



At-home Strength Cycle 3

Posterior chain legs, triceps and core

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

A1: Glute bridge variation

Exercise	Sets x reps	Notes	
BEGINNER Glute bridges – option: shoulders elevated	3 x 20, lower for 3 seconds	Keep good form to get full range of motion Shoulders on floor	
INTERMEDIATE Single leg hip thrusts	3 x 12/Side	No pause at top or bottom Shoulders elevated on sofa	
ADVANCED Single leg hip thrusts	3 x 12/Side (with 3 second eccentric)	Stick to the tempo & maintain tension	As above

A2: Triceps dips variation

Exercise	Sets x reps	Notes	
BEGINNER Chair dips with bent legs	3 x 10-12	Keep elbows in & tight to activate triceps Keep bum close to chair on the way down	



Exercise	Sets x reps	Notes	
INTERMEDIATE Chair dips	3 x 12-15	Squeeze bum, keep hips up to maintain tension Keep bum close to chair on the way down	
ADVANCED Chair dips	3 x 12-15 (with 3 second lowering)	Stick to the tempo & maintain tension	

A3: Plank toe touch

Exercise	Sets x reps	Notes	
ALL LEVELS	3 x 10 reps each side, alternating sides	Start in plank position; touch one hand to the opposite foot (or as close as you can!); repeat on other side;	

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

B1: Split squat variation

<i>BEGINNER</i> Split squat	3 sets x 10 reps on each leg (tempo option: down for 3, up for 1)	In the bottom position, front shin should be vertical, so knee in line with ankle.	
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<p><i>INTERMEDIATE</i> Tempo rear foot elevated split squat</p>	<p>3 sets x 10 reps each leg Lower for 3, Up for 1</p>	<p>Rear foot on chair or sofa or low box. It's fine for the front knee to bend out past the foot.</p>	
<p><i>ADVANCED</i> Tempo rear foot elevated split squat</p>	<p>3 sets x 10 reps each leg Lower for 3, Up for 3</p>	<p>Rear foot on chair or sofa or low box. It's fine for the front knee to bend out past the foot.</p>	

B2: Prone V raise

<p><i>BEGINNER</i> Prone V raise</p>	<p>3 sets x 10 reps</p>	<p>Pull shoulder blades towards feet; Lift arms with thumbs pointing to the ceiling; don't force the movement.</p>	
<p><i>INTERMEDIATE</i> Prone V raise with hold</p>	<p>3 sets x 10 reps, Hold for 3 seconds at top of rep</p>	<p>During the hold, focus on squeezing the shoulder blades</p>	
<p><i>ADVANCED</i> Prone V raise with hold</p>	<p>3 sets x 10 reps, Hold for 5 seconds at top of rep</p>	<p>During the hold, focus on squeezing the shoulder blades</p>	



B3: Leg lowers

Exercise	Sets x reps	Notes	
<i>BEGINNER</i> Leg lowers with bent legs	3 sets x 8-12 reps	As below, but with legs bent	
<i>INTERMEDIATE</i> Leg lowers	3 sets x 12 reps, lower for 4 seconds	Brace core; aim to keep lower back in contact with the floor as you slowly lower the legs (but don't touch your feet on the floor) Hands can be placed under lower back to support, or out to the sides to make it more challenging.	

C. Finisher – Wall sits – 40 seconds sit, 20 seconds rest x 3 minutes

<i>ALL LEVELS</i>	3 x 60 second rounds Beginner: 20 secs on, 40 secs rest Intermediate: 30 secs on, 30 secs rest Advanced: 40 secs on, 20 secs rest	Sit against the wall in a squatting position, with thighs parallel to the floor	
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