



## At-home Strength Cycle 9

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

### A1: Staggered stance squats

Exercise	Sets x reps	Notes	Demo
Staggered stance squat (with optional tempo)	3 sets x 10 reps  <i>Advanced option: Down for 5 secs, up for 1</i>	With feet in your normal squat stance, slide one foot a foot's length behind the other foot to create the stagger.  Treat it as a one legged squat, with support from the other leg.	

### A2: Shoulder/divebomber push ups

Exercise	Sets x reps	Notes	Demo
BEGINNER Kneeling on sofa	3 sets x 10 reps	Tuck head between arms	
INTERMEDIATE Shoulder push up on floor	3 sets x 10 reps	The closer the hands are to the feet, the harder the movement	



<p>ADVANCED Divebomber push up</p>	<p>3 sets x 10 reps</p>	<p>Keep head tucked between arms</p>	
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**A3: Prone pulldowns (with towel)**

<p><i>Prone pulldowns</i></p>	<p>3 sets x 10 reps  Option: 2 sec hold in bottom position</p>	<p>Raise arms and feet off floor to create more tension  Pull outwards on towel as you pull it down towards top of chest</p>	
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**BLOCK 2 – B1, B2 & B3.** Perform each exercise back to back, then rest for 30-60 seconds. Repeat for 4 rounds.

**B1: Single leg Romanian deadlift**

Exercise	Sets x reps	Notes	
<p>BEGINNER Staggered stance Romanian deadlift</p>	<p>4 sets x 10 reps each side</p>	<p>Focus on pushing bum back and up, to stretch hamstring</p>	<p>STAGGERED STANCE DEADLIFT</p>



<p>INTERMEDIATE/ADVANCED Single leg Romanian deadlift</p>	<p>4 sets x 10 reps each side</p>		<p>SINGLE LEG DEADLIFT</p> 
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## B2: T push ups

Exercise	Sets x reps	Notes	Demo
<p>BEGINNER Kneeling T push up</p>	<p>4 sets x 10 reps each side</p>	<p>Push up on knees, then twist and reach to ceiling</p>	<p>As below</p>
<p>INTERMEDIATE /ADVANCED T push up</p>	<p>4 sets x 10 reps each side  Advanced: 4 sets x 14 reps each side</p>	<p>Push up, then twist and reach to ceiling</p>	

## B3: Dorsal raise

Exercise	Sets x reps	Notes	Demo
<p>Dorsal raise (lower back raise)</p>	<p>4 sets x 12 reps</p>	<p>Lie face down on the floor, hands by ears. Use lower back muscles to lift chest off floor.</p>	



**BLOCK 3 – C1 & C2.** Perform each exercise back to back, then rest for 30-60 seconds. Repeat for 3 rounds.

**C1: Bear crawl pull through**

Exercise	Sets x reps	Notes	Demo
Bear crawl pull through	3 x 20 reps (10 each side alternating)	Move a small weight from side to side while maintaining a bear crawl plank position	

**C2: V sits**

Exercise	Sets x reps	Notes	Demo
V sit	3 sets x 15 reps		