

THE NO-TIME STRENGTH SYSTEM

Roar
Pt & Fitness
Strength.Muscle.Confidence



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Why This Program Was Built

This program is designed for people who want to get stronger, fitter, and more confident without spending hours in the gym. Every session is short, efficient, and intentionally structured so you get maximum results in minimal time.

You'll train all major movement patterns — push, pull, squat, hinge, and core — ensuring balanced strength, improved posture, and better everyday movement.



Equipment Needed

A pair of dumbbells is ideal, but you can substitute with a kettlebell or medicine ball. Start with whatever you have when you get comfortable with the movement then you can increase weights.

Supersets

A superset is two exercises performed back-to-back with minimal rest.

Example: Exercise A → rest → Exercise B → rest → repeat.

Reps & Sets

Reps = how many times you perform the movement

Sets = how many rounds you complete

Progressive Overload

Increase challenge over time by adding weight, reps, tempo, or improving technique.



DAY ONE: LOWER BODY EMPHASIS

Warm-Up

Glute Bridge — 3 sets × 10 reps

Superset

Deadbug — 3 sets × 10 reps each side

Component 1.

A. Dumbbell Goblet Squat — 4 sets × 8 reps

superset

B. Bent-Over Reverse Fly — 4 sets × 8–10 reps

Component 2

A. Goblet Reverse Lunge — 3 sets × 8 reps each side

super set

B. Standing Shoulder Press — 3 sets × 8–10 reps

Component 3

A. Hamstring Slide Curl — 3 sets × 10 reps
super sets

B. Tempo Crunch — 3 sets × 10 reps

Finisher

Perform these exercises in a super set with no rest.
3 sets of 30 seconds.

A. High Plank — 30 sec

B. Wall Sit — 30 sec



DAY TWO: UPPER BODY PUSH & PULL EMPHASIS

Warm-Up

Push-Ups — 3 sets × 10 reps

Superset

Bird-Dog — 3 sets × 10 each side

Component 1

A. Floor Press — 3 sets × 8–10 reps

Superset

B. B-Stance RDL — 3 sets × 8 reps each side

Component 2

A. Single-Arm Overhead Press — 3 sets × 8 reps each side

Superset

B. 3-Point Dumbbell Row — 3 sets × 8 reps each side

Component 3

A. Lateral Raise — 3 sets × 8–10 reps

B. Bicep Curl — 3 sets × 10 reps

Finisher

Perform exercises in a super set with rest only where programmed. 3 sets of 30 seconds. Pick an exercise that is going to get your cardiovascular system pumping. Eg bike, running, jumping, rowing, burpee, mountain climbers, box jump, step ups, step runs.

1. 5/10 effort 30 sec

2. 10/10 effort 30 sec

3. Rest 30 sec



DAY THREE: FULL BODY EMPHASIS

Warm-Up

A. Single-Leg Glute Bridge — 3 sets × 10 each side

Superset

B. Deadbug — 3 sets × 10 each side

Component 1

A. Dumbbell Thruster — 3 sets × 8–10 reps

Superset

B. Broad or Squat Jumps — 3 sets × 10 reps

Component 2

A. Dumbbell Deadlift — 3 sets × 10 reps

Superset

B. Push-Ups — 3 sets × 10 reps

Component 3

A. Goblet Lateral Lunge — 3 sets ×8 reps each side

Superset

B. Renegade Row — 3 sets ×5 reps each side

Finisher

Perform exercises in a superset with rest only where programmed. 3 sets of 30 seconds.

A. Single Arm Dumbbell Clean & Press Right — 30 sec

B. Single Arm Dumbbell Clean & Press Left — 30 sec

C. Dumbbell Front Lunge — 30 sec

D. Rest — 30 sec



Weekly Progress Checklist

- Completed all 3 sessions
- Increased weight or reps
- Improved technique
- Felt more confident
- Energy levels improved

Motivation Reminder:

Consistency beats intensity.

Small efforts, repeated often, create big results.



THE NO-TIME STRENGTH SYSTEM — PROGRESS TRACKER

WEEKLY PROGRESS TRACKER

Week: _____

Name: _____

Training Sessions

Tick off each session as you complete it.

Session Completed Notes

Day 1 — Lower Body ☐

Day 2 — Upper Body ☐

Day 3 — Full Body ☐



Strength Progress

Record your weights or reps for key movements.

Exercise Week 1 Week 2 Week 3 Week 4

Squat _____

Deadlift _____

Press _____

Row _____

Energy & Confidence Check-In

Rate each from 1-5.

Category Rating (1-5) Notes

Energy Levels ☐ ☐ ☐ ☐ ☐

Confidence ☐ ☐ ☐ ☐ ☐

Motivation ☐ ☐ ☐ ☐ ☐



Weekly Wins

Write down anything you're proud of — big or small.

Areas to Improve

Where can you adjust, refine, or focus more?

Next Week's Goals

Set 1–3 simple, achievable goals.

Reminder

Consistency beats intensity.

Small efforts repeated often create big results.



MESSAGE FROM YOUR COACH

You're here because you want to feel stronger, more confident, and more in control of your time — and I'm proud of you for taking that step.

I built The No-Time Strength System for people just like you: busy, committed, and ready to invest in themselves even when life feels full. You don't need hours in the gym. You just need consistency, smart programming, and support from someone who genuinely cares about your progress.



If you've enjoyed this program and you're ready to take your training to the next level, I'd love to help you inside Roar PT & Fitness.

We specialise in strength-focused training with a splash of conditioning that fits your lifestyle — not the other way around.

Whether you want:

- personalised coaching
- small-group strength sessions
- accountability
- technique support
- or a community that keeps you motivated

We're here to guide you every step of the way.

You've already started. Now let's keep the momentum going.

Your coach, Tamara

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