



At-home Strength Cycle 10

A1. Walking lunges (with backpack), 3 sets x 30 reps

One set consists of:

10 lunges each leg overhead (backpack held at arms' length overhead)

10 lunges each leg at chest (backpack held at chest in bearhug)

10 squats with 2 sec pause in bottom position (backpack held at chest in bearhug)

A2. Towel/stick pulldown, with 2 sec hold at bottom, 3 sets x 12 reps



Hold feet off floor to create more tension. Pull towel or stick down to top of chest and hold.

B1. Towel/stick overhead squat, 3 sets x 10 reps [option: down for 4, up for 1]



Hold towel/stick in a wide grip. As you descend, hold towel slightly behind head – in the same position as the bar in the picture above.



B2. Hamstring bridge hold, 3 sets x 20 seconds each leg



Keep leg almost straight (slight bend at knee). Push down through heel; feel tension in back of thigh.

B3. Chair/wall tricep extension, 3 sets x 8-12 reps



In the bottom position, elbows point towards the floor, head between arms. Note: this is not the same as a narrow grip push up.

To make this slightly easier, pike your body so that your butt sticks up in the air:



This exercise can also be done with forearms against a wall.



C1. Plank pull through, 3 sets x 10 reps each side

C2. Backpack sit ups, 3 sets x 12-5 reps

D. Finisher: World's Greatest Stretch with push up - add a push up each time

Perform the 'world's greatest stretch' each side, then do a push up. Repeat, adding a push up each time. Continue without stopping for as many rounds as possible.

