



## At-home Strength Cycle 3

### Legs & chest & arms

**Superset 1 – A1 & A2. Mechanical drop set. Accumulate the reps specified, starting with the most challenging version and dropping down to an easier version as you fatigue within the set.**

**A1: Push ups – accumulate 20 reps – start with a version you can do 5-10 reps with**

| Exercise                                                     | Sets x reps | Notes                                                                        |                                                                                      |
|--------------------------------------------------------------|-------------|------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
| BEGINNER<br>Push ups, hands raised                           | 3 x 20      | Maintain body in plank position throughout movement;<br>Brace abs and glutes |   |
| INTERMEDIATE<br>Push up                                      | 3 x 20      | Hands on floor                                                               |                                                                                      |
| ADVANCED<br>Spiderman push up<br>OR<br>Feet elevated push up | 3 x 20      |                                                                              |  |

**A2: Squat variation – accumulate 30 reps - start with a version you can do 10-20 reps with (a single leg squat counts as one rep)**

| Exercise                                             | Sets x reps | Notes                                                                                                                                                                                     |                                                                                       |
|------------------------------------------------------|-------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| BEGINNER<br>Staggered stance squat<br>OR tempo squat | 3 x 30 reps | In your normal squat stance, slide one foot back, so that the toes of the back foot line up with the heel of the front foot. Squat putting as much weight on the working leg as possible. |  |
| INTERMEDIATE<br>Single leg squat to a sofa/chair     | 3 x 30 reps |                                                                                                                                                                                           |  |



|                                      |                      |  |  |
|--------------------------------------|----------------------|--|--|
| <p>ADVANCED<br/>Single leg squat</p> | <p>3 x 5-10/Side</p> |  |  |
|--------------------------------------|----------------------|--|--|

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

**B1: Lateral lunges**

| Exercise                                                                              | Sets x reps                                                                                                      | Notes                                                                                        |  |
|---------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|--|
| <p>Side lunges</p> <p><i>BEGINNER</i><br/><i>INTERMEDIATE</i><br/><i>ADVANCED</i></p> | <p>3 sets x 6-10 reps each side, alternating</p> <p>6 reps each leg<br/>8 reps each leg<br/>10 reps each leg</p> | <p>Step out and lunge to the side, keeping chest pointed forwards. Lunge back to centre.</p> |  |

**B2: V crunches**

| Exercise                            | Sets x reps                                           | Notes                                                                      |  |
|-------------------------------------|-------------------------------------------------------|----------------------------------------------------------------------------|--|
| <p><i>BEGINNER</i><br/>Crunches</p> | <p>3 sets x 12 reps</p>                               | <p>Bent legs, feet rest on floor. Focus on curling up using the abs.</p>   |  |
| <p>INTERMEDIATE</p> <p>ADVANCED</p> | <p>3 sets x 12-15 reps</p> <p>3 sets x 15-20 reps</p> | <p>Easier version: legs bent at knee<br/>Harder version: legs straight</p> |  |



### B3: Triceps dip variation

| Exercise                              | Sets x reps | Notes                                                                                        |                                                                                      |
|---------------------------------------|-------------|----------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
| BEGINNER<br>Chair dips with bent legs | 3 x 12      | Keep elbows in & tight to activate triceps<br><br>Keep bum close to chair on the way down    |   |
| INTERMEDIATE<br>Chair dips            | 3 x 15      | Squeeze bum, keep hips up to maintain tension<br><br>Keep bum close to chair on the way down |   |
| ADVANCED<br>Chair dips                | 3 x 20      | Can elevate feet on another chair                                                            |  |

### C Finisher: 'Clap for Carers' burpee EMOM for 4 minutes

Perform a burpee with a push up or mountain climbers in the middle (when in a plank position), followed by a squat jump and clap.

|              |                                     |            |
|--------------|-------------------------------------|------------|
| BEGINNER     | Mountain climbers                   | 10-15 reps |
| INTERMEDIATE | Push up                             | 15-20 reps |
| ADVANCED     | Push up <i>and</i> mountain climber | 20-25 reps |