#### Strength improvement plan

You will need to know your one rep max in relation to the guidance to establish your baseline and to calculate the weights that you should be using for the training exercises.

##### How to work out your one rep max (1RM)

1. General warm up

The purpose is to increase core temperature, improve mobility and improve motor control. Do this using targeted mobility exercises and body weight exercises to activate the right muscles.

1. Specific warm up

The purpose is to specifically prepare the body for the exact exercise you are about to perform. Do this with two or three sets of 10 to 12 reps with light weights. You may wish to make small increases in weight on these warm up sets.

1. Increase the weight

You will have an idea of how much you can lift in relation to the standard.   
Perform one rep with good form at a lower percentage of the total weight.  
Rest for five minutes and perform one rep at a higher weight.  
Repeat until you cannot execute the lift with good form.  
The last weight executed with good form is your 1RM.

**For the purposes of this programme – only do this up to the guidance weights. There is no reason, for the role or tests, for you to attempt any higher.**

Revisit your 1RM every 4-6 weeks to determine your progress.

##### Overhead shoulder press

* Target weight 35kg
* Establish baseline 1RM up to the target weight.

| **Exercise** | **Sets** | **Reps** | **% 1RM** | **Tempo** |
| --- | --- | --- | --- | --- |
| Standing military press (no leg assistance) | 4 | 6-8 | 70% | 1 sec up  3 sec down |
| Split stance single arm press  (supported) | 4 | 4-8 | 30% | 1 sec up  2 sec down |
| Kneeling landmine press | 3 | 8-12 | 25% | 1 sec up  2 sec down |
| Seated front to lateral – lateral to front raise | 2 | 10 | 15-20% | Slow and controlled |

* Add weight when you can complete the sets and reps indicated.
* Add pull exercises such as pull ups, chin ups or rows to balance out the muscle groups.

##### **Single rope pull down**

* Target weight 60kg
* Establish baseline 1RM up to the target weight.

| **Exercise** | **Sets** | **Reps** | **% 1RM** | **Tempo** |
| --- | --- | --- | --- | --- |
| *Warm up sets*  Close grip seated pulldown using tricep rope | 2 | 4-6 | 40% | Slow and controlled |
| *Working sets*  Close grip seated pulldown using tricep rope | 4 | 3-5 | 70% or 1RM | Slow and controlled |
| Inverted (Ozzie) row – overhand grip | 3 | As many reps as possible | 1RM | Slow and controlled |
| Inverted (Ozzie) row – underhand grip | 3 | As many reps as possible | 1RM | Slow and controlled |
| Eccentric chin-ups |  | 3 |  | Maximum duration on lowering |
| Single arm kettlebell rows | 4 | 8-12 | Start 12kg work up in weight | Slow and controlled |

* Add weight when you can complete the sets and reps indicated.
* Add push exercises such as press ups or bench press to balance out the muscle groups.

##### Repeated rope pulls

* Target weight 28kg for 23 reps
* Use the same training plan as single rope pull just lighten the weight and do more reps.

##### Deadlift

* Target weight 60kg
* Establish baseline 1RM up to the target weight for the deadlift

| **Exercise** | **Sets** | **Reps** | **% 1RM** | **Tempo** |
| --- | --- | --- | --- | --- |
| *Warm up sets*  Back squats | 2 | 8-10 | Set 1 60%  Set 2 70% | 3 sec down  1 sec up |
| *Working sets*  Back squats | 4 | 4-6 | 80% | 4 sec down  1 sec up |
| *Warm up sets*  Deadlift (Hex or Olympic bar) | 1 | 8 | 65% | 3 sec down  1 sec up |
| *Working sets*  Deadlift (Hex or Olympic bar) | 4 | 4-6 | 80% | 3 sec down  1 sec up |
| Dumbbell Romanian deadlift | 3 | 8 | 35-40% | 3 sec down  1 sec up |
| Farmers walk | 3 | 30m | 20kg dumbbell / kettlebell  Dumbbells will give you smaller increments in weight when you need to increase the weight. | Good walking pace – upright posture, shoulders back |
| Dumbbell / kettlebell goblet squat | 2-3 | 10-15 | 25% | 2 sec down  1 sec up |

* Add weight when you can complete the sets and reps indicated.