



At-home Strength Cycle 7

Legs, back and core

BLOCK 1: Perform each exercise back to back, then rest for 30-60 seconds. Repeat for 3 rounds.

A1: Cossack squat

Exercise	Sets x reps	Notes	Demo
Cossack squat	3 sets x 12 reps, alternating		

A2: Side lying clam raise

Exercise	Sets x reps	Notes	
BEGINNER Side lying clam	3 sets x 12 reps each side	With legs bent at 90 degrees and feet together, lift knee and rotate outwards. Targets glute medius (outer side of hip)	
INTERMEDIATE Side lying clam raise	3 sets x 12 reps each side	With legs bent at 90 degrees, lift hip off floor and open upper leg up and outwards. Tip: when you lift up, press the lower knee into the floor for a stronger contraction.	
ADVANCED Hold at the top of the rep for 3 seconds	3 sets x 12 reps each side, with 3 sec hold		As above



A3: Paused Push up

Exercise	Sets x reps	Notes	Demo
BEGINNER Kneeling or hands elevated	3 sets x 8-12 reps, with pause for 2 in bottom position	Keep core braced	
INTERMEDIATE / ADVANCED Push up	3 sets x 8-12 reps, with pause for 2 in bottom position	Start with a variation that you can only do around 5-10 reps with, then drop down to the next easiest variation to complete the 15 reps	

BLOCK 2 – B1, B2 & B3. Perform each exercise back to back, then rest for 30-60 seconds. Repeat for 3 rounds.

B1: Split squat variation

<i>BEGINNER</i> Split squat	3 sets x 10-12 reps on each leg	In the bottom position, front shin should be vertical, so knee in line with ankle.	
<i>INTERMEDIATE</i> Rear foot elevated split squat	3 sets x 12 reps each leg (tempo option: down for 3, up for 1)	Rear foot on chair or sofa or low box. It's fine for the front knee to bend out past the foot. Think about sitting <i>back</i> into the split squat.	
<i>ADVANCED</i> Tempo rear foot elevated split squat	3 sets x 10-12 reps each leg Lower for 3, Up for 3	Rear foot on chair or sofa or low box. It's fine for the front knee to bend out past the foot. Think about sitting <i>back</i> into the split squat.	



B2: Supermans

Exercise	Sets x reps	Notes	Demo
Supermans	3 sets x 12 reps	<p>Raise arms and feet off floor</p> <p>Advanced: hold for 2 secs at the top</p>	

B3: Aleknas

Exercise	Sets x reps	Notes	Demo
Aleknas	3 sets x 12 reps	<p>Keep lower back in contact with the floor</p> <p>Advanced: add a crunch at the top of the movement</p>	

C1: Divebomber push up

Exercise	Sets x reps	Notes	Demo
Divebomber push up	<p>BEGINNER: 3 sets x 5 reps</p> <p>INTERMEDIATE: 3 sets x 10 reps</p>		



C2. Squat

Exercise	Sets x reps	Notes	Demo
Squat	3 sets x 20 reps		