



At-home Strength Cycle 1

Hip & core day

Superset 1 – A1 & A2. Perform each exercise back to back, then rest for 30-60 seconds. Repeat for 3 rounds.



A1: Hip hinge variation

Exercise	Sets x reps	Notes	
BEGINNER Glute bridges	3 x 20	Keep good form to get full range of motion Shoulders on floor	
INTERMEDIATE Single leg hip thrusts	3 x 12/Side	No pause at top or bottom Shoulders elevated on sofa	
ADVANCED Single leg hip thrusts	3 x 12/Side (with 3 second eccentric)	Stick to the tempo & maintain tension	As above

A2: Plank hold variation



Exercise	Sets x reps	Notes	
BEGINNER Plank shoulder taps (kneeling)	3 x 20		<i>See below for full version</i>



<p>INTERMEDIATE Plank shoulder taps</p>	<p>3 x 20</p>	<p>Can put feet further apart to help balance</p>	
<p>ADVANCED High to low plank</p>	<p>3 x 20</p>	<p>Make sure hips are straight & tension throughout</p>	



Superset 2 – B1, B2 & B3. Perform each exercise back to back, then rest for 30-60 seconds. Repeat for 3 rounds.

B1: Core stability variation


Exercise	Sets x reps	Notes	
<p>BEGINNER Side plank leg raise (kneeling)</p>	<p>3 x 8/Side</p>	<p>Keep hips up & squeeze bum throughout movement</p>	
<p>INTERMEDIATE Side plank leg raise</p>	<p>3 x 8/Side</p>	<p>Don't rush it: no pause at top or bottom</p>	
<p>ADVANCED Side plank leg raise</p>	<p>3 x 8/Side (with 3 second lowering)</p>	<p>Stick to the tempo & maintain tension</p>	<p>See above</p>



B2: Triceps dip variation

Exercise	Sets x reps	Notes	
BEGINNER Chair dips with bent legs	3 x 10-12	Keep elbows in & tight to activate triceps Keep bum close to chair on the way down	
INTERMEDIATE Chair dips	3 x 10-12	Squeeze bum, keep hips up to maintain tension Keep bum close to chair on the way down	
ADVANCED Chair dips	3 x 10-12 (with 3 second lowering)	Stick to the tempo & maintain tension	


B3: Core stability variation

Exercise	Sets x reps	Notes	
BEGINNER Russian twists	3 x 12	Feet on floor & maintain core tension	
INTERMEDIATE Russian twists	3 x 15	Feet raised Hold cushion or put hands together	
ADVANCED Russian twists	3 x 20	Feet raised Hold heavy object (eg book, sturdy plate, cat)	



Finisher: 3-minute EMOM (Every Minute On the Minute)

Perform the specified reps on the start of every minute and rest till the end of the minute. 1 rep is one leg up.

Exercise	Sets x reps	Notes	
BEGINNER Mountain climbers	3 x 30	Shoulders track over hands - drive knee to elbow	
INTERMEDIATE Mountain climbers	3 x 40	Keep shoulders stacked over wrists throughout – drive knee to elbow	
ADVANCED Mountain climbers	3 x 60	Full range of movement for all reps	