



FOUR WEEK PROGRAMME

MAIN FOCUS
Maximising Strength

GOALS FOR THE PROGRAMME

- Build Maximal Strength
- Confidently load weight to work at 3RM / 90% RPE
- Improve muscular endurance

GETTING STARTED

At the beginning of the programme you need to start on the correct weight for you so that you can build upon it each week in order to see progress.

Before starting the programme, test your 4RM* (rep max) on each of the following exercises

**the maximum amount of weight you can lift for 4 repetitions without failure*

- Deadlift
- Squat
- Chest Press
- Shoulder Press

Record your weight and use the following calculator to find your 10 and 3 RM ready for the first week:

10RM Calculation

$$(1.1 \times 4\text{RM Weight}) \times 0.75$$

3RM Calculation

$$(1.1 \times 4\text{RM Weight}) \times 0.94$$

NEED HELP?

We suggest you watch these videos in *The Learning Zone*:

📺 "How to find your 1RM"

📺 "The Deadlift - Explaining the Basics"

📺 "The Chest Press - Explaining the Basics"

📺 "The Squat - Explaining the Basics"

📺 "The Shoulder Press - Explaining the Basics"

LOAD TRACKER

As this is a progressive Four Week Phase, it is important that you keep on top of your weights each week and actively increase them by 5-10% as the weeks go on.

For example, if you start week 1 by being able to chest press 30kg for 10 repetitions, in week 2 you should move to 32-33kg until hopefully by week 4 you can Chest Press 40kg!

You can use the tracker below to help you keep on track or just make your own in the notes in your phone!

	Week 1	Week 2	Week 3	Week 4
Deadlift				
Squat				
Chest Press				
Shoulder Press				

HOW TO CALCULATE YOUR PERCENTAGE INCREASE EACH WEEK

$(\text{Weight used}/100) \times 10$ (or 5)

THEN add this to your weight from last week to increase the load

SESSIONS

This is a four week programme based on completing two strength sessions in the gym per week.

We have also included a recommended speed session for you to complete in the gym/outside to compliment your training.

SESSION 1

FULL WARM UP

Main Strength Builder

LOWER #11

5 MINUTES REST

Cool Down

Full Cool Down Video

LOWER FOCUSED

SESSION 2

FULL WARM UP

Main Strength Builder

UPPER #7

5 MINUTES REST

Cool Down

Full Cool Down Video

UPPER FOCUSED

SESSION 1

Complete the following distances as fast as possible

1km x 1
750m x 2
500m x 3
250m x 4
100m x 5

Limit your rest between rounds to 60 seconds max

SPEED FOCUSED

YOU DID IT! Congratulations on completing The Power Programme on the NETGym membership.

WHAT'S NEXT?

Now is a good time for you to reflect on your training and to set yourself some goals going forward.

- Do you still want to focus on building strength?
- Do you want to focus on being powerful?
- Do you want to develop your core further?
- Do you need to improve your mobility?
- Do you want to integrate more speed training?

Answering these questions can help you to build the next part of your programme. You can then look on the NETGym and NETHome homepages to help you to build a programme that suits you!

CONSISTENCY IS KEY

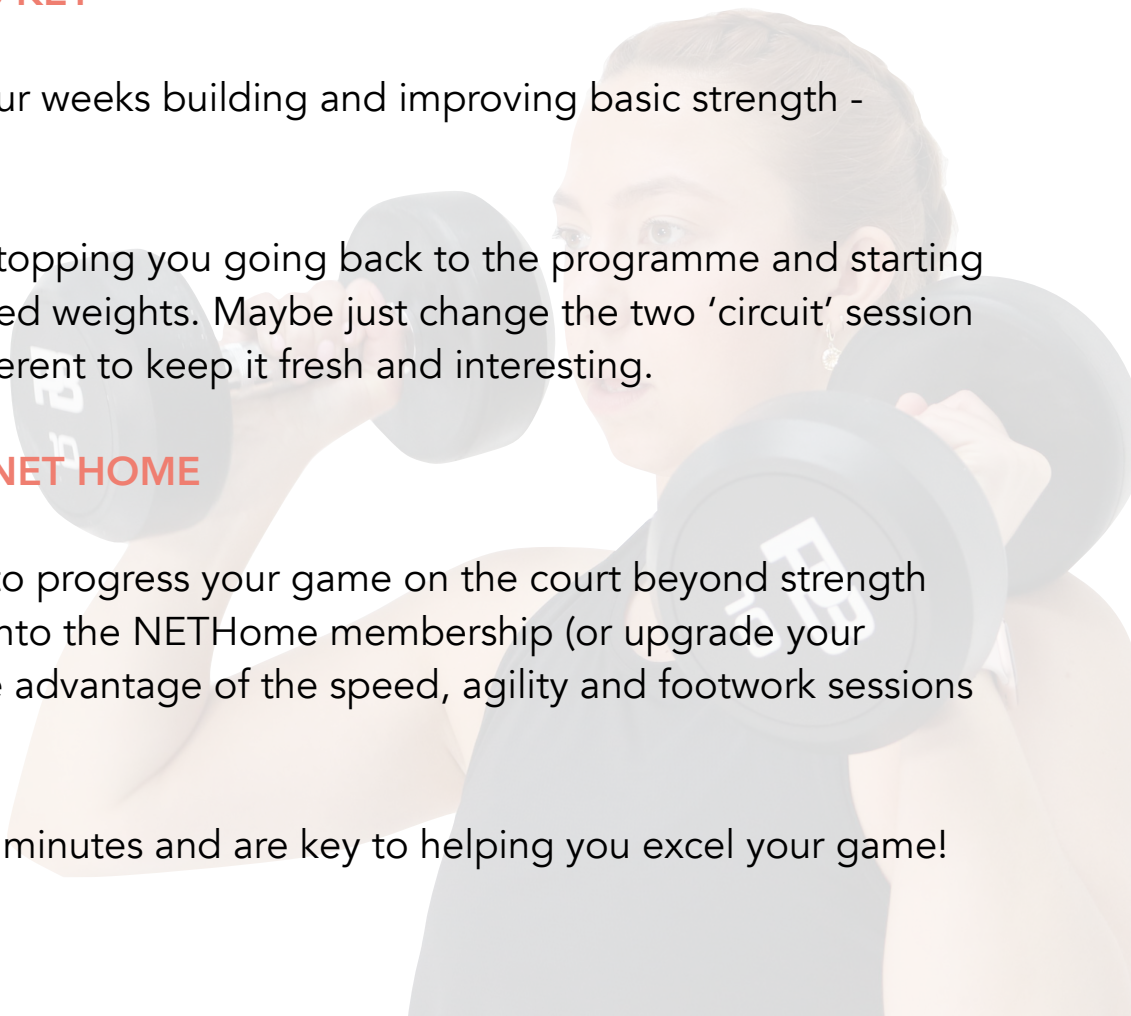
You have spent four weeks building and improving basic strength - DON'T LOSE IT!

There is nothing stopping you going back to the programme and starting again with increased weights. Maybe just change the two 'circuit' session for something different to keep it fresh and interesting.

IMPROVE WITH NET HOME

If you really want to progress your game on the court beyond strength training then log into the NETHome membership (or upgrade your package) and take advantage of the speed, agility and footwork sessions there.

They only take 15 minutes and are key to helping you excel your game!





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**CONGRATULATIONS!
YOU SMASHED IT!**