



AT HOME STRENGTH TRAINING PROGRAM

By Jamie Straker - B. Sc., B. Ed., P&PA.

Welcome! You'll find everything you need to guide you on your strength journey below. In this document instructions and frequently asked questions.

This program is designed to be completed twice a week for four weeks. You have two different workouts to complete. Each workout will be completed around 4 times throughout the month. You decide when to do them but I recommend taking a day or two between strength days to help with recovery. Each workout will take you around 30-45 mins depending on your warm-up, cool down and how much rest you take.

Your program is designed to build strength and in order to do that effectively we want to make sure we are progressively overloading your body. Some ways you can do that are by slowly increasing the weight you are using, increasing the range of motion you move with control in or even increasing the time it takes you to complete a rep. Start where you are at and progress from there.

This program is set up in supersets which means you will complete a certain amount of sets of 2 exercises before moving on to the next exercises. For example if exercise 2a says 3x10 and 2b says 3x8 complete 10 reps of exercise a and then do 8 reps of exercise b with minimal rest. Complete this 3 times.

Now let's talk about rest. Strength training is not a race. One of the greatest things you can do is to take rest. Take your time completing the reps. Aim for quality and control. You also want to make sure you are taking 2-3 minutes of rest between each group of exercises. Yes, that means you may just have to sit and do nothing for a minute or two but resting is important to get the most out of this type of training.

One last tip. In the exercise section, you will have the option to click on the exercise to watch a video demo. If you ever have questions, don't hesitate to reach out by email, text, or social media!

Enjoy!

Jamie

Frequently Asked Questions:

How much weight should I use?

The last two reps of each set should be challenging. Use that as your guide as you choose your weights for each exercise.

What muscle groups are targeted?

These workouts are full body. One will have a bigger focus on pull movements and the other on push.

How many days a week do I do this?

Ideally two but you can also do once a week and alternate. It depends how much time you have and how often you want to workout.

What if I miss a week?

You can either keep working on your current program for four weeks or just do three weeks of that program and start on the next one.

What if I don't have heavy weights?

You can still add challenge by adding minibands, moving slower, increasing the range of motion you're working through or even adding a set.

How do I keep track of my workouts?

Each program has a space to write down how much weight you use. You can print it and keep track on there or you can write it down in a separate book or even in the notes section of your phone.

Warm-ups

Below you will find 2x 5ish minute warm-up videos you may wish to use. These are completely optional and may be something you want to experiment with. See how you feel when you include the warm-up and see how you feel when you leave it out. You can use these before any workout throughout the 4-week program.

[Warm-up #1](#)

[Warm-up #2](#)

Cool Downs

Below you will find 2x 5ish minute cool down videos you may wish to use. These are also completely optional and may be something you want to experiment with. See how you feel when you include them and see how you feel when you don't. Research has shown cool-downs and stretching aren't necessary to improve performance or results. What does that mean for you? Do them if you want to but you don't have to.

[Cool Down #1](#)

[Cool Down #2](#)

EXERCISE	NOTES
<u>1- Half kneeling rock backs</u> 2x10/side	
<u>2A- Front Squats</u> 4x10	Medium to Heavy weights. Add some tempo this month. 4 seconds down, 2 second pause, 4 seconds up
<u>2B- Bent Over Row</u> 4x10	Medium weights
<u>3A- Curtsy Lunge</u> 3x8/side	Medium to heavy weights
<u>3B- Heel elevated Goblet Squat</u> 3x12	Medium to heavy weights
<u>4A- Lateral Raise</u> 3x12	Light to Medium Weights
<u>4B - Single sided Farmer's carry.</u> 3x100m /side	Heavy weights
<u>5- Pistol Squats</u> 2x/side	Go to failure on these. Rest 60-90 seconds b/w sets.

EXERCISE	NOTES
<u>1 - Bird/dog</u> 3x8/side	
<u>2A- Deadlifts</u> 4x12	Heavy weights - add some tempo this month. Do 4 seconds down and 4 seconds up
<u>2B- Chest Press</u> 4x8/side	Medium weights - resting arm extended
<u>3A- Heel Elevated Glute Bridge</u> 3x 15	Weights optional..
<u>3B- Lateral lunge</u> 3x8/side	Weights optional.
<u>4A- Eccentric sit up</u> 3x10	Add weights and a press at the top to increase the challenge
<u>4B-Dead Bug</u> 3x8/side	Add a weight or change this to double leg lowers to increase the challenge
<u>5- push-ups</u> 2x to failure	Find the variation that works for you. Once your form changes, stop and rest for 60-90 sec and repeat.

Please know that I have spent a lot of time putting this program together. This material is intended to be shared by only those who have purchased this membership. Please refrain from sharing this material and the intellectual property contained herein.

This program is for informational and educational purposes only. Do not undertake any physical activity without consulting with your doctor. Exercise can result in injury. If you choose to participate in any activity discussed or depicted on these videos you do so at your own risk and assume the liability for any injury sustained or any damage caused to your property.