

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				
Exercise	Sets	Reps	% 1RM/RPE	Rest	Weight	
A1.	Trap Bar Deadlift	5	5	70% 1RM / 8	2mins	
A2.	Cable Face Pull		12	RPE 7		
B1.	Bench Press	4	8/8/6/6	70% 1RM / 7	2mins	
B2.	DB SL RDL		6/s	RPE 7		
C1.	Alternating DB Bench Press	3	8/s	RPE 7	90secs	
C2.	HK Pallof Press + OH Raise		10/s	-		
D.	KB Swing x12 Push Up x8 DB Russian Twists x15/s Skipping x60secs	Circuit: Intensity: 6-8 RPE Sets: Repeat Circuit 4-6 times Rest: 15-30secs between exercises, 2-5mins between circuits				

		WEEK 2				
Exercise	Sets	Reps	% 1RM/RPE	Rest	Weight	
	5	5	75% 1RM / 8	2mins		
		12	RPE 7			
	4	8/8/6/6	70% 1RM / 7	2mins		
		6/s	RPE 7			
	3	8/s	RPE 7	90secs		
		10/s	-			
	Circuit – Same as Week 1					

		WEEK 3				
Exercise	Sets	Reps	% 1RM/RPE	Rest	Weight	
	5	8/6/4/4/4	75% 1RM / 8	2mins		
		15	RPE 7			
	4	5	75% 1RM / 7.5	2mins		
		8/s	RPE 7			
	3	10/s	RPE 7	90secs		
		8/s	-			
	Circuit: KB Swing x20 Push Up x12 Russian Twists x20/s Skipping x90secs Intensity: 6-8 RPE Sets: Repeat Circuit 4-6 times Rest: 15-30secs between exercises, 2-5mins between circuits					

		WEEK 4				
Exercise	Sets	Reps	% 1RM/RPE	Rest	Weight	
	5	8/6/4/4/4	80% 1RM / 8	2mins		
		15	RPE 7			
	4	5	75% 1RM / 7.5	2mins		
		8/s	RPE 7			
	3	10/s	RPE 7	90secs		
		8/s	-			
	Circuit – Same as Week 3					

Session 2:

		WEEK 1				
Exercise	Sets	Reps	% 1RM/RPE	Rest	Weight	
A1.	BB Box Squat	4	8/5/3/3	75% 1RM / 7.5	2mins	
A2.	UH Chin Up		5-10	-		
B1.	Seated Row	4	15/12/10/8	RPE 8	90secs	
B2.	DB Bulgarian Split Squat		6/s	RPE 8		
C1.	1-Arm DB Row	3	8/s	RPE 7	60secs	
C2.	TK OH Pallof Press		10/s	-		
D.	Sled Drag x30secs DB Glute Bridge x15 Yoga Push Up x10 DB Bicep Curls x10 Mountain Climbers x15/s	Circuit: Intensity: 6-8 RPE Sets: Repeat Circuit 2-4 times Rest: 15-30secs between exercises, 2-5mins between circuits				

		WEEK 2				
Exercise	Sets	Reps	% 1RM/RPE	Rest	Weight	
	4	8/5/3/3	75% 1RM / 7.5	2mins		
		5-10	-			
	4	15/12/10/8	RPE 8	90secs		
		6/s	RPE 8			
	3	8/s	RPE 7	60secs		
		10/s	-			
	Circuit – Same as Week 1					

		WEEK 3				
Exercise	Sets	Reps	% 1RM/RPE	Rest	Weight	
	4	5/5/3/3	80% 1RM / 8	2mins		
		6-12	-			
	4	12/10/8/6	RPE 8	90sec		
		8/s	RPE 8			
	3	10/s	RPE 7	60sec		
		10/s	-			
	Circuit: Sled Drag x45secs DB Glute Bridge x20 Yoga Push Up x12 DB Bicep Curls x12 Mountain Climbers x20/s Intensity: 6-8 RPE Sets: Repeat Circuit 2-4 times Rest: 15-30secs between exercises, 2-5mins between circuits					

		WEEK 4				
Exercise	Sets	Reps	% 1RM/RPE	Rest	Weight	
	4	5/5/3/3	80% 1RM / 8	2mins		
		6-12	-			
	4	12/10/8/6	RPE 8	90sec		
		8/s	RPE 8			
	3	10/s	RPE 7	60sec		
		10/s	-			
	Circuit – Same as Week 3					

Strength Program #1 – Full Gym Access

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	-		
D.	Double KB Front Squat x12 DB Bent Over Reverse Fly x12 Band Tricep Extension x20 Farmers Carry x30secs	Circuit: 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	5	80% 1RM / 8	2mins		
	12		RPE 8			
4	5/5/3/3	4	80% 1RM / 8	2mins		
	6/s		RPE 7			
3	6/s	3	RPE 8	60secs		
	8/s		-			
Circuit – Same as Week 1						

		WEEK 7				
Exercise	Sets	Reps	% 1RM/RPE	Rest	Weight	
5	3	5	85% 1RM / 8.5	2mins		
	10		RPE 8			
4	5	4	75% 1RM / 7.5	2mins		
	8/s		RPE 7			
3	8/s	3	RPE 8	60secs		
	10/s		-			
D.	Double KB Front Squat x15 DB Reverse Fly x15 Band Tricep Extension x30 Farmers Carry x45secs	Circuit: 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	5	85% 1RM / 8.5	2mins		
	10		RPE 8			
4	5	4	75% 1RM / 7.5	2mins		
	8/s		RPE 7			
3	8/s	3	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 Palloff Press		10/s	-		
D.	Sled Drag x30secs Push Ups x 12 Mountain Climber Crossovers x15/s Farmers Carry x30secs	Circuit: 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	4	60-70% 1RM / 7	2mins		
	5-10		-			
4	6	4	70% 1RM / 8	2mins		
	12/s		RPE 8			
4	6/s	4	RPE 8	60secs		
	10/s		-			
Circuit – Same as Week 1						

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