



At-home Strength Cycle 4

Posterior chain legs, triceps and core

Block 1 – A1, A2 & A3. Perform each exercise back to back, then rest for 30-60 seconds. Repeat for 3 rounds.

A1: Split squat variation

<i>BEGINNER</i> Split squat	3 sets x 10-12 reps on each leg (tempo option: down for 3, up for 1)	In the bottom position, front shin should be vertical, so knee in line with ankle.	
<i>INTERMEDIATE</i> Rear foot elevated split squat	3 sets x 10-12 reps each leg	Rear foot on chair or sofa or low box. It's fine for the front knee to bend out past the foot.	
<i>ADVANCED</i> Tempo rear foot elevated split squat	3 sets x 10-12 reps each leg Lower for 3, Up for 3	Rear foot on chair or sofa or low box. It's fine for the front knee to bend out past the foot.	

A2: Shoulder push ups

Exercise	Sets x reps	Notes	
<i>BEGINNER</i> Shoulder push up (feet on floor or kneeling on floor)	3 x 10-12	Ensure your weight is over your shoulders	See below but with knees on floor
<i>INTERMEDIATE</i> Shoulder push up (kneeling on sofa or feet on floor)	3 x 10-12		



<p>ADVANCED Pike push up OR handstand push up against wall</p>	<p>3 x 10-12</p>	<p>Feet are elevated on sofa or chair (the lower the feet, the easier the movement)</p>	
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A3: Bear crawl pull through

<p><i>BEGINNER</i> Plank position</p>	<p>3 sets x 10-12 reps on each leg (tempo option: down for 3, up for 1)</p>	<p>In the plank position, move a small weight from left to right by reaching across with the opposite hand and pulling the weight to the other side</p>	
<p><i>INTERMEDIATE</i> Bear crawl plank with feet wide</p>	<p>3 sets x 20 reps (10 each side)</p>	<p>As above, but in a bear crawl position (hands and feet on floor, knees off floor, hips steady). Feet should be wider than hands.</p>	
<p><i>ADVANCED</i> Bear crawl plank with feet narrow or heavier weight</p>	<p>3 sets x 20 reps (10 each side)</p>	<p>As above, but with feet in line with hands</p>	

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



B1: Single leg 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.	
INTERMEDIATE Single leg Romanian deadlift	3 x 10 each side, arms pointing downwards	Push elevated leg backwards Hinge from the hip	
ADVANCED Single leg Romanian deadlift	3 x 10 each side, arms pointing forwards	As above	

B2: Diamond push up (triceps)

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>
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: Hollow body hold

Exercise	Sets x reps	Notes	
BEGINNER Hollow body hold legs bent	3 x 30 secs	Keep elbows tucked into sides; aim for chest/sternum to touch hands	
INTERMEDIATE Hollow body hold arms forward	3 x 45 secs	Keep elbows tucked into sides; aim for chest/sternum to touch hands	
ADVANCED Hollow body hold arms over head	3 x 60 secs	Keep elbows tucked into sides; aim for chest/sternum to touch hands; Add slow lowering tempo or raise feet to make harder.	

C. Finisher – Burpee Roxane

Play 'Roxane' by The Police. Do a burpee (optional: with push up) every time you hear 'Roxane'.