

Strength Program #3 – At Home (No 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:

This program is designed to include **two bodyweight training sessions per week with alternating programs** each week to avoid the repetitive nature of bodyweight training. This means that **you will complete sessions 1 and 2 in weeks 1,3,5 and 7 and sessions 3 and 4 in weeks 2,4,6 and 8.**

The **order of exercises** can be seen on the left-hand side (a., b. etc).

Reps are the number of times you perform the exercise.

Your **session intensity** is determined by the **RPE scale**. The scale can be found at the top right of the program. All of the sessions have an RPE range of 6-9 to allow flexibility in the intensity of your training determined by the amount of effort you are able to put into each session.

Rest is your break time between exercises and circuits.

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	MAX EFFORT ACTIVITY Feels almost impossible to keep going. Completely out of breath, unable to talk. Cannot maintain for more than a very short time
RPE 9	VERY HARD ACTIVITY Very difficult to maintain exercise intensity. Can barely breathe and speak only a few words
RPE 7-8	VIGOROUS ACTIVITY Borderline uncomfortable. Short of breath, can still speak a sentence
RPE 4-6	MODERATE ACTIVITY Breathing heavily, can hold a short conversation. Still somewhat comfortable, but becoming noticeably more challenging
RPE 2-3	LIGHT ACTIVITY Feels like you can maintain for hours. Easy to breathe and carry a conversation
RPE 1	VERY LIGHT ACTIVITY Hardly any exertion, but more than sleeping, watching TV, etc

Weeks 1/3/5/7:

Session 1:

Week 1		
Exercise	Reps	Instructions
a. Broad Jump	5	
b. SL Lateral Bound	10/s	
c. Bodyweight Squat	15	
d. Walking Lunges	10/s	
e. Bulgarian Split Squat	8/s	
f. Hip Thrust	20	
g. Wide Grip Push Ups	8	
h. Bear Crawl Hold	20secs	
i. Bird Dog	10/s	
j. Lateral Shoot Throughs	10/s	

Week 3	
Reps	Instructions
5	
10/s	
15	
10/s	
8/s	
20	
8	
20secs	
10/s	
10/s	

Week 5	
Reps	Instructions
8	
12/s	
20	
15/s	
10/s	
30	
10	
30secs	
10/s	
15/s	

Week 7	
Reps	Instructions
8	
12/s	
20	
15/s	
10/s	
30	
10	
30secs	
10/s	
15/s	

Session 2:

Week 1		
Exercise	Reps	Instructions
a. Jump Squats	15	
b. High Knees	20secs	
c. Bodyweight Squat	15	
d. Reverse Lunge	10/s	
e. SL Glute Bridge	15/s	
f. Push Up	10	
g. YTW Hold	20secs per position	
h. High Plank	20secs	
i. Deadbug	10/s	
j. Mountain Climbers	15/s	

Week 3	
Reps	Instructions
15	
20secs	
15	
10/s	
15/s	
10	
20secs per position	
20secs	
10/s	
15/s	

Week 5	
Reps	Instructions
20	
30secs	
20	
12/s	
20/s	
12	
30secs per position	
30secs	
12/s	
20/s	

Week 7	
Reps	Instructions
20	
30secs	
20	
12/s	
20/s	
12	
30secs per position	
30secs	
12/s	
20/s	

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Weeks 2/4/6/8:

Session 3:

Week 2			Week 4			Week 6			Week 8		
Exercise	Reps	Instructions	Reps	Instructions		Reps	Instructions		Reps	Instructions	
a. Skipping	30secs		30secs			45secs			45secs		
b. SL Hops	5/s		5/s			8/s			8/s		
c. Split Squat	10/s		10/s			15/s			15/s		
d. SL Box Squat	10/s		10/s			15/s			15/s		
e. Glute Bridge	20		20			30			30		
f. Push Down	8		8			10			10		
g. Bench Tricep Dips	12		12			15			15		
h. Low Plank	20secs		20secs			30secs			30secs		
i. Lateral Bear Crawl	20secs/s		20secs/s			30secs/s			30secs/s		
j. Mountain Climber Crossovers	15/s	If you do not have a skipping rope, complete the same motion without the rope	15/s	Same as Week 2		20/s	If you do not have a skipping rope, complete the same motion without the rope		20/s	Same as Week 6	

Session 4:

Week 2			Week 4			Week 6			Week 8		
Exercise	Reps	Instructions	Reps	Instructions		Reps	Instructions		Reps	Instructions	
a. Split Squat Jump	10/s		10/s			12/s			12/s		
b. Jumping Jacks	30secs	30min AMRAP	30secs			45secs			45secs		
c. Lateral Lunge	8/s	You have 30mins to make it through as many rounds as you can.	8/s			10/s			10/s		
d. Reverse Lunge + Step Up	8/s	Rest as needed.	8/s			10/s			10/s		
e. SL Hip Thrust	10/s		10/s			15/s			15/s		
f. Yoga Push Up	10		10			12			12		
g. YTW Hold	20secs per position		20secs per position			30secs per position			30secs per position		
h. Side Plank	20Sec/s		20Sec/s			30sec/s			30sec/s		
i. Bear Crawl	20sec		20sec			30sec			30sec		
j. Russian Twists	15/s	For additional challenge, fill a backpack with weight and complete exercises.	15/s	Same as Week 2		20/s	For additional challenge, fill a backpack with weight and complete exercises.		20/s	Same as Week 6	

Key –

- /s – Per side
- AMRAP – As Many Rounds as Possible
- RPE – Rate of Perceived Exertion
- SL – Single Leg