



At-home Strength Cycle 6

Legs, chest and core

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

A1: Chair Step Ups

Exercise	Sets x reps	Notes	Demo
<i>BEGINNER</i> Low step	3 sets x 10 reps each side		<i>As below but with low step</i>
<i>INTERMEDIATE</i> Chair step up	3 sets x 10 reps each side	Lean forward to put more weight on the working leg as you step up onto the chair. Lower slowly under control, keeping the weight on the working leg until your back foot touches the floor.	
<i>ADVANCED</i> Slow tempo chair step up	3 sets x 10 reps each side, with a 3 second lowering		<i>As above</i>

A2: Push up - mechanical drop set

Exercise	Sets x reps	Notes	Demo
<i>BEGINNER</i> Kneeling or hands elevated	3 sets x 10-15 reps		
<i>INTERMEDIATE / ADVANCED</i> Push up	3 sets x 15 reps	Start with a variation that you can only do around 5-10 reps with, then drop down to the next easiest variation to complete the 15 reps	



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

B1: Single leg Romanian deadlift

Exercise	Sets x reps	Notes	
BEGINNER Staggered stance Romanian deadlift	3 sets x 10 reps each side	Focus on pushing bum back and up, to stretch hamstring	
INTERMEDIATE / ADVANCED Single leg Romanian deadlift	3 sets x 10 reps each side		

B2: Side lying clam raise

Exercise	Sets x reps	Notes	
BEGINNER Side lying clam	3 sets x 10 reps each side	With legs bent at 90 degrees and feet together, lift knee and rotate outwards. Targets glute medius (outer side of hip)	



Exercise	Sets x reps	Notes	
INTERMEDIATE Side lying clam raise	3 sets x 10 reps each side	With legs bent at 90 degrees, lift hip off floor and open upper leg up and outwards. Tip: when you lift up, press the lower knee into the floor for a stronger contraction.	
ADVANCED Hold at the top of the rep for 3 seconds	3 sets x 10 reps each side, with 3 sec hold		As above

B3: Hollow body hold

Exercise	Sets x reps	Notes	Demo
BEGINNER Modified hollow body hold	3 sets x 30 seconds	Bend legs 90 degrees and hold arms forward. Crunch abs and hold	
INTERMEDIATE hollow body hold	3 sets x 30 seconds	Push lower back into the floor. Lift feet and shoulders off floor.	
ADVANCED hollow body hold	3 sets x 45 seconds	As above	As above

C. Finisher – High-low plank, Tabata (20 secs on, 10 secs off x 8 rounds)

