



Strength Cycle 14 Thurs 18 June

A1: Hip hinge variation

Exercise	Sets x reps	Notes	Demo
BEGINNER Rucksack Bulgarian split squat	3 x 10 each side	Send hips back to initiate movement	
INTERMEDIATE Rucksack Bulgarian split squat	3 x 12 each side	Engage core for balance, chest up & engage quads	
ADVANCED Rucksack Bulgarian split squat	3 x 12 each side (3 sec eccentric)	Maintain tension throughout the movement	

A2: Core activation variation

Exercise	Sets x reps	Notes	Demo
BEGINNER Walk outs	3 x 8	Keep legs as straight as possible on way down	
INTERMEDIATE Walk outs with press up	3 x 10	Full range of movement for the push up – don't let knees drop on way up!	
ADVANCED Walk outs with press up	3 x 10 (with 3 sec bottom of press up hold)	Keep elbows in to activate triceps in the hold	

B1: Core activation variation

Exercise	Sets x reps	Notes	Demo
BEGINNER Reverse plank	4 x 0:40	Send hips up high & push away from the floor	 
INTERMEDIATE Reverse plank leg extension	4 x 0:20 each side	Keep core/glutes tight as stick leg out	
ADVANCED Reverse plank leg extension	4 x 0:30 each side	Keep tension by making sure core is active throughout hold	



B2: Quad activation variation

Exercise	Sets x reps	Notes	Demo
BEGINNER Single leg wall sit	4 x 0:20 each side	Press lower back in to the wall	
INTERMEDIATE Single leg wall sit	4 x 0:30 each side	Make sure at 90 degree hold	
ADVANCED Single leg wall sit	4 x 0:45 each side	Brace core to help maintain quality hold throughout	

B3: Upper body activation

Exercise	Sets x reps	Notes	Demo
BEGINNER Side-step push up (kneeling)	4 x 10	Start at top of plank position. Regress to on knees.	 
INTERMEDIATE Side-step push up	4 x 12	Stack shoulder over wrists & brace core	
ADVANCED Side-step push up (feet elevated)	4 x 12	Elevate feet to progress the movement	

C. Finisher: Tabata style push up challenge

Exercise	Sets x reps	Notes	Demo
Backpack Russian twist	8 x 0:20 on/0:10 off. Track reps each set.	Make sure backpack weight is challenging. Consistency is key: you should be able to hold the same reps in set 1 and 8.	