ALTUS DIGITAL

STRENGTH PROGRAM

ALTUS

WHAT IS STRENGTH TRAINING?

UNDERSTANDING STRENGTH TRAINING

Strength training is the systematic use of resistance to improve the ability of muscles to produce force.

Whether your objective is improving sporting performance, developing muscle mass or simply becoming more physically capable, the fundamental principles remain similar. Resistance training provides a stimulus. Your body responds to that stimulus through adaptation, provided the training demand is appropriate and recovery is sufficient.

WHAT ARE WE TRYING TO DEVELOP?

MUSCULAR STRENGTH

The ability to produce force against resistance. Increasing strength can improve your capacity to perform demanding physical tasks.

MUSCULAR HYPERTROPHY

An increase in muscle size resulting from adaptations to training. Muscle growth and strength development are related, but they are not identical.

MUSCULAR POWER

The ability to produce force rapidly. Power is important in activities involving acceleration, jumping, sprinting and explosive movements.

THE ALTUS PRINCIPLE

Training should be specific to the physical qualities you want to develop. Different goals require different applications of the same fundamental principles.

THE FOUNDATIONS OF STRENGTH

SIX MOVEMENT FOUNDATIONS

Rather than choosing exercises randomly, build your training around movement patterns that collectively develop the major muscle groups.

01 - SQUAT
Squatting develops lower-body strength through coordinated hip and knee extension.
Examples: Goblet squat, back squat, leg press.

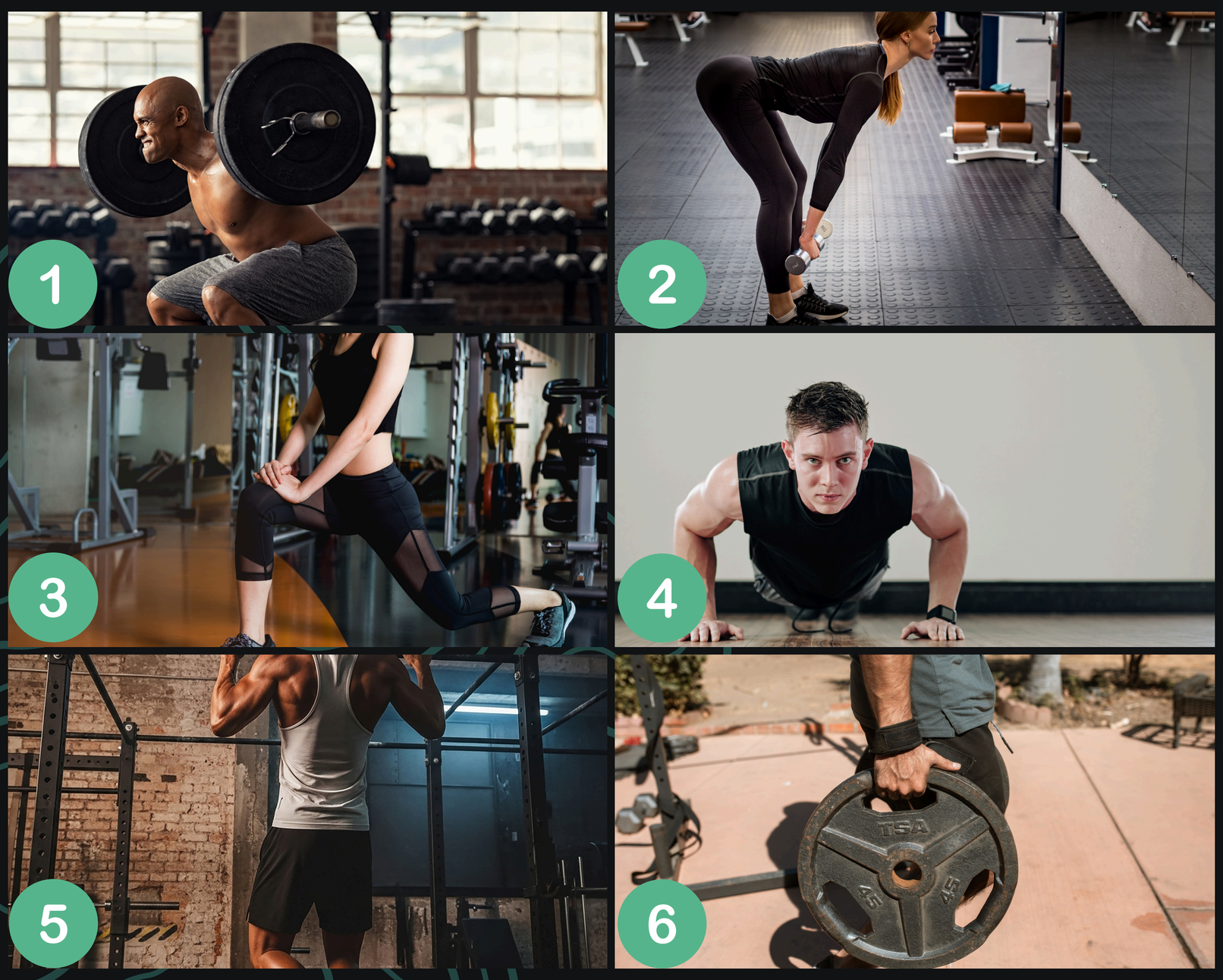
02 - HINGE
Hip-hinge movements primarily challenge the posterior chain, including the glutes and hamstrings.
Examples: Romanian deadlift, trap-bar deadlift.

03 - SINGLE LEG
Unilateral training develops strength and coordination independently on each side.
Examples: Split squat, step-up, reverse lunge.

04 - PUSH
Develops upper-body pushing strength through the chest, shoulders and triceps.
Examples: Press-up, bench press, overhead press.

05 - PULL
Develops upper-body pulling strength through the back and elbow flexors.
Examples: Row, pull-up, lat pulldown.

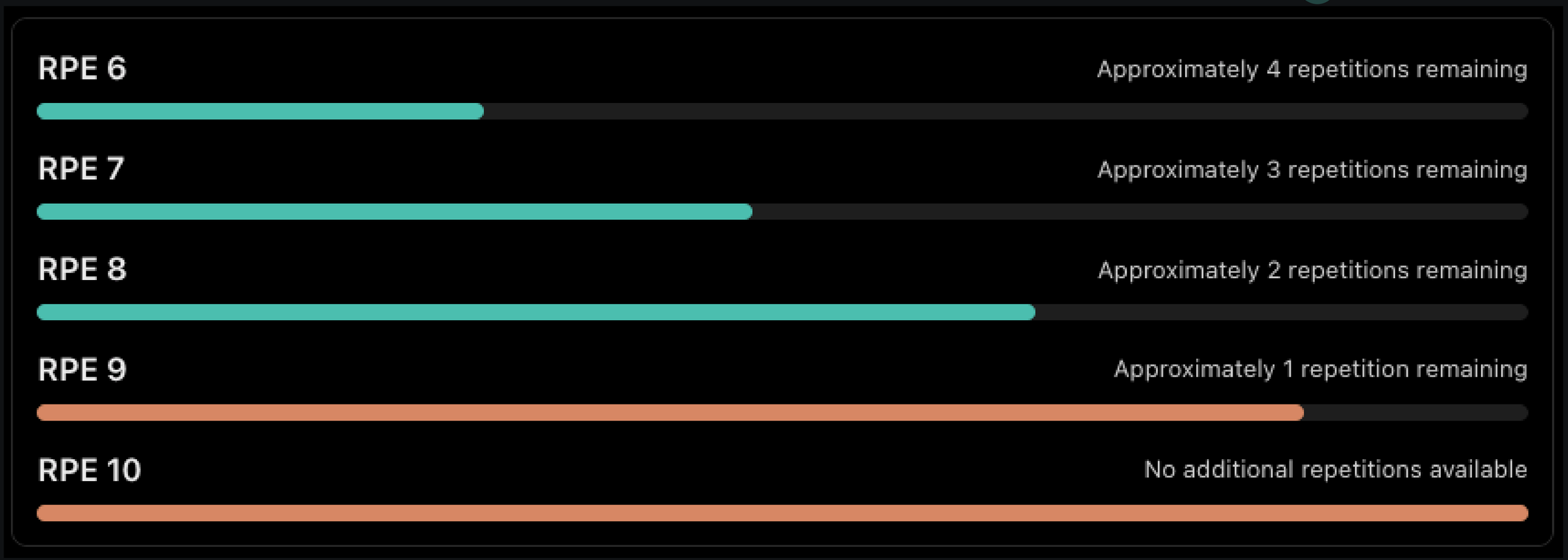
06 - TRUNK & CARRY
Develops trunk strength, bracing and the ability to control external loads.
Examples: Farmer carry, Pallof press, dead bug.



UNDERSTANDING TRAINING INTENSITY

HOW HARD SHOULD YOU TRAIN?

Training intensity influences the stimulus you provide to your muscles. However, harder is not automatically better.
Rate of Perceived Exertion (RPE) is a practical way to estimate how demanding a set feels.



For many general strength exercises, working around RPE 7–8 can provide a productive training stimulus without requiring every set to reach failure.

REPETITIONS IN RESERVE (RIR)

RIR describes the number of additional technically sound repetitions you estimate you could complete before failure.
For example, completing eight repetitions when you believe you could manage ten corresponds to approximately two RIR, or RPE 8.

Remember: RPE is an estimate. It becomes more useful as you gain experience.

YOUT FREE STRENGTH WORKOUT

PUT THE PRINCIPLES INTO PRACTICE

This introductory full-body session develops foundational movement patterns and provides a starting point for resistance training.
Begin with 5–10 minutes of light aerobic movement, mobility as needed and lighter preparation sets for your main exercises.

THE SESSION

Goblet Squat	3 Sets	8-10Reps	RPE - 7
Romanian Deadlift	3 Sets	8-10 Reps	RPE - 7
Dumbbell Bench press	3 Sets	8-12 Reps	RPE - 7
Seated Cable Row	3 Sets	8-12 Reps	RPE 7
Reverse Lunge	2 Sets	8/Side	RPE 7
Farmers Carry	3 Sets	30-45 Seconds	Controlled

REST PERIODS

Allow approximately 2–3 minutes between demanding compound exercises and 60–120 seconds between smaller accessory movements, adjusting as needed to maintain technique.

EXERCISE EXECUTION

Move through a comfortable, controlled range of motion. Select a load that allows you to complete the prescribed repetitions with consistent technique.

WHAT COMES NEXT?

Repeat the session consistently, track your results and gradually increase the training demand as your capability improves.

This session is an introduction, not a complete individualised training programme.

PROGRESSIVE OVERLOAD

PROGRESS REQUIRES A PROGRESSIVE STIMULUS

Your body adapts to the demands placed upon it. As your capabilities improve, your training may need to become progressively more challenging to continue driving adaptation.
Progressive overload doesn't mean lifting heavier every time you enter the gym.
You can manipulate resistance, repetitions, training volume, range of motion or exercise difficulty.

EXAMPLE: DOUBLE PROGRESSION

DUMBBELL BENCH PRESS — 3 SETS OF 8–12

Week 1	10 kg	10 / 9 / 8
Week 2	10 kg	11 / 10 / 9
Week 3	10 kg	12 / 12 / 12
Week 4	12 kg	8 / 8 / 8

Illustrative example, assuming the prescribed effort and technique remain appropriate.

Once all working sets reach the upper end of the repetition range, consider increasing the resistance slightly.

Progression should reflect your actual performance and recovery, not an arbitrary requirement to improve every week.

RECOVERY AND ADAPTATION

TRAINING PROVIDES THE STIMULUS. RECOVERY SUPPORTS THE ADAPTATION.

Your programme doesn't end when you put the weights down.

SLEEP

Aim for consistent, sufficient sleep. Most adults need approximately 7–9 hours per night, although individual requirements vary. Sleep supports recovery, learning and general health.

NUTRITION

Consume sufficient energy to support your activity. Protein contributes to muscle repair and adaptation, while carbohydrates help fuel training and replenish glycogen.

TRAINING MANAGEMENT

Consider the combined demands of gym training, running, sport and daily life. Some fatigue is expected, but persistent performance decline or unusually prolonged soreness may indicate a need to adjust your training.

THE ALTUS PRINCIPLE:

More training isn't always better training. Your objective is to accumulate productive training that you can recover from and repeat.

COMMON STRENGTH TRAINING MISTAKES

FIVE MISTAKES THAT LIMIT PROGRESS

01 - TRAINING TO FAILURE EVERY SESSION

Reaching failure isn't essential for every exercise or set. Manage intensity to accumulate quality training and control fatigue.

02 - CONSTANTLY CHANGING EXERCISES

Variety has its place, but constantly replacing exercises makes progression harder to measure. Maintain consistency in your foundational movements.

03 - IGNORING TECHNIQUE

Increasing resistance at the expense of control can undermine your training objective. Prioritise consistent, appropriate movement execution.

04 - NEGLECTING RECOVERY

Training is only one part of the adaptation process. Inadequate sleep, nutrition or excessive training demand can affect progress.

05 - FOLLOWING A PROGRAM WITHOUT PURPOSE

Every exercise should have a reason for being included. A structured programme considers movement selection, training volume, intensity, progression and recovery.

TRAIN WITH PURPOSE, NOT JUST INTENSITY.

BUILD YOUR TRAINING WEEK

TURN THE INFORMATION INTO ACTION

Before committing to a training programme, establish your objective and the time you can realistically dedicate to it.

MY PRIMARY FITNESS GOAL:
MY AVAILABLE TRAINING DAYS:
MY CURRENT TRAINING EXPERIENCE:

WEEKLY PLANNING WORKSHEET

Day	Planned Activity	Completed
Monday		☐
Tuesday		☐
Wednesday		☐
Thursday		☐
Friday		☐
Saturday		☐
Sunday		☐

THIS WEEKS PRIORITY:

ONE THINK I WILL IMPROVE NEXT WEEK:

Important information
A successful programme isn't necessarily the one with the most sessions. It's the one that provides an appropriate stimulus and can be followed consistently.

MOVE FORWARD WITH ALTUS

YOUR NEXT STEP

This guide gives you the foundations.
ALTUS DIGITAL programmes take those principles and turn them into structured training.

Progressive sessions. Clear programming. No random workouts.

TRAIN WITH ALTUS
Digital Training Programmes
Follow structured programmes independently.

Online Coaching
Individualised programming, accountability and coaching support.

Performance Coaching
Higher-touch coaching for athletes looking to maximise their performance.

ALTUS HEALTH & PERFORMANCE
TRAIN WITH PURPOSE.

www.altusperformance.co.uk/consultation

EXPLORE MORE PROGRAMS HERE:
www.altusperformance.co.uk/programs

For more learning, head over to the altus academy:
Altus Academy