



ATHLETE
PERFORMANCE
AUTHORITY

building better athletes

Introduction

Thank you for downloading the APA lockdown performance program. Moving into another week of lockdown might mean an already exhausted list of home-based exercise programs.

We at APA have decided to help you stay fit by providing you with a free 7-day program. All you need to do is click on the link below and it will take you directly to the google forms program. All the sessions are programmed with no to very little equipment for ease of use.

If you do have equipment available, you are welcome to substitute the pieces of equipment in to train the same movement which has been prescribed in the program.

In exchange for the free 7-day program, all we ask is that you share some posts of yourself doing the sessions on any of your social media platforms and tag us.

Click [HERE](#) for disclaimer form

Click [HERE](#) for the program





Schedule:

- **Day 1:** Muscular hypertrophy
- **Day 2:** HIIT conditioning
- **Day 3:** High Volume Power Training
- **Day 4:** Regeneration
- **Day 5:** Muscular hypertrophy
- **Day 6:** Metabolic conditioning
- **Day 7:** High Volume Power training

THE ATHLETE PERFORMANCE AUTHORITY STORY

- At APA, we are all about building better athletes.
- APA is a brand founded by two like-minded individuals who have dedicated their lives to becoming world - leading athletic performance specialists. We take great pride in our academic background, but it is the ability to apply this knowledge through real-world experience gained by working with world-class athletes around the globe that truly sets Athlete Performance Authority apart, thus aiming to provide a platform where athletes of all sports can realize their full athletic potential.
- Building Better Athletes encompasses what our brand stands for. Combining evidence-based practically proven training methods, we are ready to provide you with the most up to date, innovative methods which will propel you to the next level of sporting performance in a safe manner which will bode well for prolonged success.



The APA Team

- Wayne has been applying his passion for over 10 years with athletes around the world. With humility, passion, empathy, patience being the corner stone of his approach, Wayne has had the privilege to see many of his athlete perform at the highest level. Wayne completed his undergraduate and honours degrees at the University of Kwa-Zulu Natal (Durban). He then joined the Sports Science Institute of South Africa as a Biokineticist and Performance enhancement specialist at the High-Performance Centre. After this he went on to complete his Masters degree, and is currently registered for a PHD in exercise science at the University of Cape Town, South Africa. Wayne has worked with some of the best athletes in South Africa, China and currently in India.



The APA Team

- Robin Arkell is an NSCA accredited strength and conditioning coach currently based in India as the head of strength and conditioning for the senior men Indian hockey team. Robin completed his sports science degree from the University of Stellenbosch and his masters degree in Biokinetics from the University of Cape Town, specializing in rugby union youth development. Robin has previously worked as the head of strength and conditioning with the University of Cape Town varsity cup rugby team, winning the cup in 2014, as well as being the head of strength and conditioning for the Pumas senior currie cup team. Robin currently finds his passion in all things high-performance development, with specific focus on special strength and power development in team sport athletes.



APA Core Values



NO
EGOS



ATHLETE
FIRST



WIN
EACH DAY



FOSTER
RELATIONSHIPS



OVER
DELIVER



BE HUMBLE,
BUT CONFIDENT





[@apatrainingsyst](https://twitter.com/apatrainingsyst)



[@apatrainingsystems](https://www.instagram.com/apatrainingsystems)



[@apatrainingsystems](https://www.facebook.com/apatrainingsystems)



www.apatrainingsystems.com



info@apatrainingsystems.com