
D.					

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

Strength Program #2 – Minimal Equipment

Weeks 5-8:

Session 1:

Exercise	WEEK 5				
	Sets	Reps	RPE	Rest	Weight
A1. DB Deadlift	4	8	RPE 8	90secs	
A2. UH Band Pull Apart		15	-		
B1. DB Hip Thrust	4	15	RPE 8	90secs	
B2. Alternating DB Bench Press		8/s	RPE 8		
C1. SL KB Deadlift	3	8/s	RPE 7	60secs	
C2. TK Alternating DB Hammer Press		8/s	RPE 8		
C3. HK Band Pallof Press		10/s	-		
D. <u>12 Rounds -20sec ON : 20sec OFF,</u> <u>2mins Rest, Repeat x2</u> Two-Hand KB Squat Clean Mountain Climbers X-Over Russian Twists					
Circuit: Intensity: 6-8 RPE 12 Rounds = Do every exercise 4 times Rest for 2mins between circuits Do the circuit twice					

WEEK 6				
Sets	Reps	RPE	Rest	Weight
4	8	RPE 8	90secs	
	15	-		
4	15	RPE 8	90secs	
	8/s	RPE 8		
3	8/s	RPE 7	60secs	
	8/s	RPE 8		
	10/s	-		
D. <u>15 Rounds -20sec ON : 20sec OFF,</u> <u>2mins Rest, Repeat x2</u> Two-Hand KB Squat Clean Mountain Climbers X-Over Russian Twists				
Circuit: Intensity: 6-8 RPE 15 Rounds = Do every exercise 5 times Rest for 2mins between circuits Do the circuit twice				
Same as Week 1				

WEEK 7				
Sets	Reps	RPE	Rest	Weight
4	10	RPE 8	90secs	
	20	-		
4	20	RPE 8	90secs	
	10/s	RPE 8		
4	10/s	RPE 7	60secs	
	10/s	RPE 8		
	10/s	-		
<u>15 Rounds -20sec ON : 20sec OFF,</u> <u>2mins Rest, Repeat x2</u> Two-Hand KB Squat Clean Mountain Climbers X-Over Russian Twists				
Circuit: Intensity: 6-8 RPE 15 Rounds = Do every exercise 5 times Rest for 2mins between circuits Do the circuit twice				
Same as Week 3				

WEEK 8				
Sets	Reps	RPE	Rest	Weight
4	10	RPE 8	90secs	
	20	-		
4	20	RPE 8	90secs	
	10/s	RPE 8		
4	10/s	RPE 7	60secs	
	10/s	RPE 8		
	10/s	-		
D. <u>12 Rounds -20sec ON : 20sec OFF,</u> <u>2mins Rest, Repeat x2</u> Two-Hand KB Squat Clean Mountain Climbers X-Over Russian Twists				
Circuit: Intensity: 6-8 RPE 15 Rounds = Do every exercise 5 times Rest for 2mins between circuits Do the circuit twice				
Same as Week 3				

Session 2:

Exercise	WEEK 5				
	Sets	Reps	RPE	Rest	Weight
A1. DB Front Squat	4	8	RPE 7	90secs	
A2. DB Bent Over Row		8	RPE 7		
B1. DB Reverse Lunge + Step Up	4	6/s	RPE 7	90secs	
B2. HK KB Press		8/s	RPE 7		
C1. DB Bulgarian Split Squat	3	8/s	RPE 8	60secs	
C2. Split Stance OH Band Pallof Press		8/s	-		
C3. DB Renegade Row		8/s	-		
D. DB Walking Lunge x8/s KB Push Press 8/s Push Up x10 Side Plank + Knee Drive x10/s					
Circuit: 15min AMRAP 15mins to get done as many rounds as you can. Rest as needed.					
Same as Week 1					

WEEK 6				
Sets	Reps	RPE	Rest	Weight
4	8	RPE 7	90secs	
	8	RPE 7		
4	6/s	RPE 7	90secs	
	8/s	RPE 7		
3	8/s	RPE 8	60secs	
	8/s	-		
	8/s	-		
D. <u>12 Rounds -20sec ON : 20sec OFF,</u> <u>2mins Rest, Repeat x2</u> Two-Hand KB Squat Clean Mountain Climbers X-Over Russian Twists				
Circuit: 15min AMRAP 15mins to get done as many rounds as you can. Rest as needed.				
Same as Week 1				

WEEK 7				
Sets	Reps	RPE	Rest	Weight
4	12	RPE 7	90secs	
	10	RPE 7		
4	8/s	RPE 7	90secs	
	10/s	RPE 7		
3	10/s	RPE 8	60secs	
	10/s	-		
	10/s	-		
<u>12 Rounds -20sec ON : 20sec OFF,</u> <u>2mins Rest, Repeat x2</u> Two-Hand KB Squat Clean Mountain Climbers X-Over Russian Twists				
Circuit: 15min AMRAP 15mins to get done as many rounds as you can. Rest as needed.				
Same as Week 3				

WEEK 8				
Sets	Reps	RPE	Rest	Weight
4	12	RPE 7	90secs	
	10	RPE 7		
4	8/s	RPE 7	90secs	
	10/s	RPE 7		
3	10/s	RPE 8	60secs	
	10/s	-		
	10/s	-		
<u>12 Rounds -20sec ON : 20sec OFF,</u> <u>2mins Rest, Repeat x2</u> Two-Hand KB Squat Clean Mountain Climbers X-Over Russian Twists				
Circuit: 15min AMRAP 15mins to get done as many rounds as you can. Rest as needed.				
Same as Week 3				

Key –

- 1RM – Repetition Maximum
- AMRAP – As Many Rounds as Possible
- BB – Barbell
- DB – Dumbbell
- HK – Half Kneeling
- KB – Kettlebell
- OFF – Rest Period
- OH – Overhead
- ON – Work Period
- RPE – Rate of Perceived Exertion
- SA – Single Arm
- SL – Single Leg
- TK – Tall Kneeling
- UH – Underhand
- X-Over – Crossover