



TRAIN LIKE AN **ATHLETE**

PRESCRIPTION PERFORMANCE PROGRAM



A 3-day beginner blueprint
by **Doc AJ Pareja**

Medical Doctor, Professional Athlete,
Strength and Conditioning Coach

MEET

DOCAJ

PAREJA

Medical Doctor, Professional Athlete,
Strength and Conditioning Coach



@doc.ajpareja ✓

I had stability. A career path. A title.

But deep inside, I knew I was meant to do more — not in a hospital, but on the court and in the gym.

That decision wasn't easy.
People thought I was wasting everything I worked for.

But I knew this:
I wasn't just leaving something behind.
I was building something no one else was combining —
science, sport, and performance coaching.

✔ Sometimes, doing the “irresponsible” thing is actually the most aligned.

✔ No one else needs to understand your journey — as long as you do.

✔ The risks you take today may become your greatest edge tomorrow.

Hi, I'm Doctor AJ Pareja—a licensed medical doctor, professional athlete, and performance coach. My journey started on the volleyball court, where I played for the Ateneo Blue Eagles and later represented the country as part of the Philippine Men's National Volleyball Team in both indoor and beach volleyball.

Outside of sports, I pursued medicine and earned my medical degree, which gave me the chance to combine my passion for health with my athletic background. Today, I use both my experience as an athlete and my expertise as a physician to help others train smarter, recover better, and perform at their peak.

Through my work as a Strength & Conditioning Coach, my goal is to give athletes and active individuals evidence-based strategies that maximize performance—not just in sports, but in life.



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This 3-day beginner blueprint focuses on strength, mobility, and athletic movement. Includes video demos and beginner-friendly structure.

- ✓ 3 days/week training
- ✓ Minimal equipment
- ✓ 4-week progression guide
- ✓ Optional knee prehab bonus

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Quick Start Guide:

How to Choose Your Starting Weights (RPE 6 Guide)

RPE = Rate of Perceived Exertion → a simple scale to gauge how hard a set feels from 1 to 10.

RPE 6/10 = “Comfortably Challenging”

- ✓ You're working but not struggling.
- ✓ You can finish your set with 3-4 good reps left in the tank.

Steps to Choose Your Starting Weight:

Start with a light/moderate weight and perform the first set.

After finishing the set, ask yourself:

➔ “Could I have done 3–4 more reps with good form?”

Yes → Weight is good ✓

No, it was already hard → Lower the weight ↓

Stick with that weight for all rounds and aim for controlled, quality reps.

Tip: It's okay to start “too light” especially in Week 1—master the form first!

How to Know When to Increase Weight

(Progression Rule)

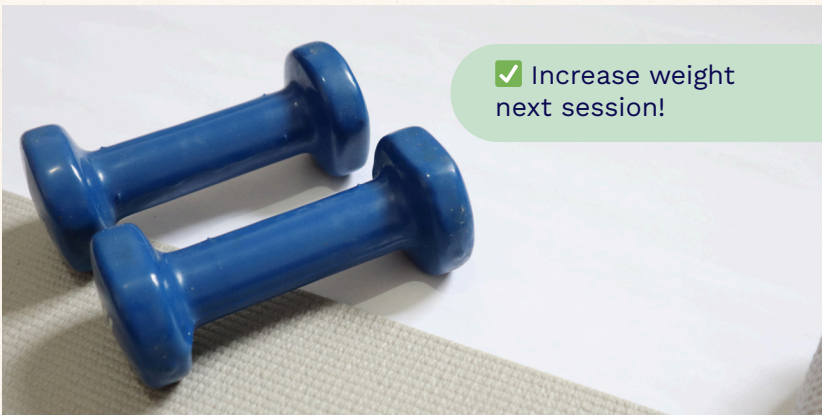
Doc AJ's Simple Progression Rule:

- ☛ If you can easily exceed the top end of your rep range on your last set, or
- ☛ If your last set feels too easy (no struggle),
- ▶ Add weight next session (start with small jumps: +2.5kg to +5kg / 5-10lbs for dumbbells).

Example:

Program says 3 sets of 8-12 reps Goblet Squat

Last set: you hit 12 reps and felt you could have done 15?





Day 1:

Full Body Strength & Mobility

Exercise	Reps	Sets	Rest
<u>PVC Shoulder Dislocates</u>	10	2	-
<u>World's Greatest Stretch</u>	6/side	2	-
<u>Glute Bridge March</u>	10	2	-
<u>Cossack Squats</u>	8/side	2	-
<u>Pogos</u>	20s	2	-
<u>Goblet Squat</u>	8-12	3	60-90s
<u>Incline Push-up</u>	8-12	3	60-90s
<u>Single Leg RDL</u>	8/side	3	60-90s
<u>Side Plank Reach Through</u>	6/side	3	60-90s
<u>Bear Crawl Hold</u>	30s	3	60-90s

Day 2:

Athletic Power & Strength

Exercise	Reps	Sets	Rest
<u>PVC Around the World</u>	10	2	-
<u>90-90 Hip Switch</u>	6/side	2	-
<u>Dead Bug</u>	8	2	-
<u>Banded Glute Kickback</u>	10/leg	2	-
<u>Skater Bounds</u>	20s	2	-
<u>DB Step-up</u>	8/leg	3	60-90s
<u>Seated DB Shoulder Press</u>	8-12	3	60-90s
<u>Single Leg Glute Bridge</u>	8/leg	3	60-90s
<u>DB Bent Over Row</u>	10	3	60-90s
<u>Side Plank with Leg Raise</u>	20s/side	3	60-90s



Day 3:

Posterior Chain & Core

Exercise	Reps	Sets	Rest
<u>Hip Airplane</u>	5/side	2	-
<u>Cat Cow Stretch</u>	10	2	-
<u>Bird Dog Hold</u>	10s/side	2	-
<u>Banded Good Mornings</u>	12	2	-
<u>DB RDL</u>	8	3	-
<u>Half Kneeling OH Press</u>	8/side	3	60-90s
<u>Glute Ham Bridge</u>	10	3	60-90s
<u>Side Plank Hip Tap</u>	8/side	3	60-90s
<u>Hollow Body Hold</u>	20s	3	60-90s



Your Next Step to Peak Performance 🚀

Thank you for diving into this e-book! I hope you found valuable insights that you can start applying right away to elevate your game, your training, and your overall performance.

If this free resource already gave you clarity and results, imagine what a structured, science-backed program designed specifically for you can do.

That's exactly what the Prescription Performance Program is all about—tailored guidance, proven methods, and ongoing support to unlock your full athletic potential.

- ✔ Personalized training frameworks
- ✔ Evidence-based performance strategies
- ✔ Direct guidance from me, Doctor AJ Pareja

👉 **Sign up today and start performing at your best.**

Join the Prescription Performance Program

You can follow me for more:

Facebook: Doc AJ Performance Training

Instagram: @doc.ajpareja

Tiktok: @doc.ajpareja