



At-home Strength Cycle 11

A1. Paused split squat (3 secs) + split squat x3, x3 times each leg (12 reps in total) x 3 sets

Do a split squat with a 3 sec pause in the bottom, followed by 3 normal split squats. Repeat this sequence 3 times, for a total of 12 reps. Repeat on other leg. This is one set.

A2. Hollow body pulldown (towel/stick) x 8-12 reps x 3 sets



In the hollow body position, hold a towel or stick at arms' length overhead. Pull the towel/stick down towards chest as if you were doing a lat pulldown. Note: keep the stick close to the body by bending the arms as you pull down, don't keep arms straight.

Circuit – perform 5 sets of the following 4 exercises:

B1. Side lying clam raise x 10 reps each side





B2. Shoulder push up x 10 (option: feet/knees on sofa)



B3. Staggered stance romanian deadlift x 10 reps each side



B4. Prone V raise x 15 reps

Finisher: Bear Crawl, Every Minute On the Minute for either 30/40/50 seconds x 4 minutes

Set a timer for 4 minutes. At the start of each minute, work for the desired number of seconds and rest for the remainder of the minute.