

EXAMPLE PROGRAM FOR BEGINNERS

The following program is an example of what a beginner, who is applying for the ADF, could expect if training with The Barracks Gym. The focus is on building strength through the basic movement patterns by using body weight exercises as well as a slow introduction to running to allow your body to condition to the rigours of running. All exercise demonstrations can be found in the TBG Exercise Library at the following link:

<https://www.youtube.com/playlist?list=PLk5Bn-YgKJTyzXHWt6tdEaxHhD67bvCEj>

Equipment Required:

Suspension trainer eg. <https://www.smai.com.au/products/gravity-training-system-gts>

Power bands eg. <https://www.smai.com.au/collections/resistance-bands>

Pull up bar - can be found in many locals parks with outdoor equipment

Warm Ups and Cool Downs:

Warm Up 1 (30sec on each)

- Shoulder rolls forward and backward
- Upper cuts
- Punching to the front
- Clap and twist
- High knees
- Butt kicks
- Mountain climbers
- Lunge and twist
- Slow squats
- Push up practice - 10 sets of 1 perfect push ups at whatever height you can do them at

Warm Up 2 (60sec on each)

- slow jog
- high knees
- butt kicks
- leg swings each leg
- mountain climbers
- calf pumps
- straight leg march

Cool Down 1 - video here <https://youtu.be/D8WsiUFIp4E>

Hold each stretch for 30 seconds

- Chest
- Tricep
- Back
- Shoulder
- Abdominals
- Calf
- Quad
- Hamstring
- Hip flexor
- Glute
- Groin
- Lower back
- Best stretch ever

Cool Down 2 - video here <https://youtu.be/Y9nGwWQdl0s>

Hold each stretch for 30 seconds

- Lower Back
- Calf
- Quad
- Hamstring
- Hip flexor
- Glute
- Groin
- Best stretch ever

For any questions about how to prepare for the ADF then please don't hesitate to [get in touch](#) with our Team of expert coaches and mentors.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Warm Up 1	Warm Up 2	Warm Up 1	Warm Up 2	Warm Up 1	Warm Up 2	REST DAY
a) Regression Push ups 3 x 10 At which ever height you can complete full depth push ups. Rest 30-45 seconds between sets.	Return To Run Program 1min jogging 4mins walking x 6	a) Hand Release Push ups 3 x 10 Try and keep your body in a straight line the whole time. Rest 30-45 seconds between sets.	Return To Run Program 1min jogging 4mins walking x 6	a) Regression Push ups 3 x 10 At which ever height you can complete full depth push ups. Rest 30-45 seconds between sets.	Recovery Walk 45min Walk Get some sun and fresh air.	Eat well Stretch Get Some Fresh Air
b) Prison Squats 3 x 15 Aim to get your hips in line with your knees Rest 30-45 seconds between sets.	Cool Down 2	b) Overgrasp TRX Rows 3 x 10 Rest 30-45 seconds between sets.	Cool Down 2	b) Prison Squats 3 x 15 Aim to get your hips in line with your knees Rest 30-45 seconds between sets.	Cool Down 2	
c) Pull ups 3 x 5 Use bands to assist. Rest 30-45 seconds between sets.		c) Air Squats 3 x 15 Rest 30-45 seconds between sets.		c) Pull ups 3 x 5 Use bands to assist. Rest 30-45 seconds between sets.		
d) Lunge Walk 3 x 20 Rest 30-45 seconds between sets.		d) Chin Up 3 x 5 Use bands to assist. Rest 30-45 seconds between sets.		d) Lunge Walk 3 x 20 Rest 30-45 seconds between sets.		
e) Bench Dips 3 x 10 Rest 30-45 seconds between sets.		e) Bulgarian Split Squat 3 x 10 each side Rest 30-45 seconds between sets.		e) Bench Dips 3 x 10 Rest 30-45 seconds between sets.		
f) Banded Good Morning 3 x 10 Rest 30-45 seconds between sets.		f) TRX Hamstring Curls 3 x 10 Rest 30-45 seconds between sets.		f) Banded Good Morning 3 x 10 Rest 30-45 seconds between sets.		
g) Undergrasp TRX Rows 3 x 10 Rest 30-45 seconds between sets.		g) Side Plank 30sec on each side 30sec rest x 2		g) Undergrasp TRX Rows 3 x 10 Rest 30-45 seconds between sets.		
h) Strict Knees to Elbows 3 x 10 Rest 30-45 seconds between sets.		h) BFA Sit Ups 2 x 20 Rest 30-45 seconds between sets.		h) Strict Knees to Elbows 3 x 10 Rest 30-45 seconds between sets.		
i) Plank 60seconds plank 60seconds rest x 2 Hold plank as long as you can during the 60sec		i) Burpees Using a TABATA timer. 20sec work 10sec rest x 8 Aim for 5 burpees each 20sec.		i) Plank 60seconds plank 60seconds rest x 2 Hold plank as long as you can during the 60sec		
Cool Down 1		Cool Down 1		Cool Down 1		