



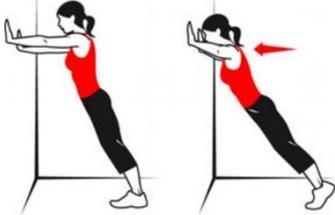
## At-home Strength Cycle 1

### Squat day

A1/A2 means do exercise A1 followed immediately by exercise A2 and then rest.

Exercise	Sets x Reps	Notes	Image
<b>A1</b> Squat variation			
<b>BEGINNER</b> Wall squat	3 sets x 8 reps	Get as close to wall as you can while keeping good form	
<b>INTERMEDIATE</b> Tempo bodyweight squat	3 sets x 10 reps Down for 3, Up for 3,	No pause top or bottom, keep the tension constant!	
<b>ADVANCED</b> Single leg squat (pistol)	3 sets x 10 reps each leg	Squat to a sofa or chair, or full range if you are able!  <i>TIP: for the full range version, stand on a solid object raised a few inches off the floor to hip flexion of the floating leg</i>	

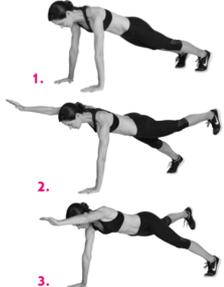


Exercise	Sets x Reps	Notes	Image
<b>A2</b> Push up variation			
<i>BEGINNER</i> Wall push ups	3 sets x 8-12 reps		
<i>INTERMEDIATE</i> Knee push up	3 sets x 8-12 reps	Hold tummy tight and squeeze bum to maintain tight shape through hips and torso	
<i>ADVANCED</i> Full push up	3 sets x 8-12 reps	<i>Make this harder by raising feet or bringing hands closer together</i>	
<b>B1</b> Split squat variation			
<i>BEGINNER</i> Split squat	3 sets x 10 reps on each leg		
<i>INTERMEDIATE</i> Rear foot elevated split squat	3 sets x 10 reps on each leg	Rear foot on chair or sofa or low box. It's fine for the front knee to bend out past the foot.	



Exercise	Sets x Reps	Notes	Image
<p><i>ADVANCED</i> Tempo rear foot elevated split squat</p>	<p>3 sets x 8 reps each leg Lower for 3, Up for 3</p>	<p>Rear foot on chair or sofa or low box. It's fine for the front knee to bend out past the foot.</p>	
<p><b>B2</b> Pull/posture variation</p>			
<p><i>BEGINNER</i> Prone Y raise</p>	<p>3 sets x 10 reps</p>	<p>Pull shoulder blades towards feet; Lift arms with thumbs pointing to the ceiling; don't force the movement.</p>	
<p><i>INTERMEDIATE</i> Prone Y raise with hold</p>	<p>3 sets x 5 reps, Hold for 5 seconds at top of rep</p>	<p>During the hold, focus on squeezing the shoulder blades</p>	
<p><i>ADVANCED</i> Prone Y raise with hold</p>	<p>3 sets x 10 reps, Hold for 5 seconds at top of rep</p>	<p>During the hold, focus on squeezing the shoulder blades</p>	
<p><b>B3</b> Core stability variation</p>			
<p><i>BEGINNER</i> Deadbugs</p>	<p>3 sets x 10 reps each side</p>	<p>Move slowly; keep core braced as opposing leg and arm move downwards.  Avoid pulling the knee towards the chest; keep the knee at 90 degrees when in the upper position.</p>	



Exercise	Sets x Reps	Notes	Image
<i>INTERMEDIATE</i> Leg lowers	3 sets x 10 reps	Brace core; aim to keep lower back in contact with the floor as you slowly lower the legs (but don't touch your feet on the floor)	
<i>ADVANCED</i> Superman plank	3 sets x 5 reps, slow  To make it harder, pause for 3 secs at top	Set up with legs slightly wider than arms for balance. Slowly lift opposing arm and leg	
<b>C FINISHER</b> Wall sit			
<i>BEGINNER</i>	15 secs on, 15 secs off x 3 rounds	Sit against the wall in a squatting position, with thighs parallel to the floor	
<i>INTERMEDIATE</i>	30 secs on, 30 secs off x 3 rounds	<i>As above</i>	
<i>ADVANCED</i>	45 secs on, 45 secs off x 3 rounds	<i>As above</i>	