



## At-home Strength Cycle 5

### Legs, back and core

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

#### A1: Chair step ups OR lunges

<p><i>BEGINNER</i> Lunges</p>	<p>3 sets x 12 reps each side</p>	<p>Step out and lunge knee forward; return foot to starting position to complete rep</p>	
<p><i>INTERMEDIATE</i> Step ups</p>	<p>3 sets x 12 reps each side</p>	<p>Place foot on chair, step up with all your weight on one leg (other leg floats behind)</p>	
<p><i>ADVANCED</i> Step ups with slow tempo</p>	<p>3 sets x 12 reps, lower for 3 seconds</p>	<p>Step up as above and lower back leg slowly for a count of 3</p>	<p>As above</p>



**A2: Push ups (narrow grip, keep elbows tucked)**

Exercise	Sets x reps	Notes	
BEGINNER Push up - kneeling	3 sets x 10 reps each leg		
INTERMEDIATE Push up – full to kneeling	3 sets x 12 reps	Lower in full position, and push up in kneeling position	Keep elbows tucked close to sides
ADVANCED Push up	3 sets x 12 reps		As above

**A3: Prone V raise**

<i>Prone V raise</i>	3 sets x 12 reps		
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**BLOCK 2 – B1, B2 & B3.** Perform each exercise back to back, then rest for 30-60 seconds. Repeat for 3 rounds.



### B1: Tempo paused squats

Exercise	Sets x reps	Notes	
Tempo paused squats	3 sets x 15 reps, down for 5, pause for 2, up for 1	Keep chest pointing forwards; Arms can be in front or 'prisoner' style	

### B2: Plank shoulder tap

Exercise	Sets x reps	Notes	
Plank shoulder tap	3 sets x 20 reps (10 reps each side)		

### B3: Leg lowers

Exercise	Sets x reps	Notes	
BEGINNER Leg lowers – single leg	3 sets x 10 reps (5 each side, alternating)		



Exercise	Sets x reps	Notes	
INTERMEDIATE Leg lowers	3 sets x 10 reps		
ADVANCED Leg lowers	3 sets x 10 reps, lower for 5 seconds		

**C. Finisher – Side plank and mountain climbers - continuous**

**Side plank 30 seconds each side, followed by 30 seconds of mountain climbers x 3 sets (4.5 minutes in total)**

Exercise	Sets x reps	Notes	
C1. Side plank	3 sets x 30 seconds per side		
C2. Mountain climbers	3 sets x 30 seconds		