



At-home Strength Cycle 6

Legs, back and core

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

A1: Single leg squat

Exercise	Sets x reps	Notes	Demo
BEGINNER Single leg squat to chair (option: single leg descent, both legs ascent)	3 sets x 10 reps each leg	Sit back and lightly touch chair before driving up	
INTERMEDIATE Single leg squat to chair	3 sets x 15 reps		<i>As above</i>
ADVANCED Single leg squat (aka pistol squat)	3 sets x 10 reps	Tip: Elevate back foot on a block or step to make it easier to get into the bottom position	

A2: Copenhagen plank

Exercise	Sets x reps	Notes	Demo
Copenhagen plank	BEGINNER 10 sec hold each side ADVANCED 20 sec hold each side	Targets adductors (inner thigh of top leg) Place foot on sofa and bend lower leg Push hips to ceiling and drive through the foot that is on the sofa.	



A3: Prone pulldown

<i>Prone pulldown</i>	3 sets x 12 reps	In a prone position, extend arms above head and pull elbows down into a 'W' shape Hold for 2 seconds	
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BLOCK 2 – B1, B2 & B3. Perform each exercise back to back, then rest for 30-60 seconds. Repeat for 3 rounds.

B1: Single leg glute bridge

Exercise	Sets x reps	Notes	Demo
BEGINNER <i>Foot elevated</i>	3 sets x 12 reps each side	Place heel on sofa/chair and extend other leg, keeping it in the air to provide load.	
INTERMEDIATE <i>Shoulders elevated</i>	3 sets x 12 reps each side	Place shoulder blades on sofa, feet on the floor with knees bent 90 degrees. Extend one leg to provide load.	



<p><i>ADVANCED</i> Shoulders and feet elevated</p>	<p>3 sets x 12 reps each side</p>		
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B2. Tricep push up

Exercise	Sets x reps	Notes	Demo
<p><i>BEGINNER</i> Narrow grip push up</p>		<p>Hands underneath shoulders and elbows tucked into sides throughout</p>	
<p><i>INTERMEDIATE</i> Kneeling crossed arm push up</p>		<p><i>As below but in a kneeling position</i></p>	
<p><i>ADVANCED</i> Crossed arm push up</p>		<p>Line your wrists up. Bend elbows out to the side and lower until elbows touch the floor, then push up.</p>	

C. Finisher – Squat Thrust or Squat, Tabata (20 secs on, 10 secs off x 8 rounds)

