



# ATHLETE PROGRAM

DABBS FITNESS PROGRAMS



GET THE MOST OUT OF YOUR TRAINING

TRAIN FOR LIFE

UNLEASH YOUR INNER ATHLETE



# The Athlete Program

***Our athlete program will provide you with functional gains. It will help you become stronger, more explosive, faster, fitter, and a better all-round athlete. The athlete program contains a range of different training methods and exercises, including methods from bodybuilding, powerlifting, athletics, and strongman training, among others. Each phase has a specific focus, be it muscular hypertrophy, strength, explosive power, endurance, or speed. These phases tie into one another as you move through the program, and many complementary methods are utilised.***

In order to achieve best results, we recommend sticking to the program for a minimum of three months. Each training month has a new training focus, and provides a new stimulus to ensure progression and prevent stagnation. Remaining consistent and trusting in the process is key. Some days will be easier than others. Push and motivate yourself in the gym, and try to stick to your scientifically designed training program.

Fitness is not something you achieve overnight - fitness is a journey, which you should enjoy. It is important to have targets, however if you enjoy the training process, and focus on training for performance, you will be much more likely to achieve those targets. We hope that all of our clients will adopt fitness and wellness into their lifestyle, which they can enjoy throughout their lives, training for life.

# YOUR PHASES 4

## 1 MOVEMENT FOUNDATIONS

**REP RANGES:** Ascending from 6 to 12 reps over the phase.

**CONDITIONING:** Timed 5 km run.

*This introductory phase focuses on teaching correct movement patterns, allowing you to build foundations for the program to come. Warm ups focus on movement, and the program introduces squat/hinge/push/pull/core movements in relatively basic forms. The conditioning consists of 5km runs, to build basic fitness levels.*

## 2 INTRODUCTION TO STRENGTH & CONDITIONING

**REP RANGES:** 5 sets x 10 reps

**CONDITIONING:** Fartlek

*This phase builds on the previous phase, adding volume, load and movement progressions. Fartlek (speed-play) is used for conditioning, to expose you to higher heart rates and more intense and metabolic conditioning.*

## 3 STRENGTH & CONDITIONING

**REP RANGES:** Descending from 12 to 6 over the phase.

**CONDITIONING:** Sprint intervals

*This is the last of our introductory phases, with some higher loads being introduced. This should set the foundations of strength necessary for the phases to come. Conditioning starts to become more metabolic, with sprint intervals being introduced.*

## 4 HYPERTROPHY, STRENGTH, AEROBIC FITNESS

**REP RANGES:** Around 10 for the main compound lifts.

**CONDITIONING:** Timed 5 km run to build up an aerobic base.

*This is a general phase, focusing on hypertrophy and strength, in that order. We introduce the main three big lifts and we utilise the cardiac output method to build a base of fitness and conditioning, utilising 5km runs. Ideally you lift slightly more, and run faster every week.*

## 5 EMPHASIS ON STRENGTH

**REP RANGES:** 5 sets of 5 reps on the compound lifts.

**CONDITIONING:** Interval based.

*This phase has more of a strength emphasis, using a classic 5x5 rep range. We continue with the three main compound lifts and we also introduce interval sprints, to build up aerobic power.*

## 6 POWER & EXPLOSIVENESS

**REP RANGES:** 3 sets of 3 reps on the compound lifts.

**CONDITIONING:** Hill sprints to work on power endurance.

*We recommend supplementation of creatine during your sessions to assist with your power phase. We utilise a 3x3 rep scheme for power, with the aim being to lift heavier weights, as explosively as possible. We also introduce more volume into the conditioning sessions, and test your output every session, working between 20-30 minutes of explosive hill spinting.*

# YOUR PHASES

## 7 HYPERTROPHY & CARDIAC OUTPUT

**REP RANGES:** Between 8-15 reps.

**CONDITIONING:** Long runs up to 10km.

*If you want to build muscle, a calorie surplus will be optimal during this phase. We move out of our strength and power emphasis, and into a hypertrophy phase. We utilise antagonistic supersets (push/pull). There will be much higher volume, and much less load in this phase. We also introduce longer, slower cardio into your program, working between 7-10km.*

## 8 STRENGTH

**REP RANGES:** 5 sets of 5 reps with an escalating weight scheme over the sets.

**CONDITIONING:** Tempo intervals.

*Building on the last phase, we now enter into a strength phase. We use an escalating 5x5 rep scheme, as you add load every set. For conditioning, we introduce Tempo intervals - a dynamic method which supplements strength.*

## 9 HYPERTROPHY

**REP RANGES:** High volumes

**CONDITIONING:** Aerobic power intervals 30s on 30s off.

*This is a hypertrophy phase characterised by higher volumes, utilising the superset method for added metabolic stress to the muscle. We would recommend a calorie surplus if you want to gain muscle and to ensure a regular protein intake throughout the day, over the course of the month. You can also supplement with the amino acid L-Leucine, to maximise protein synthesis. For conditioning we use aerobic power intervals starting with 30s on 30s off, which increases in time every week.*

## 10 HYPERTROPHY 2

**REP RANGES:** Descending pyramid rep scheme.

**CONDITIONING:** 400m intervals.

*We use a descending pyramid rep scheme, with the load increasing, as reps decrease. However, to get maximal 'pump' we end the main lifts with a final high rep set of 20 (15,12,8,6,20). This allows us to hit high loads, and high reps, both of which are necessary for muscle growth. The conditioning consists of tough 400m intervals.*

## 11 CLASSIC STRENGTH PHASE

**REP RANGES:** 3 sets of 5 reps.

**CONDITIONING:** Tempo intervals.

*This is a classic strength phase. Utilising 3 sets of 5 reps, we reintroduce you into strength, and CNS adaptations. Each week the load increases as the volume decreases. Tempo intervals are re-introduced here, one of our preferred conditioning methods during a strength phase, as it has minimal interference effects on potential strength gains.*

# YOUR PHASES

## 12 MAX STRENGTH PHASE

**REP RANGES:** Cluster sets

**CONDITIONING:** Sprint training  
100-400m.

*We utilise cluster sets which allow more load to be lifted for more repetitions, as short (25s) intra-set rest intervals are used. This method is the weight lifting equivalent for interval sprints and allows more of a focus on max strength levels. Sprint training is introduced to assist in strength and power development, with a metabolic feel.*

## 13 STRENGTH & POWER

**REP RANGES:** Complexes

**CONDITIONING:** Progressed sprint training

*This phase builds on the previous phase, with more of an emphasis on power. The complex training method is utilised, where PAP (post activation potentiation) is used as strength exercises are combined with plyometric exercises. Sprint training is progressed to complement power development.*

## 14 HYPERTROPHY

**REP RANGES:** 12 reps

**CONDITIONING:** Sprint intervals of 1km

*We now bring the intensity and load back down, and increase the volume, moving into a classic hypertrophy rep range (12). We also take out the classic lifts, and introduce more focused exercises. This may provide your joints with some rest and recovery, as compound lifts can be harder to recover from. We increase the distance of the sprint intervals, working with 1km intervals, to build up higher levels of endurance. This phase could be an ideal time to cut, and work with a slight caloric deficit.*

## 15 FUNCTIONAL HYPERTROPHY

**REP RANGES:** 6-8 reps

**CONDITIONING:** 400m intervals

*This phase builds on the last, decreasing reps and increasing load, working in rep ranges of around 6-8 reps. We continue with similar exercise selection. We decrease the distance of the intervals, working with 400m intervals, a very metabolic method. Again, if you wish to continue with a cut, this could be a good option. You can focus on increasing 400m interval efficiency, and maintain strength with reasonably heavy weights, while attempting to reduce body fat.*



# YOUR WEEKS

*Your training week will consist of two strength sessions and one conditioning session. If you can't train three times one week, you can prioritise the sessions that will help you achieve your target. Bear in mind, though, the program is designed based on you performing all the sessions.*

## EXAMPLE WEEK 1

**MONDAY:** A Strength  
**TUESDAY:** Sports training  
**WEDNESDAY:** C Conditioning  
**THURSDAY:** B Strength  
**FRIDAY:** Rest  
**SATURDAY:** Sports game  
**SUNDAY:** Rest

## EXAMPLE WEEK 2

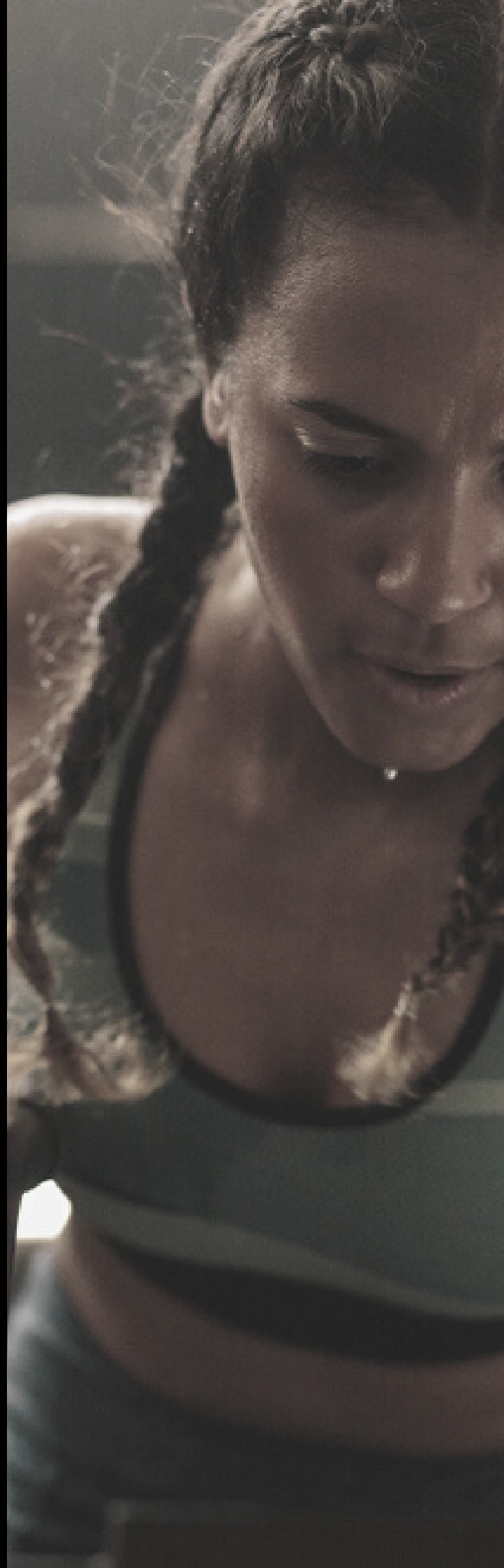
**MONDAY:** Rest  
**TUESDAY:** A Strength  
**WEDNESDAY:** Rest  
**THURSDAY:** C Conditioning  
**FRIDAY:** Rest  
**SATURDAY:** B Strength  
**SUNDAY:** Rest

## EXAMPLE WEEK 3

**MONDAY:** A Strength  
**TUESDAY:** Rest  
**WEDNESDAY:** B Strength  
**THURSDAY:** C Conditioning  
**FRIDAY:** Rest  
**SATURDAY:** Hike  
**SUNDAY:** Swim

### IF YOU NEED TO SKIP A DAY

- You can do one extra session next week.
- Sometimes you can do the session with less intensity, and perform a few less sets on days you are more tired or stressed. Still try to do the minimal required dose to maintain.
- We want you to try to make calls through listening to your body and using your best judgement. However, usually the session you least enjoy, is the session which is the most beneficial. So try to prioritise your weaknesses.



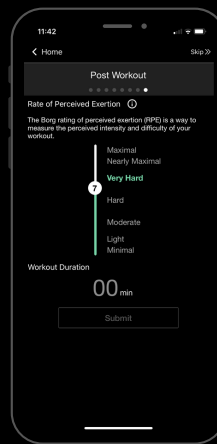
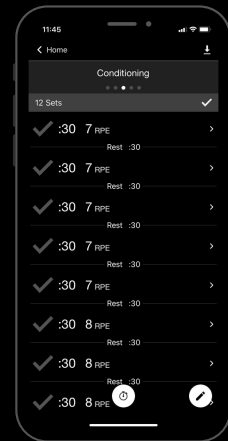
# HOW INTENSE SHOULD I GO?

We use two scales in your program, to give you direction on how intense the exercise should be. We use RPE and %difference. The RPE scale we typically use to determine the intensity for conditioning. We use %difference to determine the load you should lift for the strength exercises.

## RPE SCALE

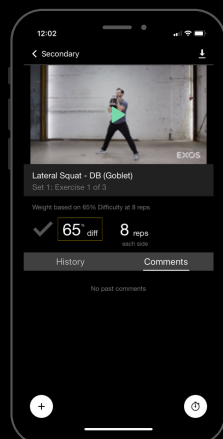
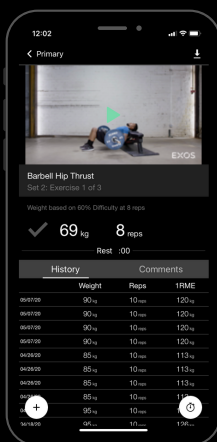
The RPE scale is used to measure the intensity of your exercise and workout. The RPE scale runs from 0 – 10. The numbers below relate to phrases used to rate how easy or difficult you find an activity. For example, 0 would be how you feel when sitting in a chair; 10 is how you feel at the end of an exercise stress test or after a very difficult activity.

- 0 – Nothing at all
- 0.5 – Just noticeable
- 1 – Very light
- 2 – Light
- 3 – Moderate
- 4 – Somewhat heavy
- 5 – Heavy
- 6
- 7 – Very heavy
- 8
- 9
- 10 – Very, very heavy



RPE SCALE

% DIFFERENCE SCALE



## %DIFFERENCE

This system is very efficient, as it adjusts depending on the rep range. This means that your load for 10 squats at 80% will be different to your load at 5 squats at 80%. The scale is based on how many reps you have left in reserve for any given exercise. After logging your weight for a few sessions, the system will learn your strength and update the load automatically.

If you feel particularly good or bad on a training day, we advise you to adjust the load as necessary. If you do this, remember to update the load you performed. However, try to trust the program, as it is very easy to go too heavy or too light when training on your own. This is why this scale is so useful.

- % 95-100 0 rep in reserve
- % 90-94 1 rep in reserve
- % 85-89 2 reps in reserve
- % 75-85 3 reps in reserve
- % 65-75 pick a weight you can move easily
- % >65 warm-up sets

# EXERCISE EQUIPMENT REPLACEMENTS

| IF YOU DON'T HAVE      | CONDITION                      | REPLACEMENT             |
|------------------------|--------------------------------|-------------------------|
| CABLES                 | →                              | BANDS                   |
| TRAP BAR               | →                              | FULL BAR DEADLIFT       |
| KETTLE BELLS           | IN THE ACTIVATION OR A CIRCUIT | 5 BROAD JUMPS           |
|                        | IN PRIMARY OR SECONDARY        | ROMANIAN DEADLIFT       |
| TRX BANDS              | FOR A ROW                      | DUMBBELL ROW VARIATION  |
|                        | FOR ABS                        | EXERCISE BALL           |
| ABDUCTION MACHINE      | →                              | SEATED ABDUCTION BANDED |
| ADDUCTION MACHINE      | →                              | BALL SQUEEZES           |
| BACK EXTENSION MACHINE | →                              | THE BENCH FROG          |
| MEDICINE BALLS         | FOR SLAMS                      | 5 EXPOSIVE JUMPS        |
|                        | FOR ABS                        | WEIGHT PLATE            |
| BOXING BAG             | →                              | SKIPPING ROPE           |
| BATTLE ROPES           | →                              | BURPEES OR ASSAULT BIKE |
| ROWING MACHINE         | →                              | OTHER CARDIO MACHINE    |
| ASSAULT BIKE           | →                              | OTHER CARDIO MACHINE    |



# CAN'T PERFORM AN EXERCISE?

In case you have any injuries, strength restrictions, or movement restrictions, you can swap the exercises in the program to another exercise from the app. Below you find common restrictions and replacement exercises for them.

| IF YOU CAN'T DO |   | REPLACEMENT   |
|-----------------|---|---|
| CHIN-UPS        | → | ASSISTED CHIN-UP VARIATIONS OR A ROW                          |
| FRONT SQUAT     | → | GOBLET SQUAT  |
| RUNNING         | → | ANY OTHER FORM OF CARDIO SUCH AS SWIMMING, CYCLING, OR ROWING |
| DIPS            | → | PUSH-UPS  |
| JUMPING         | → | BODY WEIGHT SQUATS OR JUMP ONTO BOX                           |
| FULL DEADLIFT   | → | TRAP BAR DEADLIFT, RACK PULL, OR RDL                          |



THE BEST DIET FOR YOUR PROGRAM

# WHAT ABOUT DIET?

## EAT FOR PERFORMANCE

Primarily, good nutrition will be a critical part of your recovery and will fuel your training sessions.

Your nutrition will also be a defining factor in muscle gain, fat-loss, and performance.

Most importantly, make sure you eat enough. If you are training hard, you need to put fuel back into the tank. This includes good quality protein, carbs, and fats.

Focus on your protein intake, as this is most important for your muscle building and recovery.

## SUPPLEMENTS

A protein supplement post training and creatine, may lead to performance enhancing benefits for any athletes on this program.

