



At-home Strength Cycle 5

Legs & upper body

BLOCK 1: Perform each exercise back to back, then rest for 30-60 seconds. Repeat for 3 rounds.

A1: Split squat 1 ½ reps

Exercise	Sets x reps	Notes	
<i>BEGINNER</i> Split squat 1 ½ reps	3 sets x 10 reps each side	Lower to the bottom of the rep, come up halfway, return to bottom, come up to the top	
<i>INTERMEDIATE/ ADVANCED</i> Rear foot elevated split squat 1 ½ reps	3 sets x 10 reps each side	As above	

A2: Inchworm (with push up)

Exercise	Sets x reps	Notes	
<i>BEGINNER</i> Inchworm with no push up	3 sets x 10 reps	Bend over with straight legs; walk hands out into plank position; do a push up; walk feet back in towards hands.	
<i>INTERMEDIATE/ ADVANCED</i> Inchworm with push up	3 sets x 10 reps (intermediate) or 14 reps (advanced)		



A3. V-W-T raises

Exercise	Sets x reps	Notes	Demo
V-W-T raises	3 sets x 5 reps each position	Keep tummy tight & squeeze glutes. Hips twist to allow full range of motion.	

BLOCK 2: Perform each exercise back to back, then rest for 30-60 seconds. Repeat for 3 rounds.

B1. Renegade row (with reach forward)

Exercise	Sets x reps	Notes	Demo
BEGINNER Renegade row	3 sets x 10 reps each side	Perform a single arm row from a plank position. Set up with feet wider than hands for balance.	
INTERMEDIATE/ ADVANCED Renegade row with reach forward	3 sets x 10 reps each side	Perform a row on one side and then reach the same arm forwards. Repeat on the other side.	



B2. Tricep push up

Exercise	Sets x reps	Notes	Demo
<i>BEGINNER</i> Narrow grip push up		Hands underneath shoulders and elbows tucked in to sides throughout	
<i>INTERMEDIATE</i> Kneeling crossed arm push up		<i>As below but in a kneeling position</i>	
<i>ADVANCED</i> Crossed arm push up		Line your wrists up. Bend elbows out to the side and lower until elbows touch the floor, then push up.	

B3. Copenhagen plank

Exercise	Sets x reps	Notes	Demo
Copenhagen plank	<i>BEGINNER</i> 10 sec hold each side <i>ADVANCED</i> 20 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.	

C Finisher: Bear crawl EMOM x 3 sets (30 secs, 40 secs or 50 secs)