



## At-home Strength Cycle 5

### Legs, chest and core

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

#### A1: Push up and reach

<i>BEGINNER</i> Kneeling push up	3 sets x 10 reps	As below, with push up done on knees	
<i>INTERMEDIATE</i> Push up	3 sets x 10 reps	After each push up, reach up with one arm, twisting the body so that chest points outwards	
<i>ADVANCED</i> Push up	3 sets x 15 reps	As above	

#### A2: Staggered stance squats

Exercise	Sets x reps	Notes	
<i>BEGINNER</i> Staggered stance squat	3 sets x 10 reps each leg	In your squat stance, slide one foot back so that the toes of the back foot are in line with the heel of the front foot	
<i>INTERMEDIATE</i> Tempo Staggered stance squat	3 sets x 10 reps each leg, with tempo: 5 seconds down, 1 second up		
<i>ADVANCED</i> Tempo Staggered stance squat	As above		



### A3: V-sits

<p><i>BEGINNER</i> V sit with bent legs</p>	<p>3 sets x 12 reps</p>	<p>Bend knees and hold arms out forwards. Keep feet and shoulders off floor. (note: can be made easier by keeping feet on floor)</p>	
<p><i>INTERMEDIATE</i> V sit</p>	<p>3 sets x 12 reps</p>	<p>Legs straight and arms forward (harder option: arms overhead)</p>	
<p><i>ADVANCED</i> V sit</p>	<p>3 sets x 15 reps</p>	<p>As above</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 glute bridge

Exercise	Sets x reps	Notes	
<p><i>BEGINNER</i> Single leg glute bridge – feet on floor</p>	<p>3 sets x 10 reps each side</p>		
<p><i>INTERMEDIATE</i> Single leg glute bridge – feet elevated</p>	<p>3 sets x 10 reps each side</p>		



<p>ADVANCED Single leg glute bridge – shoulders elevated</p>	<p>3 sets x 10 reps each side</p>		
--	-----------------------------------	--	--

### B2: Shoulder stability hold

Exercise	Sets x reps	Notes	
<p>BEGINNER Shoulder stability hold - kneeling</p>	<p>3 sets x 5 reps each side, hold for 3 seconds</p>	<p>Hold arm straight out in front</p>	<p>As below but with knees on floor</p>
<p>INTERMEDIATE Shoulder stability hold</p>	<p>3 sets x 5 reps each side, hold for 5 seconds</p>	<p>Set up with hands shoulder width apart and feet wider than hands</p>	
<p>ADVANCED Shoulder stability hold</p>	<p>3 sets x 8 reps each side, hold for 5 seconds</p>		<p>As above</p>

### B3: Bear crawl

Exercise	Sets x reps	Notes	
<p>BEGINNER Bear crawl</p>	<p>3 sets x 30 seconds</p>	<p>Keep hips down – imagine balancing a vase of flowers on your lower back!</p>	
<p>INTERMEDIATE Bear crawl</p>	<p>3 sets x 45 seconds</p>		<p>As above</p>
<p>ADVANCED Bear crawl</p>	<p>3 sets x 60 seconds</p>		<p>As above</p>

### C. Finisher – Forearm plank hold, 1 min on, 1 min off x3 sets