



## At-home Strength Cycle 4

### Legs & chest & core

**Complex 1 – perform each exercise back to back with no rest between exercises. Either 10 or 15 reps per exercise.**

#### A1: Tempo squat – down for 5, pause at bottom for 3, up for 1

Exercise	Sets x reps	Notes	
Tempo squat (down for 5, hold for 3, up for 1)	Beginner: 3 x 10 reps Advanced: 3 x 15 reps	Keep to tempo; No pause at the top of the movement with legs locked out as this is a rest position. Start the next rep immediately.	

#### A2: Push ups

Exercise	Sets x reps	Notes	
Push ups (variation of your choice)	Beginner: 3 x 10 reps Advanced: 3 x 15 reps	Maintain body in plank position throughout movement (kneeling option); Brace abs and glutes	

#### A3. Side plank rotations

Exercise	Sets x reps	Notes	Demo
Side plank rotations (kneeling)	Beginner: 3 x 10 reps Advanced: 3 x 15 reps	Keep tummy tight & squeeze glutes. Hips twist to allow full range of motion.	



#### A4. Leg lowers

Exercise	Sets x reps	Notes	
<i>BEGINNER</i> Leg lowers with bent legs	3 x 10 reps	As below, but with legs bent	
<i>INTERMEDIATE</i> Leg lowers	3 x 15 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) Hands can be placed under lower back to support, or out to the sides to make it more challenging.	

**Complex 2 – perform each exercise back to back with no rest between exercises. Either 10 or 15 reps per exercise.**

#### B1. Single leg glute bridge with foot elevated

Exercise	Sets x reps	Notes	Demo
Single leg glute bridge <ul style="list-style-type: none"> <li>- Foot elevated on sofa</li> <li>- Beginner option: foot on floor</li> </ul>	3 sets x 10 reps each side	Place foot on sofa or chair, with leg bent at 90 degrees Other leg hovers in the air. Drive hips to ceiling and squeeze glutes at top of movement	

#### B2. Copenhagen plank

Exercise	Sets x reps	Notes	Demo
Copenhagen plank	<i>BEGINNER</i> 10 sec hold each side  <i>ADVANCED</i> 15 sec hold each side	Targets adductors (inner thigh of top leg) Place foot on sofa and bend lower leg Push hips to ceiling and drive through the foot that is on the sofa.	



### B3. Plank shoulder tap

Exercise	Sets x reps	Notes	Demo
Plank shoulder taps	3 sets x 20 reps (10 each side)	Brace core to maintain tension & keep hips straight	

### B4. Prone V raise

Exercise	Sets x reps	Notes	Demo
Prone V raise	3 sets x 10 reps	Pull shoulder blades towards feet; Lift arms with thumbs pointing to the ceiling; don't force the movement.	

### C Finisher: Plank arm or leg lift, 30 seconds on, 30 seconds off x 3 minutes

Exercise	Sets x reps	Notes	Demo
<p><i>BEGINNER</i> Plank with leg raise</p> <p><i>ADVANCED</i> Plank with arm raise</p>	30 seconds work, 30 seconds rest x 3 minutes	<p>Adopt a straight plank position.</p> <p>Choose to raise either single leg alternating (easier) or single arm alternating (harder), while maintaining a good plank position of flat back, hips in line and abs braced.</p>	