



At-home Strength Cycle 2

Legs, arms and core

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

A1: Squat variation

Exercise	Sets x reps	Notes	
BEGINNER Tempo bodyweight squat	3 x 15, lowering for 5 seconds	If you struggle with ankle mobility/squat depth, raise heels on a couple of hardcover books	
INTERMEDIATE Single leg squat to a sofa/chair	3 x 10/Side		
ADVANCED Single leg squat	3 x 5-10/Side		

A2: Shoulder push up variation

Exercise	Sets x reps	Notes	
BEGINNER Shoulder push up on knees	3 x 10-15	Tuck chin and point top of head to the floor	



INTERMEDIATE Shoulder push up	3 x 10		
ADVANCED Pike push up	3 x 10	Feet are elevated on sofa or chair (the lower the feet, the easier the movement)	

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

B1: Side lunges into reverse lunges

Exercise	Sets x reps	Notes	
Side lunges <i>Straight into:</i>	3 sets x 10 reps each side, alternating	Step out and lunge to the side, keeping chest pointed forwards	
Reverse lunges	3 sets x 10 reps each side, alternating	Keep body upright as you step up	

B2: Triceps push up

Exercise	Sets x reps	Notes	
BEGINNER Kneeling diamond push up	3 x 10	Keep elbows tucked into sides; aim for chest/sternum to touch hands	<i>See below</i>
INTERMEDIATE Diamond push up with hands raised on sofa	3 x 10	Keep elbows tucked into sides; aim for chest/sternum to touch hands	<i>See below</i>



Exercise	Sets x reps	Notes	
ADVANCED Diamond push up on floor	3 x 5-10 reps	Keep elbows tucked into sides; aim for chest/sternum to touch hands; Add slow lowering tempo or raise feet to make harder.	

B3: Supermans (lower back extension)

Exercise	Sets x reps	Notes	
BEGINNER Prone lower back raise	3 sets x 12 reps	Feet on floor, raise arms only	
INTERMEDIATE Supermans	3 sets x 12 reps	Raise feet off floor by squeezing bum	
ADVANCED Supermans with hold	3 sets x 12 reps with 3 sec hold at top		See above

Core circuit – C1, C2 & C3. Perform each exercise back to back, then rest for 30-60 seconds. Repeat for 3 rounds.

Exercise	Sets x reps	Notes	
C1. V-sits	3 sets x 10 reps	Easier version: legs bent at knee Harder version: legs straight	



C2. Plank shoulder touch OR high-to-low plank	3 sets x 10 reps each side	Keep feet wider than hands to maintain balance; keep hips still	 A woman in a pink sports bra and black leggings is performing a high-to-low plank. She is on her hands and feet, with her body in a straight line, and is leaning forward to touch her right shoulder to the floor.
C3. Side plank dips	3 sets x 10 reps each side	Keep hips stacked vertically, avoid tipping forwards	 Two photographs showing a woman in a purple top and leggings performing side plank dips. The top photo shows her in a side plank position with her right hand on the floor and her left hand on her hip. The bottom photo shows her dipping her right shoulder towards the floor while maintaining the side plank alignment.