



UNDERSTANDING THE R7 PROGRAMME

- R1 – RELEASE**
- R2 – RESET**
- R3 – READINESS**
- R4 – REACTIVE**
- R5 – RESISTANCE**
- R6 – RESISILIENCY**
- R7 – RECOVER**

R1 – RELEASE

The goal here is to use decrease stiffness and tone within your body. You can use many different types of tools such as lacrosse and tennis balls here but most commonly used is a foam roller. Foam rolling can help move water around your muscles which may help them feel “less tight”. It also sends a signal to your brain saying “hey, this muscle here is little tight or toned up can you release me please?” The most important thing to note here is if you think it is working, use it, if you don’t think it is just leaving this section out. However, if you haven’t tried it give it go. All the exercises are hyperlinked.

R2 – RESET

The reset, as the name suggests, resets your body. It places your body in more of an “optimal alignment”. This is a big deal because if your body is off alignment ultimately 2 things can potentially happen

- a) You may hurt yourself when you lift
- b) You may not get full benefit from the exercise, as you are unable to train the appropriate muscles because of a compensatory pattern that you may do.

Just think of it as this, if you not in an “optimal” alignment it’s like starting 10metres behind the start line.

Another geeky benefit from performing a reset is helps restore balance to your nervous system. Without going too in depth here your body is always dealing stressors, whether it be mental (job, relationship, financial etc.) or physical (poor nutrition, poor exercise, poor sleep) it all has a profound effect on your body and particularly how it moves. If someone comes into the gym and they are “super stressed out” they simply cannot move well. However, you “reset” the body it helps restore your movement.



R3 – READINESS

This is essentially your warm up. I hope that you all realize the importance of this. Ultimately this will decrease risk of injury and ensure that you are working to the best of your body's ability when you start jumping, lifting and running.

Another goal of this section is to optimize your new range of movement gained from performing your reset. Resets are awesome but in order for them to truly stick you need to cement the new range of motion that you have gained from them.

The readiness uses dynamic mobility exercises. These exercises are far better than old school static stretching when performed pre-workout as they help improve muscle position through stabilization and control. They also help fire up the nervous system for an awesome workout!

When performing these exercises really concentrate on performing these exercises correctly, even doing something as simple as a straight leg raise will make you feel muscles that you never thought you had!

R4 – REACTIVITY

The goal of this section is to improve power, explosiveness and general athleticism. As we age, we lose twice as much power as we do strength. Therefore, if we intend to be able to continue to move fast, we must train it!

This component is not to build athletes out of you but to be able to play sports, play with your children or have an active job (fire fighter, police man, labourer etc.) all require a degree of athleticism.

R5 - RESISTANCE

This is the section where we GET STRONG.

There are several parts to this section so let's go through them.

Exercise

The exercise you'll be performing – hopefully this part is straightforward! They are all hyperlinked.



Abbreviations may be used such as KB, DB or BB.

- KB – Kettle bell
- DB – Dumbbell
- BB – Barbell
- MB –Medicine ball

Tempo

This is the speed at which you'll perform each repetition. The first number is the eccentric or lowering portion of the lift. The second number is the midpoint or pause during the lift. The third number is the concentric or lifting portion of the lift.

For a squat I may use a 221 tempo. In this case, it would look like this:

- 2 – 2 seconds to lower the weight
- 2 – 2-second pause/hold at the midpoint
- 1 – 1 second to lift the weight back to the top position.

However, on pulling exercises like rowing and chinning variations it is the reverse because you lift the weight first. If we use a dumbbell row using a 211 tempo for example it would go like this

- 2 – 2 seconds to lower the weight
- 1 – 1 second hold the weight at the midpoint
- 1 – 1 second to “lift” the weight

You may also see the following abbreviations:

- Dyn = Dynamic, or work at a comfortable, controlled pace
- Exp = Explosive, or lift as quickly as possible
- ISO = Isometric, or hold at the midpoint of the lift

The numbers at the top of each column are the week that you are on i.e. weeks 1-4. Below that are the sets and reps you'll be performing for each corresponding week. E.g. 3x10 is 3 sets of 10reps

Exercise	Tempo	1	2	3	4	Comments	Rest
1) 2KB squats	201	3x10	3x10	3x8	3x8	Feel whole foot,	60s



The only thing you may have questions on are two terms that I use in the program:

ALAP = As long as possible

AMAP = As many as possible

Rest period

How long to rest between sets or exercises.

Understanding the set and reps

‘e’ means you will perform the exercise on each side the allotted number of reps.

You need to pay particular attention to the number before the exercise as they will tell you whether you are to perform the exercise on its own or part of a superset.

For example, if the programme reads

Exercise	Tempo	1	2	3	4	Comments	Rest
1) 2KB squats	201	3x10	3x10	3x8	3x8	Feel whole foot,	60s
						PUSH out of bottom	
2a) Push ups	201	3x8	3x8	3x10	3x10	3 points of contact throughout	60s
						Reach long at midpoint	
2b) Split squats	201	3x8	3x8	3x10	3x10	3 points of contact throughout	60s
						Reach long at midpoint	

1) 2KB squats 3x10 with a 60s rest period you would 10 squats rest for 60s and then repeat them a further 2 more times for a total of 3 sets.



However, if the programme reads

Exercise	Tempo	1	2	3	4	Comments	Rest
1a) 2KB squats	201	3x10	3x10	3x8	3x8	Feel whole foot,	60s
						PUSH out of bottom	
1b) Push ups	201	3x8	3x8	3x10	3x10	3 points of contact throughout	60s
						Reach long at midpoint	

1a) 2KB squats 3x10 and 1b) Push-ups 3x8 with a 60s rest you would perform the squat first for 10reps, then rest for 60s and then perform the push-ups for 8reps. You would then rest and return back to the squats again and repeats both exercises for 3 sets.

A common mistake my clients make is keeping the same weight throughout the programme. For example, if for the first 2 weeks you perform 3x10 on a squat and then following 2 weeks it says 3x8, this is where you now **increase the weight** as you are doing fewer reps.

I hope that is make sense.

Sometimes you'll have an extra set of core work at the end – be sure to get that extra work in!

3b) Tall kneeling cable press	DYN	2x10e	3x10e	3x8e		Get tall, exhale,	60s
						Pelvis up	
						Reach long at midpoint	
3b) Front Plank	ISO	3x30s	3x35s	3x40s		Keep head, shoulders, bum	60s
						in alignment	



R6 - Resiliency

This is the metabolic/energy system component of your training session. This is specific to the goal of the programme. Generally, it will some form of interval-based training. The length of work and rest period will be dictated by the goal. If strength is the goal the interval will be short and recovery period long. However, if fat loss is the goal, the interval may well be longer and the rest period shorter.

This section is extremely important for you to do, as it helps build up your work capacity. The greater your work capacity the RESELIENT you are.

The intensity column is the work period and the recovery column is the rest period. Perform the recovery period first before the work period. Download an app on your phone, **interval timer** works well.

In the example below,

Week 1 you to run at 70% of your maximum effort. However, you would walk first for 45second and then sprint at 70% for 15s, you would then repeat this for 9 more times for a total of 10 repeats.

	↑ Intensity	↓ Recovery	Repeats	Comments
Week 1	15s	45s	10	Run at 70% of max
Week 2	15s	45s	12	
Week 3	15s	45s	13	
Week 4	15s	45s	15	

R7 - Recovery

Last but not least is the recovery section. We've spent the last 60-90 minutes turning your body "On," so the goal here is to shut things "Off!"

This is a hugely important process as it will kick start the recovery process.

Your breathing, particularly your exhale is your line of communication to your nervous system. This is will switch your body from the stress or 'fight or flight' effect of your workout to recovery or 'rest and digest'.

It is only during the recovery period does your body get better from the hard work put in from your workout. If you don't make it happen all you will do is beat your body up and not see any results. It may look silly, but I can ensure you that if you do this at the end of each workout you will have the last laugh!

TAKE THE EXTRA 1-2 MINS AND GET IT DONE!

