



## At-home Strength Cycle 10

### A1. Bear squats [option: feet elevated on sofa], 4 sets x 10 reps

Start in a downward-facing dog position and bend legs into a squat:



### A2. Squat with reverse lunges [option: in bottom position], 4 sets x 10 reps

One squat followed by reverse lunge each leg = 1 rep.

Make this more challenging by doing the reverse lunges while in the bottom of the squat, before standing back up

### A3. Push ups [options: with 2-sec pause in bottom position every 3 reps], 4 sets x 12 reps

### B1. Renegade row, 3 sets x 12 reps (6 each side)





**B2. Plank knee to elbow, 3 sets x 12 reps (6 each side)**



This exercise is designed as an ab crunch, so avoid using the legs to 'push' forward towards the elbow. Instead, pull your knee towards the elbow using the abdominals.

**B3. Single leg deadlift, 3 sets x 12 reps (6 each side)**



**C. Finisher: tag team: mountain climbers x20 reps or 30 reps - complete 4 sets each**