



Social Isolation No Equipment Program



A 9-week *Home Program* for powerlifters and strength lifters who don't have *ANY* equipment!

Social Isolation No Equipment Program

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Introduction

The PRS Social Isolation Program is designed for individuals who don't have access to standard gym equipment in order to help you maintain fitness and reduce loss of gains while the world is on hold. We want you to know that you're not alone and the majority of the world is going through what you are right now. Gyms are closed across the world, meets are canceled, and anyone who doesn't have a barbell and rack at home is in the same situation as you.

Deep breaths.

A few weeks away from the gym will **NOT** destroy all the years of hard work and strength you have developed from barbell training religiously. Your strength will come back much quicker than you think due to physiological changes you have forced to adapt and develop through your diligent hard work. So don't stress out too much.

In fact, having some time off can make it **easier** for you to make progress when you get back because you'll be slightly unadapted to what you've become so accustomed to, which makes the process of getting stronger a little better when you begin again.

****Throws confetti****

We definitely don't recommend doing **nothing**...so during times of no gym access, we always provide our clients with something they can do to maintain fitness and physical activity.

The PRS Isolation Program utilizes movements that can be performed without equipment, items in your own home to add external load and resistance, as well as AMRAP (as many reps as possible) sets and RPE (rate of perceived exertion) to create a stimulus large enough to have some type of training effect.

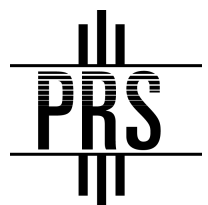
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Hi! We're Dr. Rori Alter, PT, SSC, PRSCC & Dr. Alyssa Haveson, PT, CSCS, PRSCC and feel strongly about maintaining fitness in any circumstance. We've put together a program that can be performed and progressed for 9 weeks in your home if you have ZERO access to equipment. We hope this helps you stay sane and maintain some of your fitness during this unsettling time.



Program Structure

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This general 4 day program is designed to progress over 3 weeks and in 3 phases because we don't know how long we'll all be without gym access. Once you get to the end of the 9 week program you can return to the start of it and make some modifications to change and progress the stimulus a bit more.

Phase 1

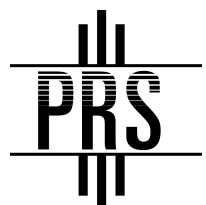
Perform the program as written.
Each exercise should be performed independently with 60-90 seconds rest between sets

Phase 2

Perform supersets/circuits: choose any 2-3 exercises that work different areas of the body and perform them back to back without rest (considered 1 set) and then rest for 60-90 seconds before performing the next set

Phase 3

Continue with supersets/circuits but increase the number of sets to 4
Add resistance to the planks, push ups, and tricep dips

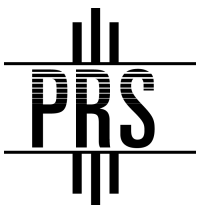




The Program: Phase 1

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EXERCISES		WEEK 1		WEEK 2		WEEK 3			
DAY 1	Squat	AMRAP	x 3 sets @ RPE 7 (+2 repeats)	Same # reps as last week	x 3 sets	Add some resistance	Add 2-4 reps to last week	x 3 sets	Same load as last week
	Pushup	AMRAP	x 3 sets @ RPE 7,7,7	AMRAP	x 3 sets	@ RPE 7,8,8	AMRAP	x 3 sets	@ RPE 8,8,9
	Bulgarian Split Squat	AMRAP	x 3 sets @ RPE 7 (+2 repeats)	Same # reps as last week	x 3 sets	Add some resistance	Add 2-4 reps to last week	x 3 sets	Same load as last week
	Bentover Row	AMRAP	x 3 sets @ RPE 7 (+2 repeats)	Same # reps as last week	x 3 sets	Add some resistance	Add 2-4 reps to last week	x 3 sets	Same load as last week
	Mountain Climber	AMRAP	x 3 sets @ RPE 7 (+2 repeats)	Add 2-4 reps to last week	x 3 sets	N/A	Add 2-4 reps to last week	x 3 sets	N/A
Plank		Hold as long as possible	x 3 sets @ RPE 8 (+2 repeats)	Add 10 sec to last week's time	x 3 sets	N/A	Add 5-10 sec to last week's time	x 3 sets	N/A
DAY 2		Reps	Intensity	Reps	Intensity	Reps	Intensity	Reps	Intensity
Single Leg RDL	AMRAP	x 3 sets @ RPE 7 (+2 repeats)	Same # reps as last week	x 3 sets	Add some resistance	Add 2-4 reps to last week	x 3 sets	Same load as last week	
Tricep Pushup	AMRAP	x 3 sets @ RPE 7,7,7	AMRAP	x 3 sets	@ RPE 7,8,8	AMRAP	x 3 sets	@ RPE 8,8,9	
Reverse Lunge	AMRAP	x 3 sets @ RPE 7 (+2 repeats)	Same # reps as last week	x 3 sets	Add some resistance	Add 2-4 reps to last week	x 3 sets	Same load as last week	
Bridge/Single Leg Bridge	AMRAP	x 3 sets @ RPE 7 (+2 repeats)	Same # reps as last week	x 3 sets	Add some resistance	Add 2-4 reps to last week	x 3 sets	Same load as last week	
Deadbug	AMRAP	x 3 sets @ RPE 7 (+2 repeats)	Add 2-4 reps to last week	x 3 sets	N/A	Add 2-4 reps to last week	x 3 sets	N/A	
DAY 3		Reps	Intensity	Reps	Intensity	Reps	Intensity	Reps	Intensity
Squat	AMRAP	x 3 sets @ RPE 7 (+2 repeats)	Same # reps as last week	x 3 sets	Add some resistance	Add 2-4 reps to last week	x 3 sets	Same load as last week	
Pushup	AMRAP	x 3 sets @ RPE 7,7,7	AMRAP	x 3 sets	@ RPE 7,8,8	AMRAP	x 3 sets	@ RPE 8,8,9	
Squat Thrust	AMRAP	x 3 sets @ RPE 7 (+2 repeats)	Same # reps as last week	x 3 sets	Add some resistance	Add 2-4 reps to last week	x 3 sets	Same load as last week	
Shoulder Tap	AMRAP	x 3 sets @ RPE 7 (+2 repeats)	Same # reps as last week	x 3 sets	Add some resistance	Add 2-4 reps to last week	x 3 sets	Same load as last week	
Step Up	AMRAP	x 3 sets @ RPE 7 (+2 repeats)	Same # reps as last week	x 3 sets	Add some resistance	Add 2-4 reps to last week	x 3 sets	Same load as last week	
Lying Straight Leg Raise	AMRAP	x 3 sets @ RPE 7 (+2 repeats)	Add 2-4 reps to last week	x 3 sets	N/A	Add 2-4 reps to last week	x 3 sets	N/A	
DAY 4		Reps	Intensity	Reps	Intensity	Reps	Intensity	Reps	Intensity
Single Leg RDL	AMRAP	x 3 sets @ RPE 7 (+2 repeats)	Same # reps as last week	x 3 sets	Add some resistance	Add 2-4 reps to last week	x 3 sets	Same load as last week	
Tricep Pushup	AMRAP	x 3 sets @ RPE 7,7,7	AMRAP	x 3 sets	@ RPE 7,8,8	AMRAP	x 3 sets	@ RPE 8,8,9	
Reverse Lunge	AMRAP	x 3 sets @ RPE 7 (+2 repeats)	Same # reps as last week	x 3 sets	Add some resistance	Add 2-4 reps to last week	x 3 sets	Same load as last week	
Single Arm Row	AMRAP	x 3 sets @ RPE 7 (+2 repeats)	Same # reps as last week	x 3 sets	Add some resistance	Add 2-4 reps to last week	x 3 sets	Same load as last week	
Mountain Climber		Same # reps as day 1	x 3 sets @ RPE 7 (+2 repeats)	Add 2-4 reps to last week	x 3 sets	N/A	Add 2-4 reps to last week	x 3 sets	N/A
Side Plank		Hold as long as possible	x 3 sets @ RPE 8 (+2 repeats)	Add 5 seconds to last week's time	x 3 sets	N/A	Add 5 seconds to last week's time	x 3 sets	N/A

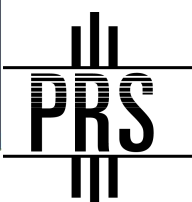


The Program: Phase 2

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EXERCISES		WEEK 4		WEEK 5		WEEK 6	
DAY 1	DAY 2	Reps	Sets	Intensity	Reps	Sets	Intensity
Squat	AMRAP	x 3 sets	Superset	@ RPE 7 (+2 repeats)	Same # reps as last week	x 3 sets	Add some resistance
Pushup	AMRAP	x 3 sets	Superset	@ RPE 7,7,7	AMRAP	x 3 sets	@ RPE 7,8,8
Bulgarian Split Squat	AMRAP	x 3 sets	Superset	@ RPE 7 (+2 repeats)	Same # reps as last week	x 3 sets	Add some resistance
Bentover Row	AMRAP	x 3 sets	Superset	@ RPE 7 (+2 repeats)	Same # reps as last week	x 3 sets	Add some resistance
Mountain Climber	AMRAP	x 3 sets	Superset	@ RPE 7 (+2 repeats)	Add 2-4 reps to last week	x 3 sets	N/A
Plank	AMRAP	x 3 sets	Superset	@ RPE 8 (+2 repeats)	Add 10 sec to last week's time	x 3 sets	N/A
Hold as long as possible							
DAY 2							
Single Leg RDL	AMRAP	x 3 sets	Superset	@ RPE 7 (+2 repeats)	Same # reps as last week	x 3 sets	Add some resistance
Tricep Pushup	AMRAP	x 3 sets	Superset	@ RPE 7,7,7	AMRAP	x 3 sets	@ RPE 7,8,8
Reverse Lunge	AMRAP	x 3 sets	Circuit	@ RPE 7 (+2 repeats)	Same # reps as last week	x 3 sets	Add some resistance
Bridge/Single Leg Bridge	AMRAP	x 3 sets	Circuit	@ RPE 7 (+2 repeats)	Same # reps as last week	x 3 sets	Add some resistance
Deadbug	AMRAP	x 3 sets	Circuit	@ RPE 7 (+2 repeats)	Add 2-4 reps to last week	x 3 sets	N/A
DAY 3							
Squat	AMRAP	x 3 sets	Superset	@ RPE 7 (+2 repeats)	Same # reps as last week	x 3 sets	Add some resistance
Pushup	AMRAP	x 3 sets	Superset	@ RPE 7,7,7	AMRAP	x 3 sets	@ RPE 7,8,8
Squat Thrust	AMRAP	x 3 sets	Superset	@ RPE 7 (+2 repeats)	Same # reps as last week	x 3 sets	Add some resistance
Shoulder Tap	AMRAP	x 3 sets	Superset	@ RPE 7 (+2 repeats)	Same # reps as last week	x 3 sets	Add some resistance
Step Up	AMRAP	x 3 sets	Superset	@ RPE 7 (+2 repeats)	Same # reps as last week	x 3 sets	Add some resistance
Lying Straight Leg Raise	AMRAP	x 3 sets	Superset	@ RPE 7 (+2 repeats)	Add 2-4 reps to last week	x 3 sets	N/A
DAY 4							
Single Leg RDL	AMRAP	x 3 sets	Superset	@ RPE 7 (+2 repeats)	Same # reps as last week	x 3 sets	Add some resistance
Tricep Pushup	AMRAP	x 3 sets	Superset	@ RPE 7,7,7	AMRAP	x 3 sets	@ RPE 7,8,8
Reverse Lunge	AMRAP	x 3 sets	Superset	@ RPE 7 (+2 repeats)	Same # reps as last week	x 3 sets	Add some resistance
Single Arm Row	AMRAP	x 3 sets	Superset	@ RPE 7 (+2 repeats)	Same # reps as last week	x 3 sets	Add some resistance
Mountain Climber	AMRAP	x 3 sets	Superset	@ RPE 7 (+2 repeats)	Add 2-4 reps to last week	x 3 sets	N/A
Side Plank	AMRAP	x 3 sets	Superset	@ RPE 8 (+2 repeats)	Add 5 seconds to last week's time	x 3 sets	N/A



The Program: Phase 3

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	WEEK 7			WEEK 8			WEEK 9		
	Reps	Sets	Intensity	Reps	Sets	Intensity	Reps	Sets	Intensity
DAY 1									
Squat	AMRAP	Superset x 4 sets	@ RPE 7 (+2 repeats)	Same # reps as last week	Superset x 4 sets	Add some resistance	Add 2-4 reps to last week	Superset x 4 sets	Same load as last week
Pushup	AMRAP	x 4 sets	With resistance @ RPE 7,7,7	AMRAP	x 4 sets	With resistance @ RPE 7,8,8	AMRAP	x 4 sets	With resistance @ RPE 8,8,9
Bulgarian Split Squat	AMRAP	Superset x 4 sets	@ RPE 7 (+2 repeats)	Same # reps as last week	Superset x 4 sets	Add some resistance	Add 2-4 reps to last week	Superset x 4 sets	Same load as last week
Bentover Row	AMRAP	x 4 sets	@ RPE 7 (+2 repeats)	Same # reps as last week	x 4 sets	Add some resistance	Add 2-4 reps to last week	x 4 sets	Same load as last week
Mountain Climber	AMRAP	Superset x 4 sets	@ RPE 7 (+2 repeats)	Add 2-4 reps to last week	Superset x 4 sets	NA	Add 2-4 reps to last week	Superset x 4 sets	NA
Plank			Hold as long as possible @ RPE 8 (+2 repeats)	Same time as last week	x 4 sets	Add some resistance	Same time as last week	x 4 sets	Add some resistance
DAY 2									
Single Leg RDL	AMRAP	Superset x 4 sets	@ RPE 7 (+2 repeats)	Same # reps as last week	Superset x 4 sets	Add some resistance	Add 2-4 reps to last week	Superset x 4 sets	Same load as last week
Tricep Pushup	AMRAP	x 4 sets	With resistance @ RPE 7,7,7	AMRAP	x 4 sets	With resistance @ RPE 7,8,8	AMRAP	x 4 sets	With resistance @ RPE 8,8,9
Reverse Lunge	AMRAP	Circuit x 4 sets	@ RPE 7 (+2 repeats)	Same # reps as last week	Circuit x 4 sets	Add some resistance	Add 2-4 reps to last week	Circuit x 4 sets	Same load as last week
Bridge/Single Leg Bridge	AMRAP	x 4 sets	@ RPE 7 (+2 repeats)	Same # reps as last week	x 4 sets	Add some resistance	Add 2-4 reps to last week	x 4 sets	Same load as last week
Deadbug	AMRAP	x 4 sets	@ RPE 7 (+2 repeats)	Add 2-4 reps to last week	x 4 sets	NA	Add 2-4 reps to last week	x 4 sets	NA
DAY 3									
Squat	AMRAP	Superset x 4 sets	@ RPE 7 (+2 repeats)	Same # reps as last week	Superset x 4 sets	Add some resistance	Add 2-4 reps to last week	Superset x 4 sets	Same load as last week
Pushup	AMRAP	x 4 sets	With resistance @ RPE 7,7,7	AMRAP	x 4 sets	With resistance @ RPE 7,8,8	AMRAP	x 4 sets	With resistance @ RPE 8,8,9
Squat Thrust	AMRAP	Superset x 4 sets	@ RPE 7 (+2 repeats)	Same # reps as last week	Superset x 4 sets	Add some resistance	Add 2-4 reps to last week	Superset x 4 sets	Same load as last week
Shoulder Tap	AMRAP	x 4 sets	@ RPE 7 (+2 repeats)	Same # reps as last week	x 4 sets	Add some resistance	Add 2-4 reps to last week	x 4 sets	Same load as last week
Step Up	AMRAP	Superset x 4 sets	@ RPE 7 (+2 repeats)	Same # reps as last week	Superset x 4 sets	Add some resistance	Add 2-4 reps to last week	Superset x 4 sets	Same load as last week
Lying Straight Leg Raise	AMRAP	x 4 sets	@ RPE 7 (+2 repeats)	Add 2-4 reps to last week	x 4 sets	NA	Add 2-4 reps to last week	x 4 sets	NA
DAY 4									
Single Leg RDL	AMRAP	Superset x 4 sets	@ RPE 7 (+2 repeats)	Same # reps as last week	Superset x 4 sets	Add some resistance	Add 2-4 reps to last week	Superset x 4 sets	Same load as last week
Tricep Pushup	AMRAP	x 4 sets	With resistance @ RPE 7,7,7	AMRAP	x 4 sets	With resistance @ RPE 7,8,8	AMRAP	x 4 sets	With resistance @ RPE 8,8,9
Reverse Lunge	AMRAP	Superset x 4 sets	@ RPE 7 (+2 repeats)	Same # reps as last week	Superset x 4 sets	Add some resistance	Add 2-4 reps to last week	Superset x 4 sets	Same load as last week
Single Arm Rows	AMRAP	x 4 sets	@ RPE 7 (+2 repeats)	Same # reps as last week	x 4 sets	Add some resistance	Add 2-4 reps to last week	x 4 sets	Same load as last week
Mountain Climbers	AMRAP	Superset x 4 sets	@ RPE 7 (+2 repeats)	Add 2-4 reps to last week	Superset x 4 sets	NA	Add 2-4 reps to last week	Superset x 4 sets	NA
Side Plank			Hold as long as possible @ RPE 8 (+2 repeats)	Same time as last week	x 4 sets	Add some resistance to hip	Same time as last week	x 4 sets	Add some resistance to hip





What Does Everything Mean?

RPE: Rating Of Perceived Exertion

Your rating of fatigue and how hard you're working during the set. RPE indicates how many more reps you could have done after you stop. For a detailed explanation of RPE please read this article.

AMRAP: As Many Reps As Possible

This is as many reps that you can do before getting to a specified RPE or before failure.

With Resistance:

Using any of the objects listed to add an external load to the exercise. Any type of weighted object or resistance band.

Things You Can Use To Add Resistance

Backpack loaded with canned goods, books, or rocks

Quart, ½ gallon, gallon of water or milk

Resistance bands

Elevate your foot or feet

Household humans or animals

Keep Track Of Progress

If you're looking to compare and keep track of the weight you're using to increase it as you progress, you can use your scale at home to weigh your backpack or household objects! Just weigh yourself while holding them and then subtract your bodyweight without them. This way you can keep track of the weight you're using and make sure that you're increasing the weight appropriately.

If you're struggling to find ways to stay fit in your house OR worried about transitioning back into strength/powerlifting when the world resumes normalcy, schedule a free consultation call with us for guidance every step of the way!

Use code: COVID19 for 10% off any first time online programming purchase

Valid through July 31st, 2020

Squat



How To Progress

Add a weighted
backpack

Hold an animal or
other household object

How To Make It Easier

Chair Squat: Gently
tap your butt on a
chair

Bulgarian Split Squat



How To Progress

Add a weighted backpack

Hold an animal or other household object

How To Make It Easier

Do a regular split squat with your back leg on the floor

Hold onto a wall, chair, or person for added balance

Single Leg RDL



How To Progress

Add a weighted backpack
Hold a weighted object in the hand opposite of the standing leg

How To Make It Easier

Keep the toe of the moving leg lightly touching the floor behind you instead of bringing it up

Reverse Lunge



How To Progress

Add a weighted backpack
Hold a weighted object in the hand opposite of the standing leg

How To Make It Easier

Do a regular split squat with your back leg on the floor
Hold onto a wall, chair, or person for added balance

Bridge/Single Leg Bridge



How To Progress

Hold weighted
backpack, animal or
household item on
your hips
Perform single leg
version

How To Make It Easier

The regular bridge (2
feet on the floor) is
the easiest version

Step Up



How To Progress

Add a weighted
backpack

Hold an animal or
other household object

Elevate step height

How To Make It Easier

Lower step height

Push Up



How To Progress

- Add a weighted backpack
- Hold an animal or other household object on your back
- Elevate feet on couch, chair or box

How To Make It Easier

- Elevate hands on couch, chair or box
- Perform kneeling

Tricep Push Up



How To Progress

- Add a weighted backpack
- Hold an animal or other household object on your back
- Elevate feet on couch, chair or box

How To Make It Easier

- Elevate hands on couch, chair or box
- Perform kneeling

Shoulder Taps



How To Progress

- Add a weighted backpack
- Hold an animal or other household object on your back
- Elevate feet on couch, chair or box

How To Make It Easier

- Elevate hands on couch, chair or box
- Perform kneeling

Bent Over Row/Single Arm Row



How To Progress

Increase weight of
backpack or use a
heavier item

How To Make It Easier

Bend over less
Support your body
with one hand

Mountain Climbers



How To Progress

Add a weighted
backpack



How To Make It Easier

Elevate hands on
couch, chair or box

Plank



How To Progress

Add a weighted backpack
Alternate raising one leg, one arm, or opposite arm and leg off the ground

How To Make It Easier

Straight arm planks
Kneeling planks

Side Plank



How To Progress

- Add a weighted backpack
- Raise top leg up
- Add a weighted object to your hip

How To Make It Easier

- Perform with bent knees on ground

Deadbug



How To Progress

Hold weighted objects
in hands
Extend both arms and
legs at the same time

How To Make It Easier

Keep legs in starting
position and only
alternate extending
your arms overhead
Keep arms in starting
position and only
alternate extending
your legs straight out

Lying Straight Leg Raise



How To Progress

Hold weighted objects
in hands above
shoulders

Lower weighted object
behind your head and
hold it there while
moving your legs

How To Make It Easier

Bend your knees