## QUARANTINE No equipment Resistance Training Program

### QUARANTINE

| | |
|---|---|
| Cycle | QUARANTINE |
| Weeks | Week 1-4 |
| Frequency | MIXED |
| Intensity | MIXED |
| Volume | MIXED |
| Rest | Short rest (<60 seconds) |

#### Workout 1

| sets | reps | Intensity | exercise |
|---|---|---|---|
| 1 | max | RM | push ups |
| 10 | 5 | | plyo push ups |
| sally up (music) | | | straight leg raises |
| 5 | 5 | | abs walk outs |
| tabata | | | wall sit |
| tabata | | | burpees |

#### Workout 2

| sets | reps | Intensity | exercise |
|---|---|---|---|
| 1 | 1min30 | RM | plank |
| 4 | 12 | | split squat |
| 4 | 10 | | single arm incline push up |
| 4 | 12-15 | | tricep push ups |
| tabata | | | side crunches |
| tabata | | | squat jumps |

#### Workout 3

| sets | reps | Intensity | exercise |
|---|---|---|---|
| 4 | 12 | RM | single leg cone touch |
| 4 | 15-20 | | table pull ups |
| 4 | 15-20 | | thai push ups |
| 5 | 5 | | abs flutter kicks |
| tabata | | | abs circles straight legs |
| tabata | | | jumping lunges |

#### Workout 4

| sets | reps | Intensity | exercise |
|---|---|---|---|
| 5 | 10 | RM | russian push ups |
| 4 | 10 | | step up leg drive |
| 4 | 20 | | calf raises |
| tabata | | | abs bicycle |
| tabata | | | Superman hold |
| tabata | | | mountain climbs |

## QUARANTINE Metabolic Training Program

### QUARANTINE

| | |
|---|---|
| Cycle | QUARANTINE |
| Weeks | Week 1-4 |
| Frequency | 4 x per week: 1 speed; 1 conditioning; 1 speed and conditioning; 1 recovery |
| Intensity | 4-10 RPE |
| Volume | 500 - 1000m \| 1000 - 2000m \| > 5000m |
| Rest | work rest ratio => 1:10 \| 1:1 |

#### Workout 1 : Speed

3x 15 m, 3x 25 m, 3x 40 m
Each sprint performed at maximal intensity,
with a 3-min rest after each sprint

#### Workout 2 : Speed and Conditioning

10 m, 22 m, 40 m, 50 m, 60 m, 50 m, 40 m,
22 m, 10 m sprints (100% effort); jog back to
start, start next effort immediately, every second
start from a lying position. Repeat 4x with 2-
min rest between each set.

#### Workout 3 : Speed and Conditioning

16x 22-m sprints (100% effort) on 30s; jog back
to start. 2-min rest after every 4 sprints.

#### Workout 4: Aerobic

35 min continuous run at conversation pace
with 4x 30 s, 4x 60 s, 3x90 s very hard (RPE 8-
9) efforts performed at any time during the run.

## Quarantine Gym Resistance Training Program

### Off-season

| | |
|---|---|
| Cycle | QUARANTINE |
| Weeks | Week 1-4 |
| Frequency | 5 x per week: 2 upper body; 2 lower body; 1 assistance |
| Intensity | 8–12RM (all lifts) |
| Volume | 3–5 full load sets (exercises performed in circuit format) |
| Rest | Short rest (<60 seconds) between exercises; core stability work (~2 minutes) between sets |

#### Workout 1

| sets | reps | Intensity | exercise |
|---|---|---|---|
| 3 | 8 | RM | Parallel back squat |
| | | | Dumbbell lunge |
| | | | Back extensions |
| | | | Dumbbell step-ups |
| | | | Split squat |
| | | | Single-leg calf raise |

#### Workout 2

| sets | reps | Intensity | exercise |
|---|---|---|---|
| 4 | 8 | RM | Bench press |
| | | | One-arm dumbbell row |
| | | | Bicep curls |
| | | | Standing dumbbell shoulder press |
| | | | Split squat |
| | | | Dumbbell upright row |

#### Workout 3

| sets | reps | Intensity | exercise |
|---|---|---|---|
| 4 | 10 | RM | Bent-over dumbbell raises |
| | | | EZ bar pull-overs |
| | | | Dumbbell front raises |
| | | | Dumbbell bicep curls |
| | | | EZ Bar tricep extensions |
| | | | Lateral dumbbell raises |
| | | | Elastic tubing shoulder rotations |

#### Workout 4

| sets | reps | Intensity | exercise |
|---|---|---|---|
| 3 | 12 | RM | Deadlift |
| | | | Dumbbell lunge |
| | | | Back extensions |
| | | | Dumbbell step-ups |
| | | | Split squat |
| | | | Single-leg calf raise |

#### Workout 5

| sets | reps | Intensity | exercise |
|---|---|---|---|
| 3 | 12 | RM | Incline dumbbell bench press |
| | | | Dumbbell lunge |
| | | | Bent-over barbell row |
| | | | Dips |
| | | | Dumbbell upright row |

## RPE Chart

Rate of Perceived Exertion

| | | |
|---|---|---|
| 10 | **Max Effort Activity** | Feels almost impossible to keep going. Completely out of breathe, unable to talk. |
| 9 | **Very Hard Activity** | Very difficult to maintain exercise intensity. Can barely breath and speak a single word. |
| 7-8 | **Vigorous Activity** | On the verge of becoming uncomfortable. Short of breath, can speak a sentence. |
| 4-6 | **Moderate Activity** | Feels like you can exercise for hours. Breathing heavily, can hold short conversation. |
| 2-3 | **Light Activity** | Feels like you can maintain for hours. Easy to breathe and carry a conversation. |
| 1 | **Very Light Activity** | Anything other than sleeping, watching TV, riding in a car, etc. |

| Number of Repetitions Performed | Percent of 1-Repetition Maximum | Multiply Weight Lifted By: |
|---|---|---|
| 1 | 100 | 1.00 |
| 2 | 95 | 1.05 |
| 3 | 93 | 1.08 |
| 4 | 90 | 1.11 |
| 5 | 87 | 1.15 |
| 6 | 85 | 1.18 |
| 7 | 83 | 1.20 |
| 8 | 80 | 1.25 |
| 9 | 77 | 1.30 |
| 10 | 75 | 1.33 |
| 11 | 70 | 1.43 |
| 12 | 67 | 1.49 |
| 15 | 65 | 1.54 |