



## Strength Cycle 12

### Home workout: Thurs 28 May


#### A1: Hip hinge variation

| Exercise                                | Sets x reps                           | Notes  | Demo  |
|---|---------------------------------------|--|---|
| BEGINNER<br>Overhead squat              | 4 x 10                                | Send hips back to initiate the movement                      |  |
| INTERMEDIATE<br>Backpack overhead squat | 4 x 12                                | Keep chest up & shoulders back & down. Squeeze glutes at top |   |
| ADVANCED<br>Backpack overhead squat     | 4 x 12 (with 3 second hold at bottom) | Stay active in the hold                                      |   |


#### A2: Core activation variation

| Exercise                                     | Sets x reps | Notes  | Demo  |
|--|-------------|--|---|
| BEGINNER<br>Plate step up plank position     | 4 x 15      | Brace core & squeeze glutes throughout movement      |  |
| INTERMEDIATE<br>Plate step up plank position | 4 x 20      | Keep arms straight throughout                        |   |
| ADVANCED<br>Plate step up plank position     | 4 x 30      | Keep active core throughout- don't collapse into it! |   |

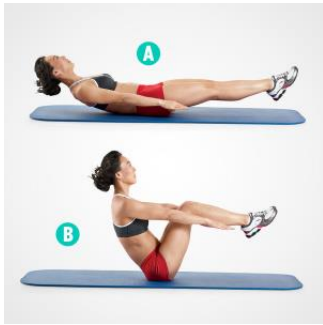
#### B1: Hip hinge variation

| Exercise                        | Sets x reps | Notes  | Demo   |
|---------------------------------|-------------|--|--|
| BEGINNER<br>Backpack swings     | 4 x 15      | Initiate movement by sending hips back               |  |
| INTERMEDIATE<br>Backpack swings | 4 x 20      | Squeeze glutes at top of the movement                |  |
| ADVANCED<br>Backpack swings     | 4 x 30      | Keep feet firmly screwed in to the ground throughout |  |


## B2: Upper body variation

| Exercise                             | Sets x reps                         | Notes  | Demo   |
|--------------------------------------|-------------------------------------|--|--|
| BEGINNER<br>Backpack floor press     | 4 x 12                              | Brace core/lats, keep elbows tight to chest        |  |
| INTERMEDIATE<br>Backpack floor press | 4 x 14                              | Fully extend arms at top & add weight if necessary |  |
| ADVANCED<br>Backpack floor press     | 4 x 14<br>(with 3 second eccentric) | Stick to the tempo & maintain tension              |  |

## B3: Core variation

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

## C. Finisher: Core challenge

| Exercise   | Sets x reps                                      | Notes   | Demo  |
|------------|--|---|---|
| Plank hold | Accumulate 4 min hold in as few sets as possible | Track shoulders over wrists & brace core. Maintain tension by squeezing glutes throughout. Keep neutral spine & don't round back. |  |