



## At-home Strength Cycle 6

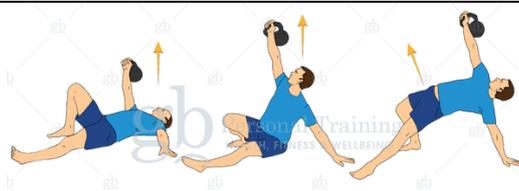
### Legs, chest and core

**BLOCK 1:** Perform each exercise back to back, then rest for 30-60 seconds. Repeat for 3 rounds.

#### A1: Squat and reach overhead

Exercise	Sets x reps	Notes	Demo
Squat and reach overhead	3 sets x 10 reps	Squat down and reach arms overhead. Repeat the squat and reach for each rep	

#### A2: Turkish Get Up 'hips high' position

Exercise	Sets x reps	Notes	Demo
Turkish Get Up 'hips high' position [unweighted]	3 sets x 5 reps each side  INTERMEDIATE Hold for 3 secs in the hips up position  ADVANCED Hold a weight	Lie on the floor with one knee bent and same arm locked out above; Push up on the opposite hand (do a crunch) and punch up with the locked-out arm; Move opposite hand behind the back and push hips high – keep the other arm locked out in the 'punch' position	

#### A3: Push ups

Push up	3 sets x 10-12 reps	Harder options: feet elevated, spiderman push ups, archer push ups	
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**BLOCK 2 – Perform B1-B3 all on one leg first, then swop legs**

Exercise	Sets x reps	Notes	Demo
<b>B1. Staggered stance squat</b>	<p>BEGINNER 3 sets x 10 reps each side</p> <p>INTERMEDIATE 3 sets x 12 reps each side</p> <p>ADVANCED 3 sets x 12 reps each side with a 3 second eccentric</p>	<p>In the squat position, slide one foot back so that the toes are in line with the heel of the front foot.</p> <p>Put as much weight as possible on the front foot.</p>	
<b>B2. Reverse lunge to knee drive</b>	<p>BEGINNER 3 sets x 10 reps each side</p> <p>INTERMEDIATE 3 sets x 12 reps each side</p> <p>ADVANCED 3 sets x 12 reps each side with a 3 second eccentric</p>	<p>Step back into a reverse lunge (option: 3 sec lowering), then bring the back leg forward and drive the knee up</p>	
<b>B3. Single leg Romanian deadlift</b>	<p>BEGINNER 3 sets x 10 reps each side – staggered stance</p> <p>INTERMEDIATE 3 sets x 12 reps each side</p> <p>ADVANCED 3 sets x 12 reps each side with 3 sec eccentric</p>	<p>Slightly bend knee of working leg; Push hips back, feeling a stretch in the hamstring of the working leg; Keep spine aligned, esp lower back. Do not flex the lower back. Brace core.</p>	



**C Finisher: Bear crawl EMOM x 4 sets (30 secs, 40 secs or 50 secs)**

