



At-home Strength Cycle 12

A1. Paused tempo squats 4-3-2-1 (down for 4, hold for 3, up halfway for 2, down for 1), 3 sets x 10 reps
[option: holding backpack]

A2. Lateral shoulder raise, 3 sets x 10 reps each side

Start in a forearm plank position. On the working side, lift the arm and twist the body through 90 degrees to the position in the picture below. With the arm that is still in contact with the floor, push into the floor and keep shoulder stable.



Circuit - 5 rounds:

B1. Squat and reach overhead x 10 reps



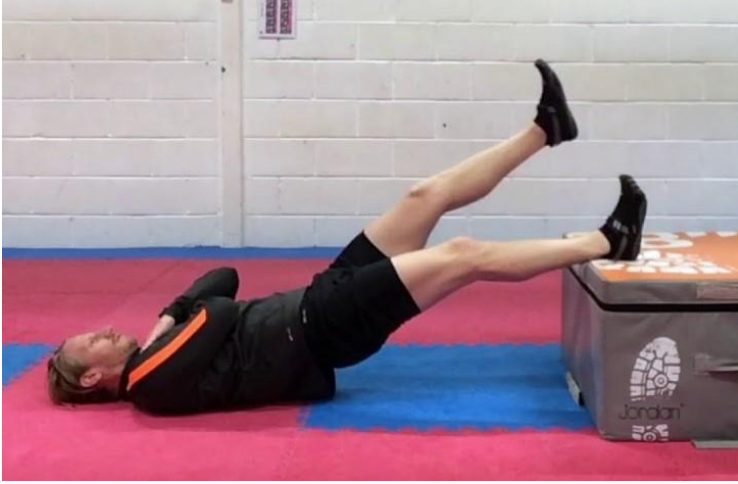
B2. Push ups x 10

B3. Side plank leg lift x 10 reps each side



B4. Hamstring bridge x 10 reps each leg

Heel on sofa/chair, leg is almost straight but with a slight bend at the knee.



C Finisher: backpack thruster EMOM (Every Minute On the Minute) for 4 minutes

Hold a backpack at chest height, squat down and drive up, pushing the backpack overhead to arms' length

Moderate: 30 secs

Challenging: 40 secs

Beast mode: 50 secs