


Strength Cycle 10
Home workout: Thurs 21 May


Warm up

- Arm circles forward and back
- PNF shoulder stretch - 5 each side
- Prisoner squat
- Prisoner hip hinge
- Standing adductor stretch
- Split squat - 5 each side
- Single leg glute bridge - 10 each side


A1: Hip hinge variation

Exercise	Sets x reps	Notes	Demo
BEGINNER Bodyweight single leg RDL	3 x 10 each side	Send hips back to initiate the movement	
INTERMEDIATE Backpack single leg RDL	3 x 12 each side	Keep chest up & shoulders back. Squeeze glutes at top	
ADVANCED Backpack single leg RDL	3 x 12 each side (with 3 second eccentric)	Full range of movement	


A2: Core activation variation

Exercise	Sets x reps	Notes	Demo
BEGINNER Plank walk outs	3 x 8	Keep legs as straight as possible on way down	
INTERMEDIATE Plank walk outs with press up	3 x 10	Full range of movement for the push up – don't let knees drop on way up!	
ADVANCED Plank walk outs with press up	3 x 10 (with 3 second hold at bottom of press up)	Keep elbows in to activate triceps in the hold	


B1: Quad activation variation

Exercise	Sets x reps	Notes	Demo
BEGINNER Wall sit hold	4 x 0:30	Press lower back in to the wall	
INTERMEDIATE Wall sit hold	4 x 0:45	Make sure at 90 degree hold	
ADVANCED Wall sit hold	4 x 1 min	Brace core to help maintain quality hold throughout	

B2: Lat engagement variation

Exercise	Sets x reps	Notes	Demo
BEGINNER Bent over rows (broom)	4 x 12	90 degree hinge from the hip & engage lats throughout	
INTERMEDIATE Bent over rows (backpack)	4 x 14	Keep feet firmly planted in to the ground for stability	
ADVANCED Bent over rows (backpack)	4 x 14 (with 3 second eccentric)	Ensure quality of movement throughout	

B3: Core variation

Exercise	Sets x reps	Notes	Demo
BEGINNER Tuck crunch	4 x 12	Brace core to initiate the movement	
INTERMEDIATE Tuck crunch	4 x 14	Fully extend legs and arms at start of movement	
ADVANCED Tuck crunch	3 x 14 (with 3 second eccentric)	Full range of movement throughout tempo	

C. Finisher: Tabata style push up challenge

Exercise	Sets x reps	Notes	Demo
Push up	8 x 0:20 on/0:10 off. Track reps each set.	If press ups are too challenging, regress to on knees. Consistency is key: you should be able to hold the same reps in set 1 and 8.	