


## Home workout: Thurs 20 April


### Warm up

- Arm circles forward and back
- PNF shoulder stretch - 5 each side
- Prisoner squat
- Prisoner hip hinge
- Standing adductor stretch
- Split squat - 5 each side
- Single leg glute bridge - 10 each side


### A1: Hip hinge variation

Exercise	Sets x reps	Notes	Demo
BEGINNER Glute bridge ups	4 x 12	Squeeze glutes & send hips high as possible	
INTERMEDIATE Glute bridge backpack press	4 x 14	Keep elbows tight to body & fully extend arms at top of rep	
ADVANCED Glute bridge backpack press	4 x 14 (with 3 second eccentric)	Full range of movement	


### A2: Hip hinge variation

Exercise	Sets x reps	Notes	Demo
BEGINNER Body weight squat	4 x 20	Track knee over toes. Control knee position	
INTERMEDIATE Backpack squat	4 x 20	Keep chest up & initiate movement by sending hips back	
ADVANCED Backpack squat	4 x 20 (with 3 second hold at bottom)	Full range of movement	


### B1: Lat work variation

Exercise	Sets x reps	Notes	Demo
BEGINNER Prone I, T, Ys	3 x 8	Keep feet on floor & squeeze lats as move arms	
INTERMEDIATE Prone I, T, Ys	3 x 10	Squeeze bum throughout to maintain tension	
ADVANCED Prone I, T, Ys	3 x 10 (with cans for weight)	Maintain quality movement throughout	

### B2: Core stability variation

Exercise	Sets x reps	Notes	Demo
BEGINNER Hollow rocks with legs & arms tucked	3 x 12	Glue lower back to floor & small rocks so that keep tension in core	
INTERMEDIATE Hollow rocks with arms tucked	3 x 14	Extend legs, point toes & squeeze quads to keep tension	
ADVANCED Hollow rocks	3 x 14	Brace core throughout to maintain tension	

### B3: Push up variation

Exercise	Sets x reps	Notes	Demo
BEGINNER Push up	3 x 10	Keep core/glutes tight & elbows close to body	
INTERMEDIATE Spiderman push up	3 x 12	As lower body towards floor, lift foot & swing leg out sideways so touch knee to elbow	
ADVANCED Spiderman push up	3 x 12 (with 3 second eccentric)	Full range of movement throughout tempo	

### C. Finisher: Plank challenge

Exercise	Sets x reps	Notes	Demo
(Reverse) plank	60 second hold x 4 sets.  Rest 60 seconds between each set.	If reverse planks are too challenging, regress to plank.  Keep core/glutes tight. Send hips up high & push away from the floor.	