



At-home Strength Cycle 2

Glutes, chest and core

Triset 1 – A1, A2 & A3. Perform each exercise back to back, then rest for 30-60 seconds. Repeat for 3 rounds.

A1: Tempo squat

Exercise	Sets x reps	Notes	
BEGINNER Squat to knee drive	3 sets x 10 reps/side		See video: https://youtu.be/fVIKL71Bzew
INTERMEDIATE Wide squat to knee drive with 3 sec pause in squat	3 sets x 10 reps/side, alternating	Set up slightly wider in the squat stance than you normally would; Pause for 3 seconds in the bottom of the squat, then stand up, driving one knee up. Alternate sides.	
ADVANCED Squat to reverse lunge	3 sets x 10 reps/side	Stay in the bottom squat position and reverse lunge on each leg, without standing up fully between reps	

A2: Push ups

Exercise	Sets x reps	Notes	
BEGINNER Push ups, hands raised	3 x 10-15	Maintain body in plank position throughout movement; Brace abs and glutes	
INTERMEDIATE Push up	3 x 10-15	Hands on floor	
ADVANCED Spiderman push up	3 x 10/side		

A3: Prone V raise

Exercise	Sets x reps	Notes	
Prone V raise	3 x 10 reps [option: 3 sec hold at top of movement]	Keep shoulder blades pulled down	



Triset 2 – B1, B2 & B3. Perform each exercise back to back, then rest for 30-60 seconds. Repeat for 3 rounds.

B1: Shoulder push ups

Exercise	Sets x reps	Notes	
BEGINNER Glute bridge feet elevated	3 x 20 reps	Squeeze glutes at top of movement	
INTERMEDIATE Single leg glute bridge, feet elevated	3 x 10 reps/side, down for 4, up for 1	Slow tempo	
ADVANCED Single leg glute bridge, shoulders and feet elevated [with slow tempo option]	3 x 10 reps/side, down for 4, up for 1	Shoulders on sofa and foot on chair	

B2: High to low plank

Exercise	Sets x reps	Notes	
BEGINNER Kneeling high to low plank	3 x 10 reps /side		
INTERMEDIATE High to low plank	3 x 10 reps /side	Squeeze abs and glutes to keep hips in line with body throughout	
ADVANCED High to low plank	3 x 12 reps /side		



B3: Copenhagen plank (adductors)

Exercise	Sets x reps	Notes	
<i>BEGINNER</i> Copenhagen plank Straight leg with assistance	3 sets x 5 reps x 10 sec hold each side	This exercise targets the groin muscles (adductors)	
<i>INTERMEDIATE</i> Copenhagen plank straight leg	3 sets x 5 reps x 20 sec hold each side		
<i>ADVANCED</i> Copenhagen plank with lower leg flexed	3 sets x 5 reps x 20 sec hold each side		

Bring Sally Up – leg lowers

Exercise	Sets x reps	Notes	
Leg lowers	'Bring Sally Up' [Flower by Moby]	Legs go up when the music says 'up'; legs lower to <i>just off</i> the floor when the music says 'down'. Hold in whatever position you are in.	 