



At-home Strength Cycle 7

Legs, shoulders and core

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

A1: Paused tempo squats

| Exercise | Sets x reps | Notes | Demo |
|----------------------------|---|---|------|
| Squat with a 4-3-2-1 tempo | 3 sets x 12 reps <i>For beginners, reduce reps</i> | Tempo: down for 4, pause at bottom for 3, up halfway for 2, down for 1 – then stand | |

A2: Shoulder push ups

| Exercise | Sets x reps | Notes | Demo |
|---|------------------|---|------|
| BEGINNER Kneeling on sofa | 3 sets x 12 reps | Tuck head between arms | |
| INTERMEDIATE Shoulder push up on floor | 3 sets x 12 reps | The closer the hands are to the feet, the harder the movement | |



| | | | |
|--------------------------------------|-------------------------|--------------------------------------|---|
| <p>ADVANCED Shoulder push up</p> | <p>3 sets x 12 reps</p> | <p>Keep head tucked between arms</p> |  |
|--------------------------------------|-------------------------|--------------------------------------|---|

A3: Prone V raise

| | | | |
|-----------------------------|-------------------------|--|---|
| <p><i>Prone V raise</i></p> | <p>3 sets x 12 reps</p> | <p>Keep shoulder blades pulled down and squeeze to lift arms</p> |  |
|-----------------------------|-------------------------|--|---|

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

B1: Staggered stance Romanian deadlift

| Exercise | Sets x reps | Notes |  |
|---|-----------------------------------|---|---|
| <p>Staggered stance Romanian deadlift</p> | <p>3 sets x 12 reps each side</p> | <p>Focus on pushing bum back and up, to stretch hamstring</p> | |



B2: Clock circuit

| Exercise | Sets x reps | Notes | Demo |
|-------------------------------|--|--|---|
| BEGINNER Clock circuit | 3 sets x 10 reps each side | Tap the floor in each position and return to the centre each time | See video: https://youtu.be/Lyz3rmDINR8 |
| INTERMEDIATE Clock circuit | 3 sets x 10 reps each side | Tap the floor in each position <i>without</i> touching the floor in between taps | |
| ADVANCED Clock circuit | 3 sets x 10 reps each side, with 3 sec hold | As above, and bend the supporting leg as low as possible | |

B3: Bear crawl

| Exercise | Sets x reps | Notes | Demo |
|------------|---|--|---|
| Bear crawl | 3 sets x BEGINNER: 10 reps INTERMEDIATE: 15 reps ADVANCED: 20 reps | One rep is when all 4 limbs move once. Keep hips low. |  |

BLOCK 3 – C1 & C2. Perform each exercise back to back, then rest for 30-60 seconds. Repeat for 3 rounds.

C1: Triceps dips variation

| Exercise | Sets x reps | Notes | |
|---------------------------------------|-------------|--|---|
| BEGINNER Chair dips with bent legs | 3 x 10-12 | Keep elbows in & tight to activate triceps Keep bum close to chair on the way down |  |
| INTERMEDIATE Chair dips | 3 x 12-15 | Squeeze bum, keep hips up to maintain tension Keep bum close to chair on the way down |  |



| Exercise | Sets x reps | Notes | |
|------------------------|------------------------------------|---------------------------------------|--|
| ADVANCED Chair dips | 3 x 12-15 (with 3 second lowering) | Stick to the tempo & maintain tension | |

C2: Renegade row and press

| Exercise | Sets x reps | Notes | |
|---|--------------------------------|---|--|
| BEGINNER Renegade row | 3 sets x 12 reps (6 each side) | Set up with feet wider apart than hands for balance | |
| INTERMEDIATE Renegade row with reach | 3 sets x 12 reps (6 each side) | Row with one arm then rotate and reach up with the same arm | |
| ADVANCED Renegade row with push up and reach | 3 sets x 12 reps (6 each side) | Add a push up between every rep | |