



FITNESS+

FUNCTIONAL
STRENGTH & CONDITIONING
PROGRAM

2





TITLE: Functional Strength & Conditioning Program

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Version française disponible

INTRODUCTION

level

2



level **2**

PROGRAM

The RCMP Functional Strength & Conditioning Program is a sequential physical fitness training program consisting of four levels of training.

The Level 2 Program has been designed for individuals who are active and have been meeting Canada's minimum guidelines for physical activity for the past 4-6 months. In addition, those individuals who have successfully completed the Level 1 Program and met the exit criteria can participate. This program further prepares individuals for activities of daily living and it focuses on functional strength and conditioning for police work. This program also prepares members to achieve the PARE 4-minute standard.

If your primary goal is weight loss, we recommend that you follow this program and supplement it with additional lifestyle activities such as taking the stairs, playing with your kids, parking further away from the office so that you might walk and/or engaging in recreational sports/activities on weekends or weekdays. The Level 2 Program, combined with additional lifestyle activities and sound nutritional habits, will assist you in reaching your weight loss goals.

PROGRAM ENTRY CRITERIA

Prior to starting this program, you should be certain that:

- > you are in good health;
- > you have no current injury or duty restrictions;
- > you have not answered “yes” to any of the questions on the PAR-Q+ (see Appendix 2 - User Guide);
- > you have been meeting the minimum guidelines for physical activity (150 minutes per week) for at least 4-6 months; and
- > you are able to meet the push-up criteria of the Level 1 Exit Program (Table 1-1).

PROGRAM EXIT CRITERIA

Prior to exiting the Level 2 Program, you must meet the benchmarks listed in Table 2-1.

Table 2-1 Exit Criteria Level 2

	MALE	FEMALE
PUSH-UP (FROM TOES)	>38	>23
PARE	<4 min	<4 min
BACK SQUAT	60% of BW^ (10 reps.)	60% of BW^ (10 reps.)
CARDIO (30 MINUTES)	7-8/10 RPE*	7-8/10 RPE*

BW^ = Body Weight

*RPE = Rate of Perceived Exertion (See Appendix 1)

Once you have successfully met these parameters, you may progress onto the Level 2 Program or continue using this level.

EQUIPMENT REQUIREMENT

ONLY A MINIMUM AMOUNT OF EQUIPMENT AND SPACE IS REQUIRED FOR THE LEVEL 2 PROGRAM.

The following is a list of equipment required:

- **Cardio:** any available piece of equipment such as treadmill, bike, rower, etc.;
- **Strength:** dumbbells, exercise ball, barbell, bench, high/low pulley and/or resistance bands (one or the other will do), suspension training device such as a TRX or Freestyle Trainer.

FORMAT

The program is structured such that you are exercising three times per week, on alternate days. For example, you may choose to exercise on Mon-Wed-Fri or perhaps on Tues-Thurs-Sat. Each workout contains a warm-up, the strength and conditioning exercises and flexibility. In addition, the program is set up in two phases, each lasting eight weeks. Therefore, the entire program contains six different training days (*i.e.* 3 different workouts for phase one and 3 for phase two). The approximate time requirement for each workout is shown below:

WORKOUT DAY 1 AND 3	
Traditional/ Dynamic Warm-up	5-10 min
Cardiovascular Conditioning	20-30 min
Strength	20 min
Flexibility	10 min

WORKOUT DAY 2	
Traditional/ Dynamic Warm-up	5-10 min
Circuit	10-30 min
Flexibility	10 min

PROGRAM PHASES

Level 2 consists of two phases (see: Table 2-2). Each phase requires that you exercise three times per week on alternate days (*e.g.* Mon-Wed-Fri). Workout days 1 and 3 are structured training and Workout day 2 is circuit training. The structured workout consists of groupings of exercises that are performed one after the other followed by a rest period. The circuit workout consists of exercises that are performed one after another for one round.

Table 2-2 Level 2 Weekly Training and Loading Progression

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
PHASE A	W1		W2		W3		
WEEK 1	2 sets	—	2 sets	—	2 sets	—	—
WEEK 2	2-3 sets	—	2-3 sets	—	2-3 sets	—	—
WEEK 3	3 sets	—	3 sets	—	3 sets	—	—
WEEK 4-8	3 sets	—	3 sets	—	3 sets	—	—
PHASE B	W1		W2		W3		
WEEK 9	2 sets	—	2 sets	—	2 sets	—	—
WEEK 10	2-3 sets	—	2-3 sets	—	2-3 sets	—	—
WEEK 11	3 sets	—	3 sets	—	3 sets	—	—
WEEK 12-16	3 sets	—	3 sets	—	3 sets	—	—

W1 = Workout Day #1

IMPORTANT CONCEPTS

WARM-UP, PROGRESSIVE LOADING, EXERCISE INTENSITY AND TEMPO

In order to achieve the desired goals of the Level 2 Program (to improve functional fitness and successfully achieve the PARE 4-minute standard), it is important to pay attention to warm-up, loading, effort/intensity and tempo.

WARM-UP

Every workout must start with a warm-up. The essential goal of the warm-up is to prepare your body for movement. Often the warm-up consists of hastily performed stretching which recent studies have indicated might do more harm than good.

In the context of this functional strength and conditioning program, the warm-up may consist of movements that will prepare the body and more specifically the muscle groups that will be used during that workout, or it might suggest a more traditional, progressive warm-up. After completing a general warm-up or dynamic warm-up, your body will be ready to generate the muscular actions required to successfully and safely complete your program. The program gives you both options and it is up to you to decide which one you want to use. **The take-home message is you must warm-up before you start to exercise!**

PROGRESSIVE LOADING

The load, in the context of this program, refers to the amount being lifted for a particular exercise. It is important that the load is recorded during your workout (see Log Sheet in User Guide). The amount of weight to use, or load, will depend on the number of repetitions required for each particular exercise. The repetition (or reps) is the number of times the exercise is to be repeated. Therefore, when an exercise requires a specific number of reps, the load must be such that it challenges you to reach that number which is known as your repetition maximum (RM). As your body adapts to the exercise stimulus (load) for a given exercise, it is crucial that the load be increased. This concept is known as progressive loading. **In order to continually improve (i.e. get stronger/fitter), the load has to be increased.** The number of sets for each exercise is another variable that is used to manipulate the load. A set is a group or number of repetitions performed consecutively without resting (e.g. a set may consist of 8 repetitions; a person may perform 3 sets of 8 repetitions). Table 2-2 demonstrates the way in which the sets are structured for this program.

EXERCISE INTENSITY

Intensity is the amount of stress placed on a particular system. The intensity of an exercise can also be characterized by rate of perceived exertion (RPE) which can be manipulated by changing the number of repetitions, sets, or rest period. In the context of the Functional Strength & Conditioning Program, the RPE is used to determine the perceived effort required for certain exercises (cardiovascular and anaerobic conditioning) and the number of sets, reps and rest period between strength exercises is used to manipulate the intensity of the work. Refer to Table 2-3 for more information on RPE.

Table 2-3 Rate of Perceived Exertion

RPE (0-10 scale)	% of Maximum Heart rate (MHR)	Level of Exertion	Talk Test
2	—	Very, very light	—
3	<35	Very light	Regular conversation
4	35-50	Fairly light	—
5-6	55-65	Moderate	Some pauses in conversation
7-8	70-85	Hard	Short sentences
9	>90	Very Hard	Short yes/no answers
10	100	Maximal	Can't talk

TEMPO

Tempo (Tpo) refers to the speed at which you are moving the load during the exercise. For example, a 2-1-1 Tpo would translate into a two-second movement (as in lowering the load), followed by a one-second pause, then a one-second movement (as in lifting of the load). A number 0, in a 1-0-1 tempo refers to no pause, while an "X" in a 1-1-X refers to an explosive movement.



EXERCISE SAFETY PREVENTING INJURIES

The best advice in preventing injuries and exercising safely is to use your best judgment (*i.e.* be responsible with the equipment and respect your physical limits). It is also important to be aware of the environment where you are exercising, as well as the way in which your body is responding to exercise.

The following is a list of precautions that will enhance your training experience and make your environment safer:

EQUIPMENT

Before starting an exercise, check the equipment to make sure it is safe to use and that the area around you is free from clutter or tripping hazards.

EXERCISE TECHNIQUE

It is important that you know how to safely perform each exercise. Improper execution of an exercise is often cited as one of the major causes of injury, because technique is compromised for increased resistance or number of reps. In addition, consider the following checklist of strategies for protecting against injuries¹:

- > **test how heavy something is prior to lifting it;**
- > **use a solid, grounded lifting stance with firm footing;**
- > **keep knees flexed (bent) and hips slightly hinged;**
- > **brace the midsection by engaging your abs and use your legs as the prime movers, not the back;**
- > **keep the load close to the body;**
- > **stay upright with abdominal muscles engaged and do not slouch; and**
- > **when lifting from the ground, keep your arms close to the trunk and squat with your legs.**

HYDRATE

As you exercise, your body loses water through sweat. Failure to replace this fluid can result in fatigue, decreased work capacity and increased susceptibility to infections and injury. At the very minimum, you should replace all fluid lost during a workout.

INJURIES

Treat minor injuries such as abrasions, bruises, strains and cuts right away. To minimize damage and accelerate the healing process, use the RICE strategy when dealing with an injury:

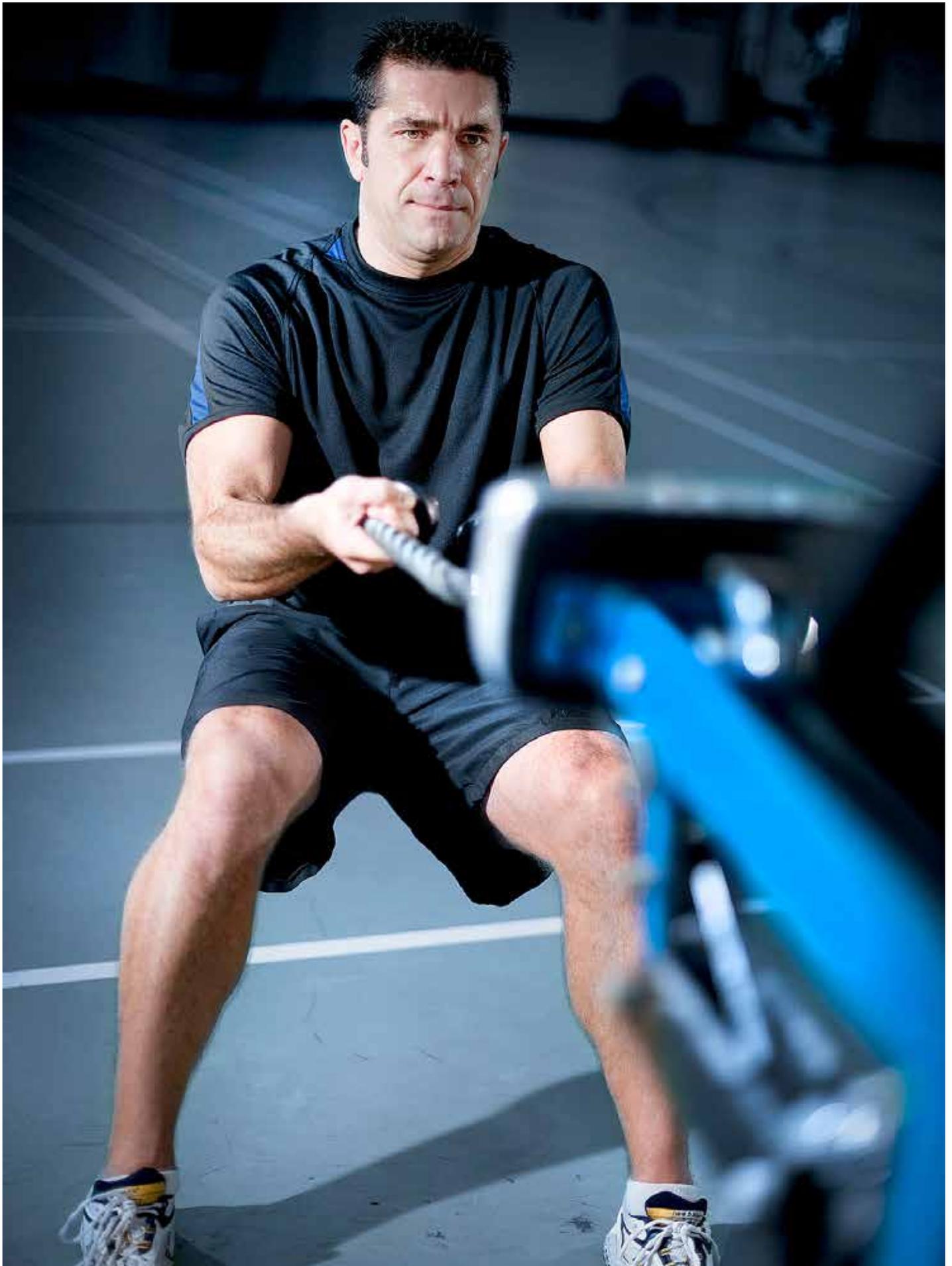
- > **Rest the injured body part.**
- > **Ice the injured area for 10-20 minutes every 2-3 hours.**
- > **Compress the injured area with an elastic bandage or towel (if swelling occurs).**
- > **Elevate the injured area above the level of the heart.**

OVERTRAINING

When your body does not have adequate time to recuperate from training, it can experience a plateau or an actual drop in performance. This lack of progression is usually a result of not following the recommended guidelines for proper recovery. Symptoms of overtraining include:

- > **prolonged muscle aches;**
- > **unexplained weight loss;**
- > **chronic fatigue;**
- > **loss of appetite;**
- > **inability to maintain performance;**
- > **decreased resistance to illness;**
- > **constipation or diarrhea; and**
- > **an increase in resting heart rate and training heart rate (8-10 bpm or greater).**

¹ Frounfelter, G. 2009. Watch Your Biomechanics, *NSCA Performance Performance Training Journal* 8(5): 8–9.



DYNAMIC WARM-UP

level

2

DYNAMIC WARM-UP

EVERY WORKOUT MUST START WITH A WARM-UP.

The essential goal of the warm-up is to prepare your body for movement. Often the warm-up is comprised of hastily performed stretching which recent studies have indicated might do more harm than good.

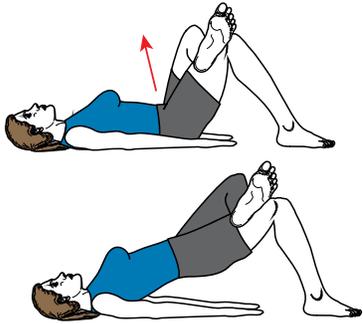
In the context of the Functional Strength & Conditioning Program, the warm-up may consist of movements that will prepare the body and more specifically the muscle groups that will be used during that workout, or it might suggest a more traditional, progressive warm-up.

Completing a general warm-up or dynamic warm-up ensures your body will be ready to generate the necessary muscular actions required to successfully and safely complete your program. The program gives you both options and it is up to you to decide which one you want to use. **The take-home message is you must warm-up before you start to exercise!**

DYNAMIC WARM-UP (5-10 MINUTES)

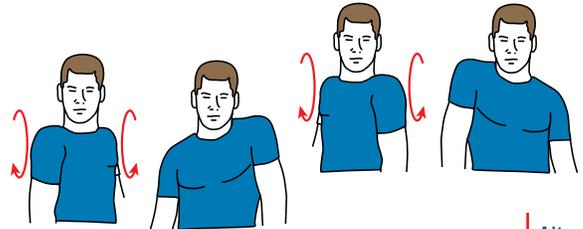
- > Perform 5-6 repetitions of each exercise.
- > Perform each exercise under control.
- > Intensity increases as you progress through the dynamic warm-up routine.

EXERCISE

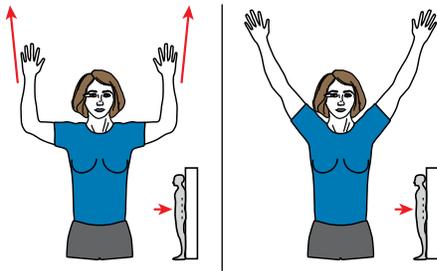


One Foot Hip Raise

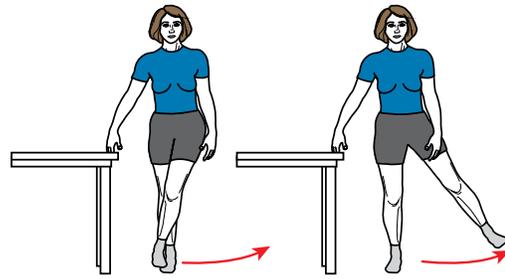
EXERCISE



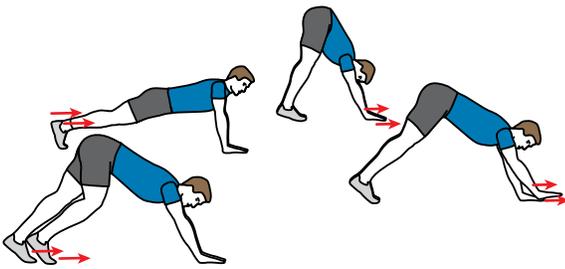
Alternated Shoulder Rotation



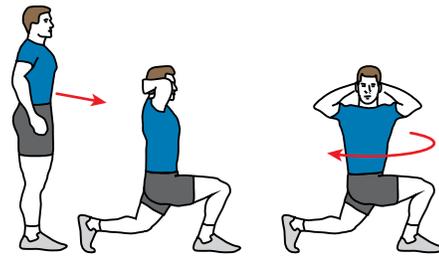
Flexibility / Shoulders Chest Stretching



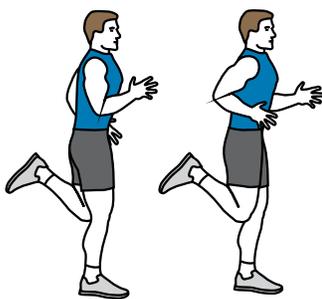
Flexibility / Hip Range of Motion



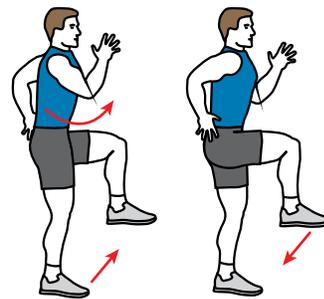
Caterpillar



Combo Forward Lunge And Trunk Rotation



Warm-up / Kick-back



High Knees on Spot



PHASE A

DAY 1
DAY 2
DAY 3

WEEKS 1-8

level

2



2

SETS = SERIES / REPS = REPETITIONS / TPO = TEMPO / RPE = RATE OF PERCEIVED EXERTION

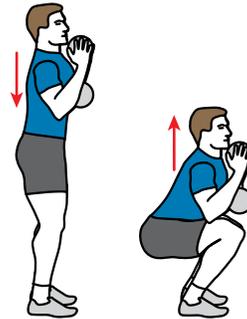
EXERCISE / SEE DETAILS ON THE FOLLOWING PAGE



CARDIO

20-30 MINUTES / EFFORT: 7-8/10 RPE

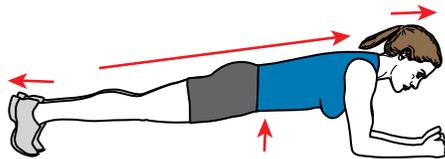
EXERCISE / SEE DETAILS ON THE FOLLOWING PAGE



A 1

Goblet Squat

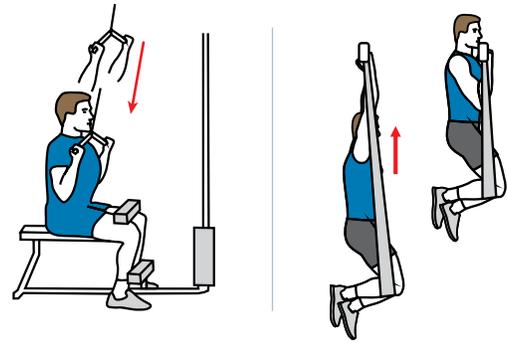
SETS: 2-3 / REPS: 10-12 / TPO: 2-1-1



A 2

Elbow Front Plank

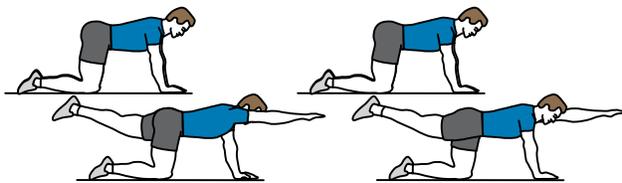
SETS: 2-3 / REPS: 1 / TPO: 30-60 SEC / REST: 30-90



B 1

Cable Lat Pull Down Supinated Grip

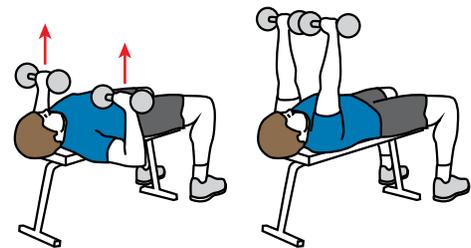
SETS: 2-3 / REPS: 10-12 / TPO: 2-1-1



B 2

Bird Dog

SETS: 2-3 / REPS: 10-12 / TPO: 1-2-1



B 3

Dumbbell Bench Press

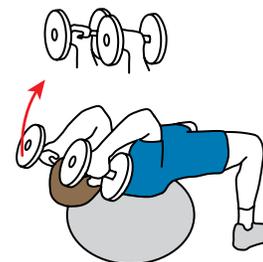
SETS: 2-3 / REPS: 10-12 / TPO: 2-1-1 / REST: 30-90



C 1

Kneeling Chop

SETS: 1-2 / REPS: 10-12 / TPO: 1-1-1



C 2

Dumbbell Triceps Extension Lying on Exercise Ball

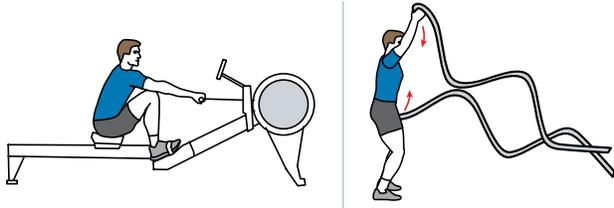
SETS: 1-2 / REPS: 10-12 / TPO: 2-1-1 / REST: 30-60

+ Exercises in this program are grouped in pairs (e.g. A1-A2) or tri-sets (e.g. B1-B3). The exercises in each group are performed together with little or no rest during the transition from A1-A2, for example. Please note that the exercise variables (Sets, Reps, Tempo), for each exercise, is indicated below. The recommended rest is taken once the set of the last exercise in the group is completed. If the resistance training portion is not preceded by a cardio work, include 5-10 minute warm-up (dynamic or cardio).

DESCRIPTION		DESCRIPTION	
	<p>Type: Cardiovascular equipment of your choice. If training for PARE, we recommend that you run.</p> <p>CARDIO</p> <p>20-30 MINUTES / EFFORT: 7-8/10 RPE</p>	A	<p>Heels are at hip/shoulder width apart, with your toes pointing at “two and ten o’clock position”. Take the extremity of a dumbbell (or kettle bell) between both hands and hold it at chest level. Perform the squat (which is a sitting motion) by flexing your hips, knees and ankles, ensuring that your knees track over the feet. Lower your body until the thighs are parallel with the floor, keeping your back straight, abs engaged (tight), head neutral and chest out.</p> <p>Goblet Squat</p> <p>SETS: 2-3 / REPS: 10-12 / TPO: 2-1-1</p>
A	<p>From a prone position, feet and elbows on the floor, keep your body rigid and maintain a straight alignment. Keep your abs engaged (tight) and back straight. Maintain this position for the prescribed amount of time.</p> <p>Elbow Front Plank</p> <p>SETS: 2-3 / REPS: 1 / TPO: 30-60 SEC / REST: 30-90</p>	B	<p>Keep your back straight and abs engaged (tight). Hands are placed at approximately shoulder width apart. Use a supinated grip (i.e. underhand grip, palms facing you). Pull the bar towards your upper chest.</p> <p>Cable Lat Pull Down Supinated Grip</p> <p>SETS: 2-3 / REPS: 10-12 / TPO: 2-1-1</p>
B	<p>Performed from hands and knees (crawling position). Keep your back straight, abs engaged (tight) and head neutral. Extend one arm forward and the opposing leg backwards, until both are parallel with the ground. Keep your foot neutral and knee pointing to the floor. Ensure that the extended arm and leg form a straight line. Perform the second rep on the opposite side.</p> <p>Bird Dog</p> <p>SETS: 2-3 / REPS: 10-12 / TPO: 1-2-1</p>	B	<p>Keep abs engaged (tight) and your back flat on the bench. Use a closed pronated (overhand) grip. With your arms extended above your shoulder, lower the dumbbells until your elbows reach a 90 degree angle, by keeping forearms perpendicular to the ground. Return to the starting position and repeat.</p> <p>Dumbbell Bench Press</p> <p>SETS: 2-3 / REPS: 10-12 / TPO: 2-1-1 / REST: 30-90</p>
C	<p>High to low cable trunk rotation in a kneeling position with the weight stack (or resistance band anchored) to your right and left knee on the floor. Keep your abs engaged (tight), back straight and elbows extended (straight arms). Rotate trunk and pull cable towards your left hip and knee. Return to the start position and perform all the reps, then switch sides.</p> <p>Kneeling Chop</p> <p>SETS: 1-2 / REPS: 10-12 / TPO: 1-1-1</p>	C	<p>Keep your back straight, abs tight (engaged), head aligned with your trunk and arms extended (elbows locked). Lower the weight by flexing your elbows. Keep your elbows pointed upward so that your arms make a 90 degree angle with your trunk.</p> <p>Dumbbell Triceps Extension Lying on Exercise Ball</p> <p>SETS: 1-2 / REPS: 10-12 / TPO: 2-1-1 / REST: 30-60</p>

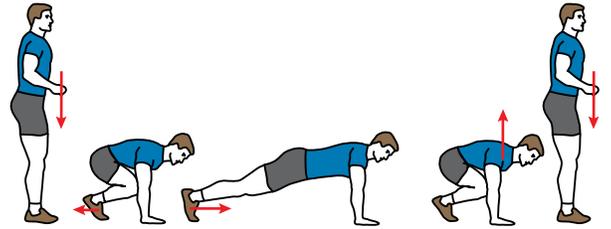
SETS = SERIES / REPS = REPETITIONS / TPO = TEMPO / RPE = RATE OF PERCEIVED EXERTION

EXERCISE

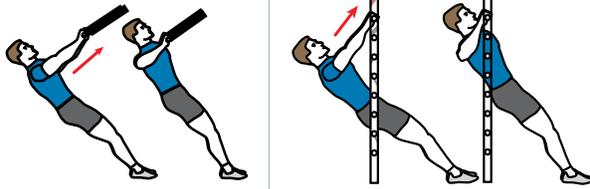


1 **CARDIO**
20-30 SEC

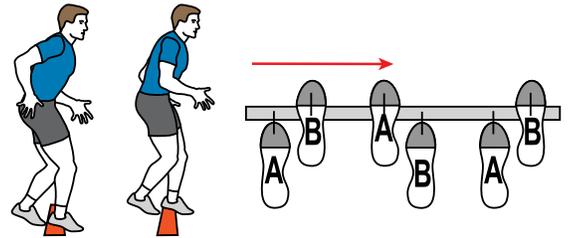
EXERCISE



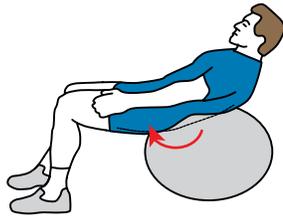
2 **Burpees without Jumps**
10-20 REPS



3 **45 Degree Inverted Row**
10-20 REPS



4 **Scissor Skips**
DO AS MANY LENGTHS AS POSSIBLE IN 20-30 SEC



5 **Abdominal Crunch on Exercise Ball**
10-20 REPS



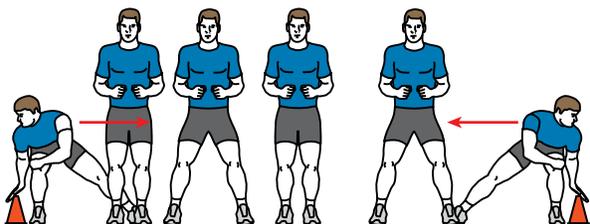
6 **CARDIO**
20-30 SEC



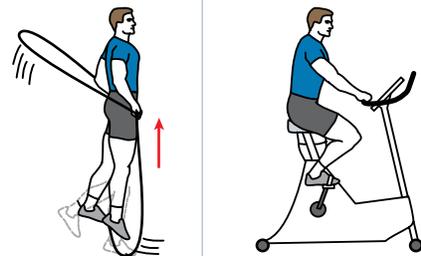
7 **Lunge**
10-20 REPS



8 **Push-up**
10-20 REPS



9 **Shuffle Between 2 Cones**
DO AS MANY LENGTHS AS POSSIBLE IN 20-30 SEC



10 **CARDIO**
20-30 SEC

level 2 | PHASE A | DAY 2 | CIRCUIT DESCRIPTION

- + 1. Start with 5-10 minute warm-up (dynamic or cardio).
2. Perform 10-20 repetitions per station or do it for time (20-30 seconds). Move to the next station.
3. Repeat the circuit 2-3 times.
4. Recommended progression: WK 1: 2 sets of 10 reps; WK 2: 2 to 3 sets of 10 reps; WK 3: 3 sets of 10 reps; WK 4: 3 sets of 10 reps; WK 5&6: 3 sets of 15 reps; WK 7&8: 3 sets of 20 reps.

DESCRIPTION		DESCRIPTION	
1	<p>Type: Cardiovascular equipment of your choice.</p> <p>CARDIO 20-30 SEC</p>	2	<p>Keep your back straight, abs engaged (tight) and keep your hips, shoulders and head in a straight line. Sequence: start from a standing position; go to a crouching position; then to a push-up position; then to a crouching position again; and return to the standing position.</p> <p>Burpees without Jumps 10-20 REPS</p>
3	<p>Use a low-hanging bar (smith machine, squat rack, suspension trainer). Using a pronated (overhand grip, medium hand placement) and feet on the floor, form an incline angle of 45 degrees with the floor. Keeping the body straight and rigid and elbows close to your body, pull your body up until your chest is close to the bar.</p> <p>45 Degree Inverted Row 10-20 REPS</p>	4	<p>Keep your back straight, abs engaged (tight), head neutral and your eyes forward. Move sideways/laterally by moving your feet back and forth (small steps) above a line or ladder, for approx 2 meters. Keeping your elbows flexed, move your arms in opposition to the leg movement (as you would in running).</p> <p>Scissor Skips DO AS MANY LENGTHS AS POSSIBLE IN 20-30 SEC</p>
5	<p>Keep your abs engaged (tight) and head neutral, lift your trunk so that your upper back is off the ball. DO NOT pull on your head with your hands to perform the movement.</p> <p>Abdominal Crunch on Exercise Ball 10-20 REPS</p>	6	<p>Type: Cardiovascular equipment of your choice.</p> <p>CARDIO 20-30 SEC</p>
7	<p>Keep your back straight, abs engaged (tight) and head neutral. Take a step forward with your right leg, keeping the front knee behind the toes and weight focused on the heel of the right foot and lower your body until both legs are at 90 degrees. Return to the starting position. Perform the second rep with the left leg and alternate until the prescribed number of reps are completed.</p> <p>Lunge 10-20 REPS</p>	8	<p>Keep your back straight, abs engaged (tight), so that your ankles, knees, hips, shoulders and head are aligned. Use a medium hand placement (<i>i.e.</i> shoulder width apart). Press your trunk upward to full elbow extension.</p> <p>Push-up 10-20 REPS</p>
9	<p>Shuffle sideways in a straight line between two cones set approx 2-4 meters apart from one another. Lean and touch the cone with your hand at the end of each length.</p> <p>Shuffle Between 2 Cones DO AS MANY LENGTHS AS POSSIBLE IN 20-30 SEC</p>	10	<p>Type: Cardiovascular equipment of your choice.</p> <p>CARDIO 20-30 SEC</p>

SETS = SERIES / REPS = REPETITIONS / TPO = TEMPO / RPE = RATE OF PERCEIVED EXERTION

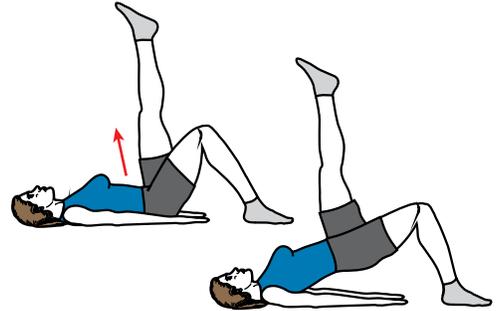
EXERCISE / SEE DETAILS ON THE FOLLOWING PAGE



CARDIO

20-30 MINUTES / EFFORT: 7-8/10 RPE

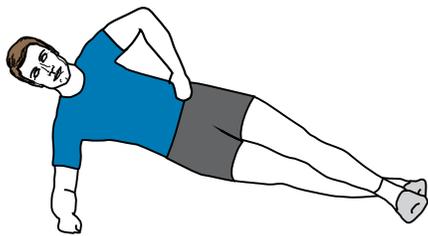
EXERCISE / SEE DETAILS ON THE FOLLOWING PAGE



A 1

One Foot Hip Raise

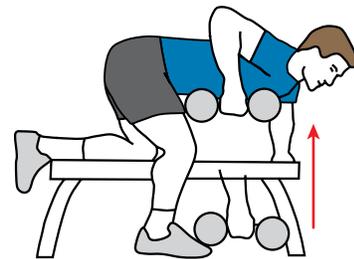
SETS: 2-3 / REPS: 10-12 / TPO: 2-1-1



A 2

Side Plank Split Feet Hand to Hip

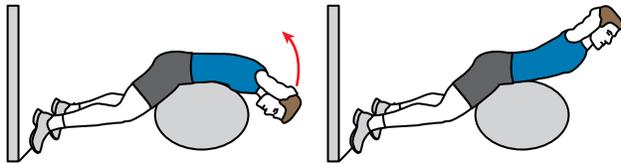
SETS: 2-3 REPS: 1 / TPO: 30-60 SEC / REST: 30-90



B 1

Dumbbell Bent Over Row

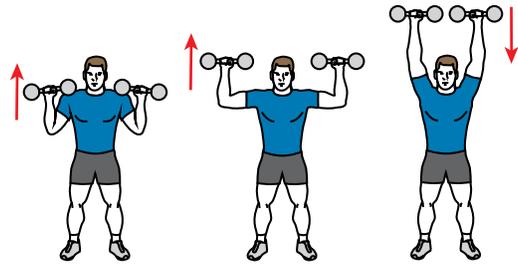
SETS: 2-3 / REPS: 10-12 / TPO: 2-1-1



B 2

Back Extension on Exercise Ball

SETS: 2-3 / REPS: 10-12 / TPO: 2-1-1



B 3

Standing Dumbbell Press

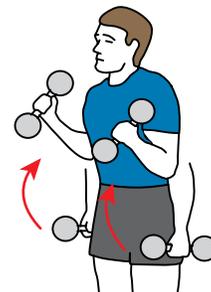
SETS: 2-3 / REPS: 10-12 / TPO: 2-1-1 / REST: 30-90



C 1

Kneeling Reverse Chop

SETS: 1-2 / REPS: 10-12 / TPO: 1-1-1



C 2

Biceps Dumbbell Curl Neutral Grip (optional)

SETS: 1-2 / REPS: 10-12 / TPO: 2-1-1 / REST: 30-60

+ Exercises in this program are grouped in pairs (e.g. A1-A2) or tri-sets (e.g. B1-B3). The exercises in each group are performed together with little or no rest during the transition from A1-A2, for example. Please note that the exercise variables (Sets, Reps, Tempo), for each exercise, is indicated below. The recommended rest is taken once the set of the last exercise in the group is completed. If the resistance training portion is not preceded by a cardio work, include 5-10 minute warm-up (dynamic or cardio).

DESCRIPTION		DESCRIPTION	
	<p>Type: Cardiovascular equipment of your choice. If training for PARE, we recommend that you run.</p> <p>CARDIO</p> <p>20-30 MINUTES / EFFORT: 7-8/10 RPE</p>	A 1	<p>Starting from a supine position. Right knee is flexed at a 90 degree angle and your foot is placed on the floor. The left leg is straight and not supported. Lift your hips off the floor, pushing through the right foot. Keep your abs engaged (tight) and your back straight. Perform the prescribed number of reps. Repeat with the left leg.</p> <p>One Foot Hip Raise</p> <p>SETS: 2-3 / REPS: 10-12 / TPO: 2-1-1</p>
A 2	<p>Keep your back straight, abs engaged (tight) and head aligned with the spine. The top leg is placed in front of the bottom leg. Lean on your elbow and forearm, ensuring that the support arm is perpendicular to the floor. The non-support hand is placed on your hip (or mid-section). Maintain this position for the prescribed amount of time. Repeat with the other side.</p> <p>Side Plank Split Feet Hand to Hip</p> <p>SETS: 2-3 REPS: 1 / TPO: 30-60 SEC / REST: 30-90</p>	B 1	<p>Keep your back straight, abs engaged (tight) and head neutral. From a bent over position, place one knee and hand on the bench for support. From an extended arm position, pull the dumbbell towards your trunk by flexing the elbow. Keep the elbow close to your body. Repeat on the other side with other arm.</p> <p>Dumbbell Bent Over Row</p> <p>SETS: 2-3 / REPS: 10-12 / TPO: 2-1-1</p>
B 2	<p>Placing your feet against a wall shoulder width apart, hands crossed behind your head, extend your trunk until it forms a straight line with your legs.</p> <p>Back Extension on Exercise Ball</p> <p>SETS: 2-3 / REPS: 10-12 / TPO: 2-1-1</p>	B 3	<p>Keep your back straight, abs engaged (tight), head neutral and your knees slightly bent. Keep your feet at hip/shoulder width apart. Keeping your elbows directly under the load, press the dumbbells up to full elbow extension.</p> <p>Standing Dumbbell Press</p> <p>SETS: 2-3 / REPS: 10-12 / TPO: 2-1-1 / REST: 30-90</p>
C 1	<p>Low to high cable trunk rotation in a kneeling position, with weight stack (or resistance band anchored) to your right and right knee on the floor. Keep your abs engaged (tight), back straight and elbows extended (straight arms). Rotate your trunk and pull cable upward and diagonally towards your left knee. Return to the start position and perform all the reps, then switch sides.</p> <p>Kneeling Reverse Chop</p> <p>SETS: 1-2 / REPS: 10-12 / TPO: 1-1-1</p>	C 2	<p>Keep your back straight, abs engaged (tight), knees bent and your feet shoulder width apart. Using a neutral/hammer grip (palms inward), perform a biceps hammer curl followed by an overhead shoulder press.</p> <p>Biceps Dumbbell Curl Neutral Grip (optional)</p> <p>SETS: 1-2 / REPS: 10-12 / TPO: 2-1-1 / REST: 30-60</p>

PHASE B

DAY 1
DAY 2
DAY 3

WEEKS 9-16

level

2



2

SETS = SERIES / REPS = REPETITIONS / TPO = TEMPO / RPE = RATE OF PERCEIVED EXERTION

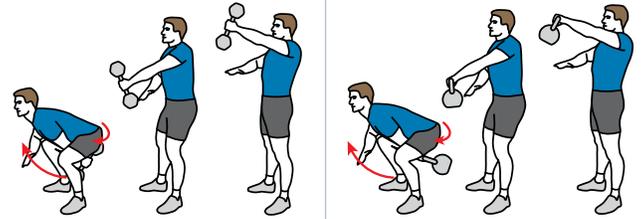
EXERCISE / SEE DETAILS ON THE FOLLOWING PAGE



CARDIO

SEE DETAILS ON THE BACK

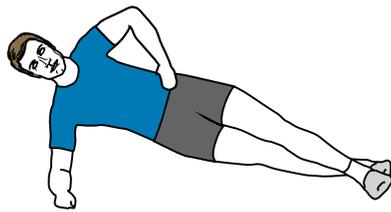
A 1



One Arm Dumbbell Swing

SETS: 2-3 / REPS: 6-8 / TPO: 1-0-X

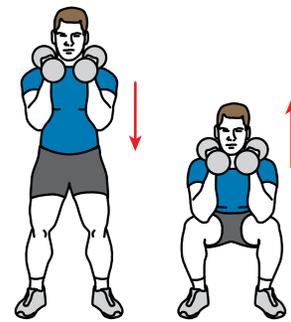
A 2



Side Plank Split Feet Hand to Hip

SETS: 2-3 / REPS: 1 / TPO: 30-60 SEC / REST: 60-120

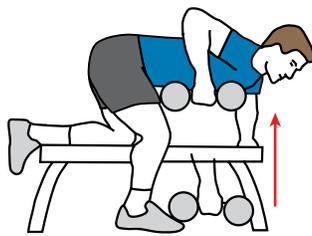
B 1



Dumbbell Squat

SETS: 2-3 / REPS: 8-10 / TPO: 3-1-1

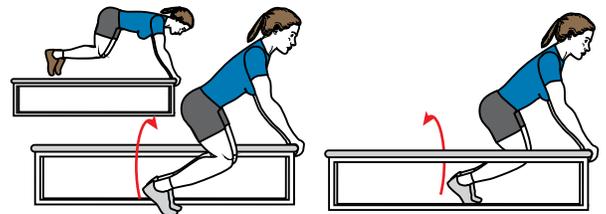
B 2



Dumbbell Bent Over Row

SETS: 2-3 / REPS: 8-10 / TPO: 3-1-1

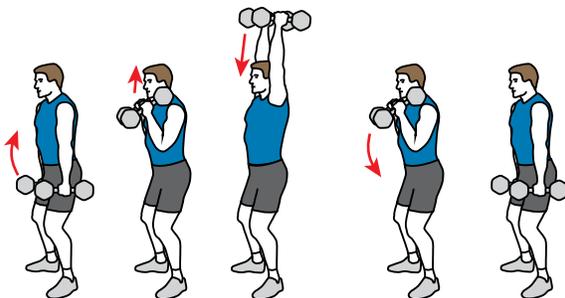
B 3



Side Jump Holding Bench

SETS: 2-3 / REPS: 20 / TPO: 1-1-X / REST: 60-120

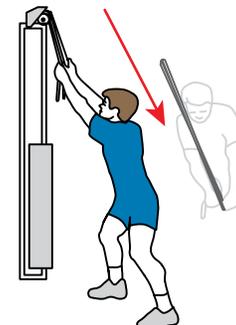
C 1



Dumbbell Biceps Curl to Shoulder Press

SETS: 2-3 / REPS: 8-10 / TPO: 3-1-1

C 2



Standing Chop

SETS: 2-3 / REPS: 8-10 / TPO: 1-2-1 / REST: 60-90

- ✦ Exercises in this program are grouped in pairs (e.g. A1-A2) or trisets (e.g. B1-B3). The exercises in each group are performed together with little or no rest during the transition from A1-A2, for example. Please note that the exercise variables (Sets, Reps, Tempo), for each exercise, is indicated below. The recommended rest is taken once the set of the last exercise in the group is completed. If the resistance training portion is not preceded by a cardio work, include 5-10 minute warm-up (dynamic or cardio).

DESCRIPTION		DESCRIPTION																										
CARDIO PROGRESSION	1. Start with a 5-10 min warm-up (dynamic or cardio). 2. Followed by interval work:	A 1	Keep your back straight, abs engaged (tight) and head neutral. Hold a dumbbell (or kettlebell) with one hand between your legs to start. Using your legs and hips, keeping your arm straight, swing the weight to shoulder height. Allow the dumbbell to return to the initial position in a controlled manner. Repeat the exercise with the opposite arm. <u>One Arm Dumbbell Swing</u> SETS: 2-3 / REPS: 6-8 / TPO: 1-0-X																									
	<table border="1"> <thead> <tr> <th>Week</th> <th>Reps.</th> <th>Work (sec)</th> <th>Effort (RPE)</th> <th>Recovery (sec)</th> </tr> </thead> <tbody> <tr> <td>1 & 2</td> <td>3</td> <td>20-30</td> <td>8-9/10</td> <td>60-90</td> </tr> <tr> <td>3 & 4</td> <td>4</td> <td>20-30</td> <td>8-9/10</td> <td>60-90</td> </tr> <tr> <td>5 & 6</td> <td>5</td> <td>20-30</td> <td>8-9/10</td> <td>60-90</td> </tr> <tr> <td>7 & 8</td> <td>6</td> <td>20-30</td> <td>8-9/10</td> <td>60-90</td> </tr> </tbody> </table>			Week	Reps.	Work (sec)	Effort (RPE)	Recovery (sec)	1 & 2	3	20-30	8-9/10	60-90	3 & 4	4	20-30	8-9/10	60-90	5 & 6	5	20-30	8-9/10	60-90	7 & 8	6	20-30	8-9/10	60-90
	Week			Reps.	Work (sec)	Effort (RPE)	Recovery (sec)																					
	1 & 2			3	20-30	8-9/10	60-90																					
3 & 4	4	20-30	8-9/10	60-90																								
5 & 6	5	20-30	8-9/10	60-90																								
7 & 8	6	20-30	8-9/10	60-90																								
3. Finish with a 5 min cool-down.																												
A 2	Keep your back straight, abs engaged (tight) and head aligned with the spine. The top leg is placed in front of the bottom leg. Lean on your elbow and forearm, ensuring that the support arm is perpendicular to the floor. The non-support hand is placed on your hip (or mid-section). Maintain this position for the prescribed amount of time. Repeat with the other side. <u>Side Plank Split Feet Hand to Hip</u> SETS: 2-3 / REPS: 1 / TPO: 30-60 SEC / REST: 60-120	B 1	Heels are at hip/shoulder width apart, with your toes pointing at “two and ten o'clock position”. Resting the dumbbells on your shoulders, perform the squat (which is a sitting motion) by flexing your hips, knees and ankles, ensuring that your knees track over the feet. Lower your body until your thighs are parallel with the floor, keeping your back straight, abs engaged (tight), head neutral and chest out. <u>Dumbbell Squat</u> SETS: 2-3 / REPS: 8-10 / TPO: 3-1-1																									
B 2	Keep your back straight, abs engaged (tight) and head neutral. From a bent over position, place one knee and hand on the bench for support. From an extended arm position, pull the dumbbell towards your trunk by flexing the elbow. Keep the elbow close to your body. Repeat on the other side with other arm. <u>Dumbbell Bent Over Row</u> SETS: 2-3 / REPS: 8-10 / TPO: 3-1-1	B 3	Stand next to a bench. Keep your shoulders perpendicular to the bench and feet together. Holding the end of the bench with both hands, jump to one side of the bench. Perform the second rep with the opposite side. Alternate until the prescribed number of reps are completed. <u>Side Jump Holding Bench</u> SETS: 2-3 / REPS: 20 / TPO: 1-1-X / REST: 60-120																									
C 1	Keep your back straight, abs engaged (tight) knees bent and your feet shoulder width apart. Using a neutral/hammer grip (palms inward), perform a biceps hammer curl followed by an overhead shoulder press. <u>Dumbbell Biceps Curl to Shoulder Press</u> SETS: 2-3 / REPS: 8-10 / TPO: 3-1-1	C 2	High to low cable trunk rotation in a standing position. Keep your abs engaged (tight), back straight elbows extended (straight arms) and knees bent. Rotate your trunk and pull the cable towards the opposite hip/leg. Return to the start position and perform all the reps, then switch sides. <u>Standing Chop</u> SETS: 2-3 / REPS: 8-10 / TPO: 1-2-1 / REST: 60-90																									

SETS = SERIES / REPS = REPETITIONS / TPO = TEMPO / RPE = RATE OF PERCEIVED EXERTION

EXERCISE / SEE DETAILS ON THE FOLLOWING PAGE

EXERCISE / SEE DETAILS ON THE FOLLOWING PAGE

1 **CARDIO**
20-30 SEC

2 **Burpees**
10-20 REPS

3 **Abdominal Crunch on Exercise Ball**
10-20 REPS

4 **Shuffle Between 2 Cones**
DO AS MANY LENGTHS AS POSSIBLE IN 20-30 SEC

5 **Pulley Squat to Row**
10-20 REPS

6 **CARDIO**
20-30 SEC

7 **Push-up**
10-20 REPS

8 **Walking Lunges**
10-20 REPS

9 **Back Extension on Exercise Ball**
10-20 REPS

10 **Mountain Climber**
10-20 REPS

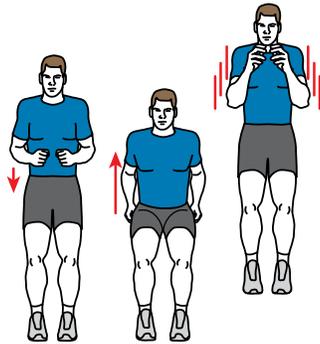
level 2 | PHASE B | DAY 2 | CIRCUIT DESCRIPTION

- + 1. Start with 5-10 minute warm-up (dynamic or cardio).
2. Perform 10-20 repetitions per station or do it for time (20-30 seconds). Move to the next station.
3. Repeat the circuit 2-3 times.
4. Recommended progression: WK 1: 2 sets of 10 reps; WK 2: 2 to 3 sets of 10 reps; WK 3: 3 sets of 10 reps; WK 4: 3 sets of 10 reps; WK 5&6: 3 sets of 15 reps; WK 7&8: 3 sets of 20 reps.

DESCRIPTION		DESCRIPTION	
1	<p>Type: Cardiovascular equipment of your choice.</p> <p>CARDIO 20-30 SEC</p>	2	<p>Keep your back straight, abs engaged (tight) and keep your hips, shoulders and head in a straight line. Sequence: start from a standing position; go to a crouching position; then to a push-up position; then to a crouching position again; followed by a vertical jump before returning to the starting position.</p> <p>Burpees 10-20 REPS</p>
3	<p>Keep your abs engaged (tight) and head neutral, lift your trunk so that your upper back is off the ball. DO NOT pull on your head with your hands to perform the movement.</p> <p>Abdominal Crunch on Exercise Ball 10-20 REPS</p>	4	<p>Shuffle sideways in a straight line between two cones set approx 2-4 meters apart from one another. Lean and touch the cone with your hand at the end of each length.</p> <p>Shuffle Between 2 Cones DO AS MANY LENGTHS AS POSSIBLE IN 20-30 SEC</p>
5	<p>Standing on both feet, grab pulley handle with both hands. Keep your back straight, abs engaged (tight), head neutral. Squat down, keeping your arms extended. In one motion, stand up and pull the handles towards your chest for the prescribed number of reps.</p> <p>Pulley Squat to Row 10-20 REPS</p>	6	<p>Type: Cardiovascular equipment of your choice.</p> <p>CARDIO 20-30 SEC</p>
7	<p>Keep your back straight, abs engaged (tight), so that your ankles, knees, hips, shoulders and head are aligned. Use a medium hand placement (i.e. shoulder width apart). Press your trunk upward to full elbow extension.</p> <p>Push-up 10-20 REPS</p>	8	<p>Keep your back straight, abs engaged (tight) and head neutral. With your right leg, take a step forward, keeping the right knee behind the toes and weight focused on the heel of the right foot and lower your body until both legs are at 90 degrees. Lift yourself up, move forward and lunge with the left leg. Alternate until the prescribed number of reps are completed.</p> <p>Walking Lunges 10-20 REPS</p>
9	<p>Placing your feet against a wall shoulder width apart, hands crossed behind your head, extend your trunk until it forms a straight line with your legs.</p> <p>Back Extension on Exercise Ball 10-20 REPS</p>	10	<p>From a prone position, support your weight on your hands and feet. Keep your back straight, head neutral and abs engaged (tight). In a supported lunge position, with your back leg fully extended and front leg flexed and under your trunk, alternate leg position (flexion/extension) as you would in running, keeping the legs and feet in line with the trunk. Perform the second rep with the opposite side. Alternate until the prescribed number of reps are completed.</p> <p>Mountain Climber 10-20 REPS</p>

SETS = SERIES / REPS = REPETITIONS / TPO = TEMPO / RPE = RATE OF PERCEIVED EXERTION

EXERCISE / SEE DETAILS ON THE FOLLOWING PAGE



A 1

Straight Jump Close Stance

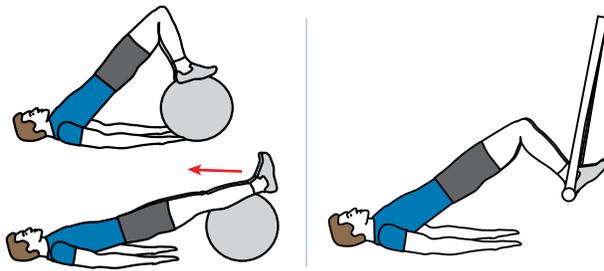
SETS: 2-3 / REPS: 6-8 / TPO: 1-0-X



A 2

Ball Rollout on Exercise Ball

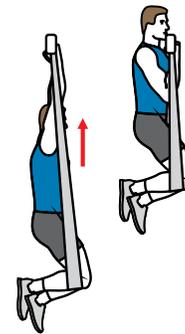
SETS: 2-3 / REPS: 8-10 / TPO: 2-2-2 / REST: 60-120



B 1

Leg Curl on Exercise Ball

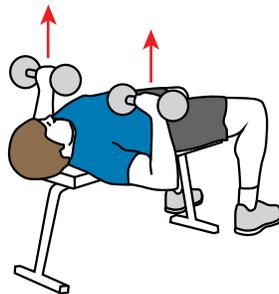
SETS: 2-3 / REPS: 8-10 / TPO: 1-1-1



B 2

Assisted Chin-up

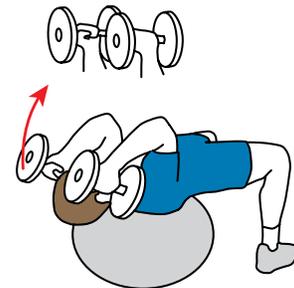
SETS: 2-3 / REPS: 8-10 / TPO: 3-1-1



B 3

Dumbbell Bench Press

SETS: 2-3 / REPS: 8-10 / TPO: 3-1-1 / REST: 60-120



C 1

Dumbbell Triceps Extension Lying on Swiss Ball

SETS: 2-3 / REPS: 8-10 / TPO: 3-1-1



C 2

Standing Reverse Chop

SETS: 2-3 / REPS: 8-10 / TPO: 1-2-1 / REST: 60-90



CARDIO

20-30 MINUTES / EFFORT: 7-8/10 RPE

- ✦ Exercises in this program are grouped in pairs (e.g. A1-A2) or trisets (e.g. B1-B3). The exercises in each group are performed together with little or no rest during the transition from A1-A2, for example. Please note that the exercise variables (Sets, Reps, Tempo), for each exercise, is indicated below. The recommended rest is taken once the set of the last exercise in the group is completed. If the resistance training portion is not preceded by a cardio work, include 5-10 minute warm-up (dynamic or cardio).

	DESCRIPTION		DESCRIPTION
A 1	<p>Keep your back straight, abs engaged (tight), head neutral and center of gravity over your feet. Jump as high as possible using your legs. Absorb the landing (<i>i.e.</i> softly) by flexing your hips, knees and ankles. There should be no forward or backward movement/travel (<i>i.e.</i> try to land in the same spot).</p> <p><u>Straight Jump Close Stance</u> SETS: 2-3 / REPS: 6-8 / TPO: 1-0-X</p>	A 2	<p>Keep your back straight, abs engaged (tight), knees on the floor and forearms and hands in contact with the exercise ball throughout the entire movement. From the starting position, push the ball away from the trunk until the body is in a kneeling plank position. Hold the extended position, then return to the starting position.</p> <p><u>Ball Rollout on Exercise Ball</u> SETS: 2-3 / REPS: 8-10 / TPO: 2-2-2 / REST: 60-120</p>
B 1	<p>Keep your back straight, abs engaged (tight) and hips on the floor. First lift your hips off the floor, then pull your heels towards your buttocks. Push back your feet and lower your hips to the floor. This exercise can be done with a ball or a suspension trainer.</p> <p><u>Leg Curl on Exercise Ball</u> SETS: 2-3 / REPS: 8-10 / TPO: 1-1-1</p>	B 2	<p>Attach a power band to a suspended bar. Place your knees in the band loop for assistance. Use a supinated grip (underhand grip - palms facing you). Pull your body up until your chin passes the bar. If power band is not available, use partner assistance, jumping chin-up, pull up assistance device like Gravitron, or step up with a bench and lower yourself in a controlled manner.</p> <p><u>Assisted Chin-up</u> SETS: 2-3 / REPS: 8-10 / TPO: 3-1-1</p>
B 3	<p>Keep abs engaged (tight) and your back flat on the bench. Use a closed pronated (overhand) grip. With your arms extended above your shoulder, lower the dumbbells until your elbows reach a 90 degree angle, by keeping forearms perpendicular to the ground. Return to the starting position and repeat.</p> <p><u>Dumbbell Bench Press</u> SETS: 2-3 / REPS: 8-10 / TPO: 3-1-1 / REST: 60-120</p>	C 1	<p>Keep your back straight, abs tight (engaged), head aligned with your trunk and arms extended (elbows locked). Lower the weight by flexing your elbows. Keep your elbows pointed upward so that your arms make a 90 degree angle with your trunk.</p> <p><u>Dumbbell Triceps Extension Lying on Swiss Ball</u> SETS: 2-3 / REPS: 8-10 / TPO: 3-1-1</p>
C 2	<p>Low to high cable trunk rotation in a standing position. Keep your abs engaged (tight), back straight, knees flexed (bent) and elbows extended (straight arms). Rotate your trunk and pull the cable upward and diagonally towards the opposite shoulder/hip/leg. Return to the start position and perform all the reps, then switch sides.</p> <p><u>Standing Reverse Chop</u> SETS: 2-3 / REPS: 8-10 / TPO: 1-2-1 / REST: 60-90</p>		<p>Type: Cardiovascular equipment of your choice. If training for PARE, we recommend that you run.</p> <p><u>CARDIO</u> 20-30 MINUTES / EFFORT: 7-8/10 RPE</p>

STRETCHING

level

2

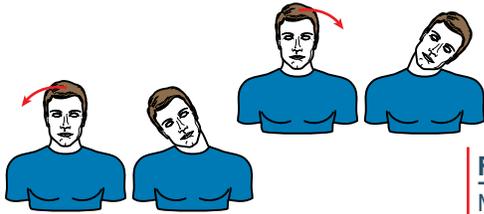
COOL-DOWN AND STRETCHING

All exercise sessions should conclude with a cool-down phase. Cooling down is best accomplished by slowly reducing the intensity of the exercise during the last several minutes of the workout. For example, after running, slow down to a jog or a walk for 5-10 minutes. Follow the cool-down phase with some stretching exercises.

STRETCHING ROUTINE (10 MINUTES)

- > stretch each body part 1-2 times;
- > hold each stretch 20-30 seconds;
- > stretch slowly and in control;
- > do not bounce or jerk;
- > go to the point of tension but not pain;
- > breathe normally;
- > avoid stretches that are uncomfortable or that hurt.

EXERCISE



FLEXIBILITY
Neck Range of Motion

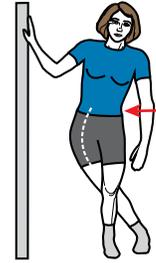
EXERCISE



FLEXIBILITY
Shoulder Stretching



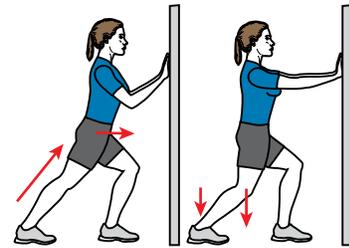
FLEXIBILITY
Shoulder Stretching



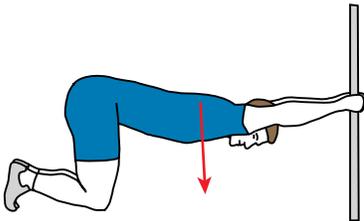
FLEXIBILITY
Thigh Stretching



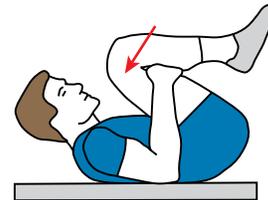
FLEXIBILITY
Quadriceps Stretching



FLEXIBILITY
Calf Stretching
Push on Wall



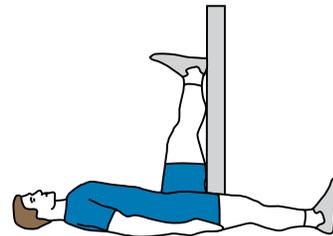
FLEXIBILITY
Shoulders
Chest
Stretching



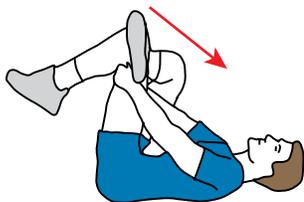
FLEXIBILITY
Back
Stretching



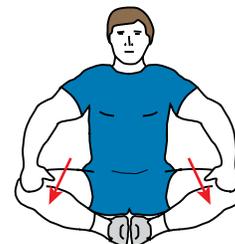
FLEXIBILITY
Thigh
Stretching



FLEXIBILITY
Thigh
Stretching



FLEXIBILITY
Buttocks
Stretching



FLEXIBILITY
Thigh
Stretching



MOVING FORWARD
together