



At-home Strength Cycle 3

Legs and core

A1: Hip variation

Exercise	Sets x reps	Notes	Demo
BEGINNER Reverse lunge high knee	3 x 15/side	Active & neutral spine. Weight on heels. Control knee position	
INTERMEDIATE Reverse lunge high knee	3 x 20/side	Same as above	
ADVANCED Reverse lunge high knee	3 x 20/side (with 3 second eccentric)	Stick to the tempo & maintain tension	

A1: Plank hold variation

Exercise	Sets x reps	Notes	Demo
BEGINNER Side plank rotations (kneeling)	3 x 8/side	Keep tummy tight & squeeze glutes. Hips twist to allow full range of motion.	
INTERMEDIATE Side plank rotations	3 x 10/side	Make sure to keep tension throughout	
ADVANCED Side plank rotations	3 x 10/side (with 3 second eccentric)	Stick to the tempo & maintain tension	

B1: Core stability variation

Exercise	Sets x reps	Notes	Demo
BEGINNER Bear crawl hold shoulder tap (kneeling)	3 x 12	Keep hips straight & squeeze bum/core throughout movement	
INTERMEDIATE Bear crawl hold shoulder tap (feet wider than hips)	3 x 14	Keep knees inch above the ground and hips flat – imagine balancing ball on lower back	
ADVANCED Bear crawl hold shoulder tap (feet in line with hips)	3 x 14	Don't rush it: no pause at top or bottom	



B2: Lower back extension variation

Exercise	Sets x reps	Notes	Demo
BEGINNER Prone lower back raise	3 x 12	Lift arms & keep feet on floor	
INTERMEDIATE Superman raises	3 x 12	Squeeze bum & lift feet off floor	
ADVANCED Superman holds	3 x 12 (with 3 second hold at top)	Stick to the tempo & maintain tension	

B3: Core stability variation

Exercise	Sets x reps	Notes	Demo
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 (e.g. book)	

Finisher: 3-minute EMOM

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