

The Training Booklet

Strength Training



LIVERPOOL
JOHN MOORES
UNIVERSITY



 **Motivate**

LJMU

Section One

An Overview

How do I use this booklet?

This booklet provides all the information you need to complete the programme. All you need to do is just follow the exercise prescription each week. Our website has a video explaining this further if you need any more information.

How does the programme work?

This programme is the strength training programme. We advise that you complete 3 sessions a week and follow the recommended guidance in the booklet. The sessions will change with the programme so make sure you check the prescription every 2-weeks.

How long does the programme last?

The programme lasts for 12-weeks. After you have finished the 12-week programme you can continue by increasing the number of sessions, duration of exercise or sets.

Can I change programmes?

Yes of course! You can even mix up the sessions within the week. We would still advise you try and do 3 sessions per week though. All exercise programmes can all be found on our website.

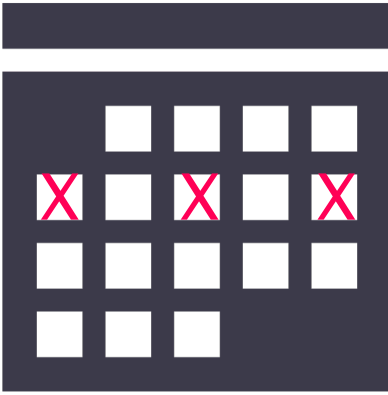


Step 1

Frequency



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2
3	4	5	6	7	8	9

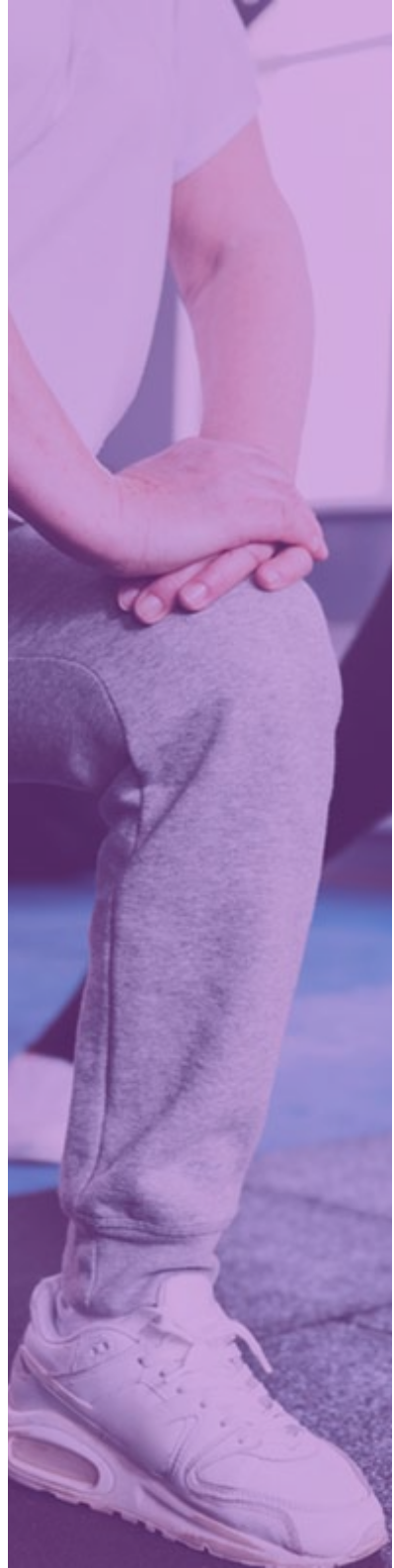


You should try to train
**3 times per
week**

to achieve the full benefit
of this programme.

You can perform the exercise
on any days of the week. We
do advise though, that you
train **every other day** so you
get a rest day in between
sessions!

If you miss any number of
sessions, don't worry, just
continue where you left off!



Step 2

Mode



For this programme, you can either **choose your own** exercises or take a look at **our suggestions!**



Have a look at the **videos** on our **website** or at the back of this booklet for some inspiration.



Our suggested exercises all have **easier** and **harder** versions so you can tailor them to suit you.



Step 3

Sessions



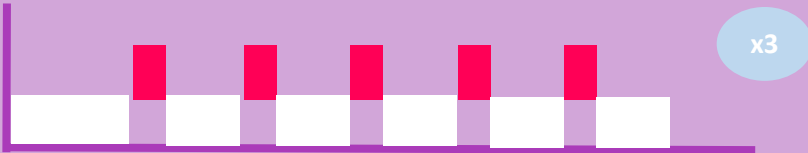
You will complete a **2 minute warm-up** before the strength training begins.



You will perform exercises for a specific amount of time based on what week you are in the programme. You will then **repeat** these either twice or three times.

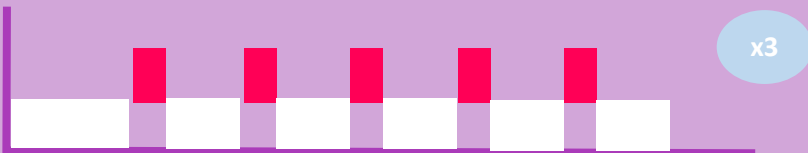
Week 1

Warm-up **Work** Rest **Work** Rest **Work** Rest **Work** Rest **Work** Rest



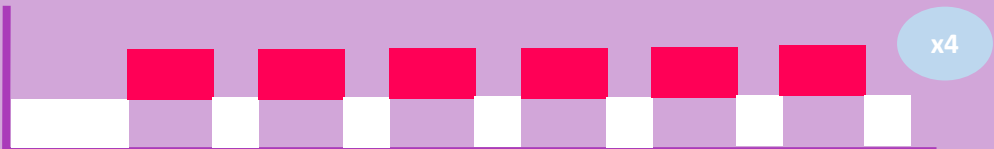
Week 6

Warm-up **Work** Rest **Work** Rest **Work** Rest **Work** Rest **Work** Rest



Week 12

Warm-up **Work** Rest **Work** Rest **Work** Rest **Work** Rest **Work** Rest **Work** Rest



Step 4

Intensity



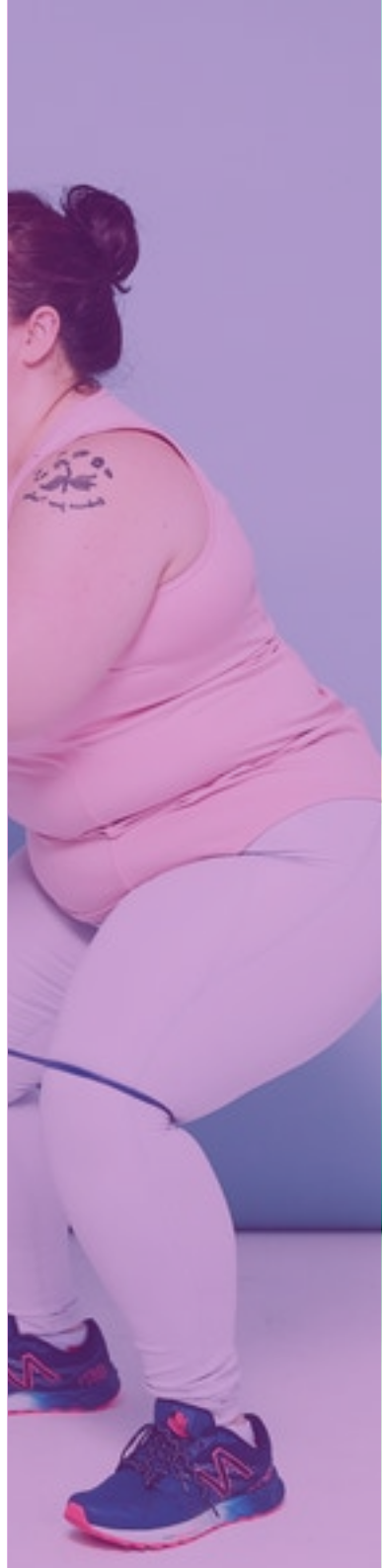
To help you work at the correct intensity for this programme we suggest you use the **RPE** chart on the next page.

RPE stands for Rate of Perceived Exertion and is a subjective assessment of how physically **difficult** you find the exercise.

During the warm-up you should work at an RPE of **1**. This means you should be able to sing while doing the exercise.

Don't worry about your RPE during the main session. You might, however, wish to jot down your RPE at the **end of each session** to monitor your **progression!**

If you have a **HEART RATE MONITOR** read page **13**, if not, skip past this page!



If you have a heart rate monitor, you can find out what intensity you are working at based on your heart rate.

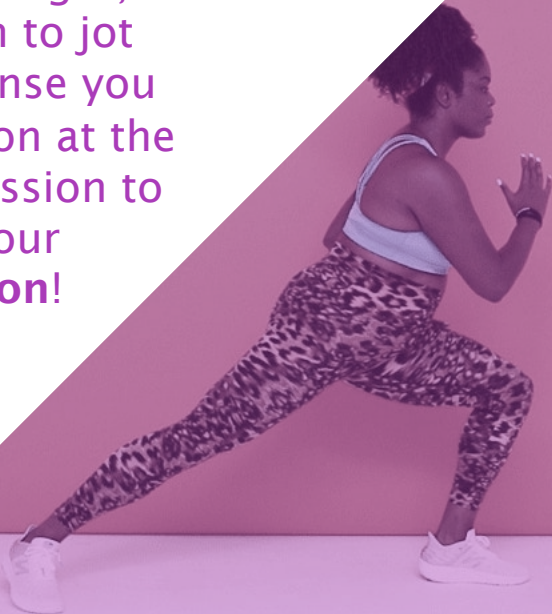
First, you need to work out your heart rate **maximum**.

Your max heart rate = (=220-age)

Your target heart rate = (90%)

So try to work at **50-60%** of your heart rate maximum during the **warm-up**.

Don't worry about your RPE during the main session. You might, however, wish to jot down how intense you found the session at the **end of each** session to monitor your **progression!**



Intensity	RPE	Heart Rate/Talk Test
<p>Very high Intensity</p> 	<p>10 9</p>	<p>90-100%</p> <p>You are completely out of breath and are unable to talk</p>
<p>High Intensity</p> 	<p>8 7</p>	<p>80-90%</p> <p>You can barely catch your breath and can only speak a single word</p>
<p>Vigorous</p> 	<p>6 5 4</p>	<p>70-80%</p> <p>You are short of breath, and can only speak a sentence</p>
<p>Moderate</p> 	<p>3 2</p>	<p>60-70%</p> <p>You should be breathing hard, but you are still able to hold a conversation</p>
<p>Very Light</p> 	<p>1</p>	<p>50-60%</p> <p>You should be able to sing</p>

Section two

The Training Plan

1) Warm-up

Before **every** session, you need to complete a warm-up to raise your pulse and get your blood pumping!

We recommend that for **2 minutes** before your session, you complete some exercises like jogging on the spot or star jumps to raise your heart rate.

2) Main Session

You will perform exercises for a specific amount of time based on what week you are in the programme. You will then **repeat** these either twice or three times. Check each the website for demonstration videos!



Training Plan

Sessions
1&4

Duration



Rest
between
exercises



Warm up for 2 minutes

Lunges	30 seconds	60 seconds
Tricep Dips	30 seconds	60 seconds
Bird Dogs	30 seconds	60 seconds
Step Ups	30 seconds	60 seconds
Shoulder Press	30 seconds	60 seconds

Repeat **twice** more with **2 mins** rest between rounds!

Warm-up **Work** Rest **Work** Rest **Work** Rest **Work** Rest **Work** Rest



Strength Training

Training Plan

Sessions
2&5

Duration



Rest
between
exercises

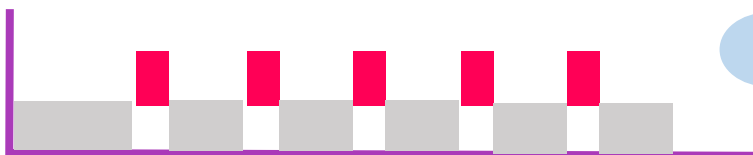


Warm up for 2 minutes

Body Saw	30 seconds	60 seconds
Squats	30 seconds	60 seconds
Plank Taps	30 seconds	60 seconds
Dead Bugs	30 seconds	60 seconds
Calf Raises	30 seconds	60 seconds

Repeat **twice** more with **2 mins** rest between rounds!

Warm-up Work Rest Work Rest Work Rest Work Rest Work Rest



Strength Training

Training Plan

Sessions
3&6

Duration



Rest
between
exercises

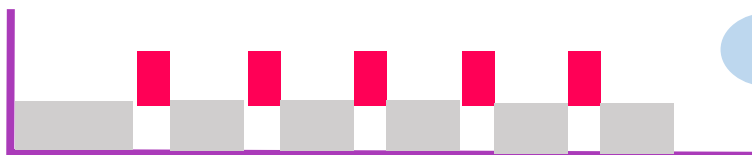


Warm up for 2 minutes

Plank Up-Downs	30 seconds	60 seconds
Leg Raises	30 seconds	60 seconds
Donkey Kicks	30 seconds	60 seconds
Walk Outs	30 seconds	60 seconds
Russian Twists	30 seconds	60 seconds

Repeat **twice** more with **2 mins** rest between rounds!

Warm-up Work Rest Work Rest Work Rest Work Rest Work Rest



Strength Training

Week 1 and 2

	Completed (Y/N)	RPE at end of session
Week 1		
Session 1		
Session 2		
Session 3		
Week 2		
Session 4		
Session 5		
Session 6		

Training Plan

Sessions
7&10

Duration



Rest
between
exercises

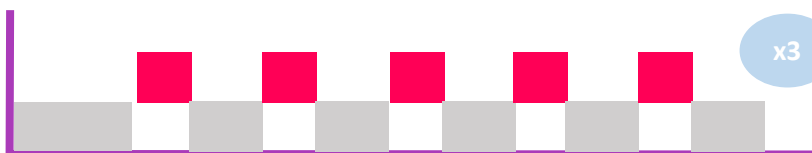


Warm up for 2 minutes

Squats	40 seconds	60 seconds
Tricep Dips	40 seconds	60 seconds
Dead Bugs	40 seconds	60 seconds
Donkey Kicks	40 seconds	60 seconds
Walk Outs	40 seconds	60 seconds

Repeat **twice** more with **2 mins** rest between rounds!

Warm-up Work Rest Work Rest Work Rest Work Rest Work Rest



Training Plan

Sessions
8&11

Duration



Rest
between
exercises

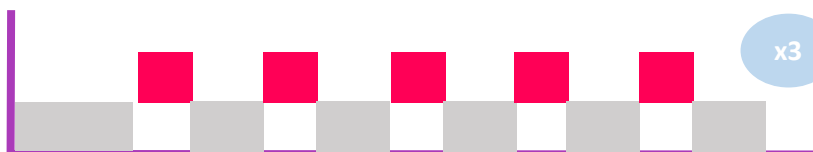


Warm up for 2 minutes

Russian Twists	40 seconds	60 seconds
Lunges	40 seconds	60 seconds
Plank Up-Downs	40 seconds	60 seconds
Bird Dogs	40 seconds	60 seconds
Calf Raises	40 seconds	60 seconds

Repeat **twice** more with **2 mins** rest between rounds!

Warm-up Work Rest Work Rest Work Rest Work Rest Work Rest



Strength Training

Training Plan

Sessions
9&12

Duration



Rest
between
exercises

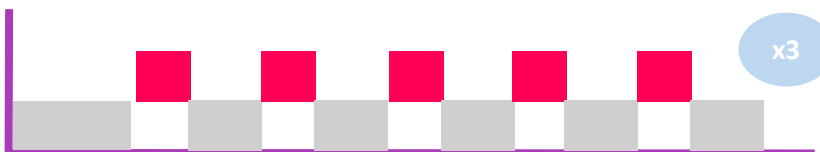


Warm up for 2 minutes

Plank Taps	40 seconds	60 seconds
Leg Raises	40 seconds	60 seconds
Step Ups	40 seconds	60 seconds
Shoulder Press	40 seconds	60 seconds
Body Saw	40 seconds	60 seconds

Repeat **twice** more with **2 mins** rest between rounds!

Warm-up **Work** Rest **Work** Rest **Work** Rest **Work** Rest **Work** Rest



Strength Training

Week 3 and 4

	Completed (Y/N)	RPE at end of session
Week 3		
Session 7		
Session 8		
Session 9		
Week 4		
Session 10		
Session 11		
Session 12		

Training Plan

Sessions
13&16

Duration



Rest
between
exercises



Warm up for 2 minutes

Tricep Dips	50 seconds	45 seconds
Lunges	50 seconds	45 seconds
Dead Bugs	50 seconds	45 seconds
Plank Up-Downs	50 seconds	45 seconds
Calf Raises	50 seconds	45 seconds

Repeat **twice** more with **2 mins** rest between rounds!

Warm-up Work Rest Work Rest Work Rest Work Rest Work Rest



Training Plan

Sessions
14&17

Duration



Rest
between
exercises



Warm up for 2 minutes

Russian Twists	50 seconds	45 seconds
Plank Taps	50 seconds	45 seconds
Step Ups	50 seconds	45 seconds
Bird Dogs	50 seconds	45 seconds
Shoulder Press	50 seconds	45 seconds

Repeat **twice** more with **2 mins** rest between rounds!

Warm-up Work Rest Work Rest Work Rest Work Rest Work Rest



Training Plan

Sessions
15&18

Duration



Rest
between
exercises



Warm up for 2 minutes

Squats	50 seconds	45 seconds
Leg Raises	50 seconds	45 seconds
Walk Outs	50 seconds	45 seconds
Donkey Kicks	50 seconds	45 seconds
Body Saw	50 seconds	45 seconds

Repeat **twice** more with **2 mins** rest between rounds!

Warm-up Work Rest Work Rest Work Rest Work Rest Work Rest



Strength Training

Week 5 and 6

	Completed (Y/N)	RPE at end of session
Week 5		
Session 13		
Session 14		
Session 15		
Week 6		
Session 16		
Session 17		
Session 18		

Training Plan

Sessions
19&22

Duration



Rest
between
exercises

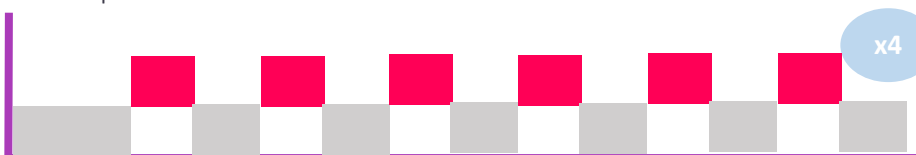


Warm up for 2 minutes

Tricep Dips	40 seconds	45 seconds
Lunges	40 seconds	45 seconds
Dead Bugs	40 seconds	45 seconds
Plank Ups	40 seconds	45 seconds
Calf Raises	40 seconds	45 seconds
Russian Twists	40 seconds	45 seconds

Repeat **three times** more with **2 mins** rest between rounds!

Warm-up Work Rest Work Rest Work Rest Work Rest Work Rest Work Rest



Strength Training

Training Plan

Sessions
20&23

Duration



Rest
between
exercises

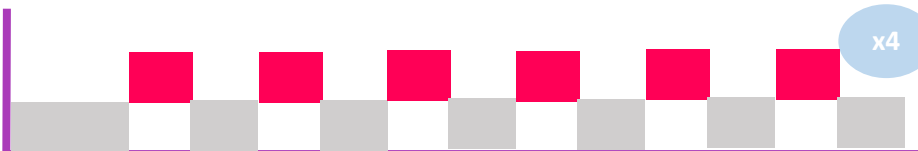


Warm up for 2 minutes

Press Ups	40 seconds	45 seconds
Step Ups	40 seconds	45 seconds
Glute Bridges	40 seconds	45 seconds
Walk Outs	40 seconds	45 seconds
Donkey Kicks	40 seconds	45 seconds
Leg Raises	40 seconds	45 seconds

Repeat **three times** more with **2 mins** rest between rounds!

Warm-up Work Rest Work Rest Work Rest Work Rest Work Rest Work Rest



Strength Training

Training Plan

Sessions
21&24

Duration



Rest
between
exercises



Warm up for 2 minutes

Shoulder Press	40 seconds	45 seconds
Squats	40 seconds	45 seconds
Body Saw	40 seconds	45 seconds
Plank Taps	40 seconds	45 seconds
Bird Dogs	40 seconds	45 seconds
Butterfly Sit Ups	40 seconds	45 seconds

Repeat **three times** more with **2 mins** rest between rounds!

Warm-up Work Rest Work Rest Work Rest Work Rest Work Rest Work Rest



Strength Training

Week 7 and 8

	Completed (Y/N)	RPE at end of session
Week 7		
Session 19		
Session 20		
Session 21		
Week 8		
Session 22		
Session 23		
Session 24		

Training Plan

Sessions
25&28

Duration



Rest
between
exercises

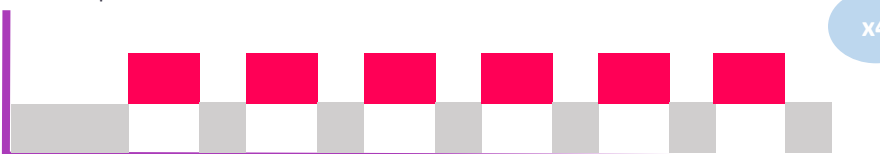


Warm up for 2 minutes

Calf Raises	50 seconds	30 seconds
Press Ups	50 seconds	30 seconds
Butterfly Sit Ups	50 seconds	30 seconds
Donkey Kicks	50 seconds	30 seconds
Plank Taps	50 seconds	30 seconds
Russian Twists	50 seconds	30 seconds

Repeat **three times** more with **2 mins** rest between rounds!

Warm-up Work Rest Work Rest Work Rest Work Rest Work Rest Work Rest



Strength Training

Training Plan

Sessions
26&29

Duration



Rest
between
exercises



Warm up for 2 minutes

Lunges	50 seconds	30 seconds
Shoulder Press	50 seconds	30 seconds
Dead Bugs	50 seconds	30 seconds
Glute Bridges	50 seconds	30 seconds
Tricep Dips	50 seconds	30 seconds
Leg Raises	50 seconds	30 seconds

Repeat **three times** more with **2 mins** rest between rounds!

Warm-up Work Rest Work Rest Work Rest Work Rest Work Rest Work Rest



Strength Training

Training Plan

Sessions
27&30

Duration



Rest
between
exercises

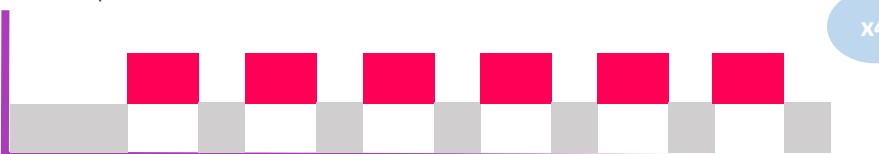


Warm up for 2 minutes

Squats	50 seconds	30 seconds
Plank Up-Downs	50 seconds	30 seconds
Body Saw	50 seconds	30 seconds
Step Ups	50 seconds	30 seconds
Walk Outs	50 seconds	30 seconds
Bird Dogs	50 seconds	30 seconds

Repeat **three times** more with **2 mins** rest between rounds!

Warm-up Work Rest Work Rest Work Rest Work Rest Work Rest Work Rest



Strength Training

Week 9 and 10

	Completed (Y/N)	RPE at end of session
Week 9		
Session 25		
Session 26		
Session 27		
Week 10		
Session 28		
Session 29		
Session 30		

Training Plan

Sessions
31&34

Duration



Rest
between
exercises



Warm up for 2 minutes

Dead Bugs	60 seconds	30 seconds
Lunges	60 seconds	30 seconds
Plank Up-Downs	60 seconds	30 seconds
Butterfly Sit Ups	60 seconds	30 seconds
Glute Bridges	60 seconds	30 seconds
Plank Taps	60 seconds	30 seconds

Repeat **three times** more with **2 mins** rest between rounds!

x4

Warm-up Work Rest Work Rest Work Rest Work Rest Work Rest Work Rest



Strength Training

Training Plan

Sessions
32&35

Duration



Rest
between
exercises



Warm up for 2 minutes

Leg Raises	60 seconds	30 seconds
Calf Raises	60 seconds	30 seconds
Walk Outs	60 seconds	30 seconds
Body Saw	60 seconds	30 seconds
Donkey Kicks	60 seconds	30 seconds
Shoulder Taps	60 seconds	30 seconds

Repeat **three times** more with **2 mins** rest between rounds!

x4

Warm-up Work Rest Work Rest Work Rest Work Rest Work Rest Work Rest



Strength Training

Training Plan

Sessions
33&36

Duration



Rest
between
exercises



Warm up for 2 minutes

Bird Dogs	60 seconds	30 seconds
Squats	60 seconds	30 seconds
Press Ups	60 seconds	30 seconds
Russian Twists	60 seconds	30 seconds
Step Ups	60 seconds	30 seconds
Tricep Dips	60 seconds	30 seconds

Repeat **three times** more with **2 mins** rest between rounds!

x4

Warm-up Work Rest Work Rest Work Rest Work Rest Work Rest Work Rest



Strength Training

Week 11 and 12

	Completed (Y/N)	RPE at end of session
Week 11		
Session 31		
Session 32		
Session 33		
Week 12		
Session 34		
Session 35		
Session 36		

Leg Exercises

Easier



Harder

If this is too easy, why not add some weights (cans of tomatoes or fabric softener will do!)

Exercises

Squats

- Stand with your feet hip-width apart with your toes pointed slightly outward.
- Bend your knees and squat down as if you were sitting into a chair. Keep your weight on your heels and keep your core tight.
- Straighten your legs and squeeze your glutes to come back up.

Lunges

- Stand tall with feet hip-width apart.
- Take a big step forward with right leg. Lower your body until right thigh is parallel to the floor and right shin is vertical.
- Press into right heel to drive back up to starting position.
- Repeat on the other side.

Donkey kicks

- Get on all fours, with your hands stacked directly under shoulders, and knees under hips.
- Keeping the 90-degree bend in your right knee, slowly lift your leg straight back and up toward the ceiling.
- Right before your back starts to arch, return to the starting position.
- Repeat all reps on one side, then switch legs.



If this is too easy, why not add some weights (cans of tomatoes or fabric softener will do!)



Try circling the leg round whilst returning to starting position

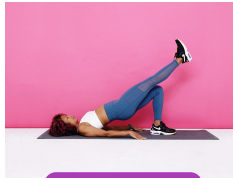


Leg Exercises

Easier



Harder



Try one-legged!

Exercises

Glute bridges

- Lie face up on the floor, with your knees bent and feet flat on the ground.
- Lift your hips off the ground until your knees, hips and shoulders form a straight line.
- Hold your bridged position for a couple of seconds before easing back down.



Try one-legged!

Calf raises

- Stand up straight, then push through the balls of your feet and raise your heel until you are standing on your toes.
- Lower slowly back to the start and repeat.



If this is too easy, increase the height of what you are stepping on to.

Step ups

- Place your left foot on a bench, couch or stair, so that your hip, knee, and ankle are all bent 90 degrees.
- Keeping your chest up and shoulders back, push your body up with your left leg until it's straight (keep your right foot elevated).
- Pause, and then lower your body back to the starting position under control. Repeat on the other leg.

Arm Exercises

Easier



Harder



Exercises

Press ups

- Lie down on your front. Put your palms flat on the floor beside your chest. You should flex your toes or perform the movement on your knees. To make the exercise easier, you can also try against a wall.
- Raise yourself by straightening your elbows. Keep your core engaged.
- Flex your elbows, and lower back to the starting position.

Tricep dips

- Keep your knees flexed, legs close to each other, feet flat on the mat, arms behind you and fingers pointing toward your body.
- Balancing your body on your arms, slowly bend your elbows.
- Right when your hips are about to touch the floor, lift them by extending your arms.

Walk outs

- Stand straight and keep your feet close together. Bend over and place your hands near your feet. Keep your legs straight.
- Start walking forward with your hands. Keep your legs straight.
- Stop when you are in an arm plank.
- Walk your hands back towards your feet until you are standing.

U



Try on a chair!



If this is too easy, why not add a press up!

Arm Exercises

Easier



Try on your knees

Harder



Exercises

Plank up downs

- Placing your elbows flat on the mat, spine straight, legs straight behind.
- Supporting your upper body on your left palm, push up so your arms are straight.
- Flex an elbow, and place the forearm on the floor. Repeat with the other arm so you are in an elbow plank. Repeat this move.



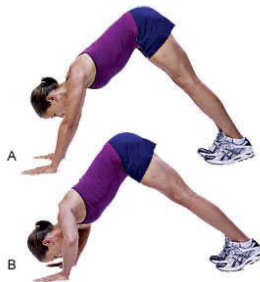
Try on your knees



Plank taps

- Assume an arm plank position.
- Keep your core engaged and tap your left shoulder with your right palm and place it back on the mat.
- Tap your right shoulder with your left palm and place it back on the mat. Repeat.

If this is too hard, try putting your hands on a couch or chair!



Shoulder press

- In a plank position, walk your feet towards your hands to look like position A.
- Lean forwards and lower the head towards the floor, bending your arms.
- Once you reach position B, push back to straighten your arms and return to position A.

Core Exercises

Easier



Harder

If this is too easy, why not add some weights (cans of tomatoes or fabric softener will do!)

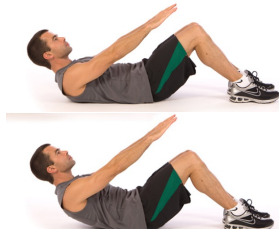
Exercises

Dead bugs

- Lie face up with your arms extended toward the ceiling and your knees bent 90 degrees.
- Extend your right leg out straight, while simultaneously dropping your left arm overhead. Keep both a few inches from the ground. Make sure your lower back is pressed into the floor at all times.
- Return to the starting position.
- Repeat on the other side.

Butterfly sit ups

- Lie on your back with the soles of your feet together, knees bent out to sides. Reach your arms overhead.
- Using your core, roll your body up until you are sitting upright. To make it easier, roll your body only until your shoulder blades are off the floor.
- Slowly lower back down to starting position and repeat.



SHUTTERSTOCK

Russian twists

- Sit on the floor and bring your legs out, slightly raised, in front of you.
- Lean back slightly so your torso and legs form a V-like shape. Engage your core. Balancing here, twist your torso from side to side without moving your legs.



If this is too easy, why not add some weights (cans of tomatoes or fabric softener will do!)

Core Exercises

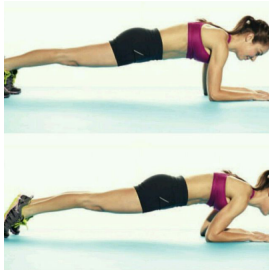
Easier

Harder

Exercises



Try to hold an elbow plank



If this is too easy, why not add some weights (cans of tomatoes or fabric softener will do!)



If this is too easy, why not add a flutter kick!

Body saw

- Start in a forearm plank with your legs extended behind you.
- Engaging your core, rock forwards on your toes so your head ends up past your hands.
- Slowly return to the forearm plank starting position.
- If this is too hard, just try to hold an elbow plank!

Bird dog

- Kneel on the floor on all fours. Reach one arm long, draw in the core, and extend the opposite leg long behind you.
- Bring the elbow and knee in towards your centre as you round your back remember to draw in your core. Repeat, switching legs each time.

Leg raises

- Lie on your back with your legs extended and hands at your sides or tucked underneath your hips for extra support.
- Slowly raise your legs, keeping them together and as straight as possible, until the soles of your shoes are facing the ceiling.
- Slowly lower legs back down, keeping them hovering a few inches off the floor.
- Make sure to keep your lower back flat on the floor at all times.



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