



At-home Strength Cycle 1

Hips & shoulders

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

A1: Romanian deadlift

Exercise	Sets x reps	Notes	
BEGINNER Staggered stance Romanian deadlift	3 x 10 each leg	Use the staggered (back) leg for balance; weight should be mostly on the working leg. Push <i>back</i> as if closing a door with your bum. Feel stretch in hamstring on the way down. Squeeze glutes towards the top.	
INTERMEDIATE Single leg Romanian deadlift	3 x 7/Side	Push elevated leg backwards Hinge from the hip	
ADVANCED McGill aeroplanes	3 x 5/Side	In a single leg hip hinge position, slowly rotate outwards	



A2: Reverse lunge

Exercise	Sets x reps	Notes	
BEGINNER Reverse lunge	3 x 10 each leg	Begin in a standing position; step back into a lunge with one leg, keep torso upright as you bend the knee	
INTERMEDIATE Reverse lunge	3 x 15 each leg		<i>As above</i>
ADVANCED Reverse lunge to knee drive	3 x 15 each leg	Hold leg for a second at the top of the knee drive movement	

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

B1: Shoulder push ups

Exercise	Sets x reps	Notes	
BEGINNER Shoulder push up (kneeling)	3 x 10	Ensure your weight is over your shoulders	See below but with knees on floor
INTERMEDIATE Shoulder push up (standing)	3 x 10		



<p>ADVANCED Pike push up OR handstand push up against wall</p>	<p>3 x 10</p>	<p>Feet are elevated on sofa or chair (the lower the feet, the easier the movement)</p>	
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B2: Prone pull down

Exercise	Sets x reps	Notes	
<p>BEGINNER Prone pull down</p>	<p>3 x 15</p>		
<p>INTERMEDIATE Prone pull down (feet elevated)</p>	<p>3 x 15</p>	<p>Squeeze bum to keep feet elevated</p>	
<p>ADVANCED Prone pull down (feet elevated) with hold</p>	<p>3 x 15 (with 3 second hold)</p>	<p>Stick to the tempo & maintain tension</p>	

B3: Core stability

Exercise	Sets x reps	Notes	
<p>BEGINNER Deadbugs</p>	<p>3 sets x 10 reps each side</p>	<p>Move slowly; keep core braced as opposing leg and arm move downwards.</p> <p>Avoid pulling the knee towards the chest; keep the knee at 90 degrees when in the upper position.</p>	
<p>INTERMEDIATE Leg lowers</p>	<p>3 sets x 10 reps, lower for 4 seconds</p>	<p>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)</p>	



<p><i>ADVANCED</i> Superman plank</p>	<p>3 sets x 5 reps each side, slow</p> <p>To make it harder, pause for 3 secs at top</p>	<p>Set up with legs slightly wider than arms for balance.</p> <p>Slowly lift opposing arm and leg</p>	
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Finisher: 4-minute intervals

Perform the specified reps on the start of every minute and rest till the end of the minute. 1 rep is one circuit of the 'clock'.

Exercise	Sets x reps	Notes	
<p>BEGINNER Clock circuit</p>	<p>30 secs on, 30 sec off x 4 rounds</p>	<p>Alternate legs in each round, e.g. round 1 is on the left leg, round 2 is on the right leg and so on. You will do each leg twice.</p>	<p>See demo video at https://youtu.be/Lyz3rmDINR8</p>
<p>INTERMEDIATE Clock circuit</p>	<p>45 secs on, 15 sec off x 4 rounds</p>	<p>Aim to bend the knee as much as possible</p>	
<p>ADVANCED Clock circuit</p>	<p>60 secs on, 0 sec off x 4 rounds</p>	<p>Aim to bend the knee as much as possible</p>	