



At-home Strength Cycle 14

Buy-in block

A1. Reverse lunge to squat, 3 sets x 10 reps (5 lunges each side, alternating)

Reverse lunge with right leg, bring leg forward into squat position and squat, then reverse lunge on the left leg, and step leg forward into squat position.

See video at <https://youtu.be/3ROuReVpV74>

A2. Skydiver back raise, hold for 3 secs, 3 sets x 10 reps

Lying face down, lift arms and legs and hold for 3 secs.

Main block 1

B1. 1 ½ squats, 3 sets x 12 reps each leg [option: holding weighted backpack]

B2. T push ups, 3 sets x 12 reps (6 reaches each side)



B3. IYT raises, 3 sets x 10 reps





Main block 2

C1. Single leg deadlift, 4 sets x 8 reps each side



C2. Side lying clam raise, 4 sets x 10 reps each side



C3. Hollow body pulldown, 4 sets x 12 reps



Hold a long towel or stick in the hollow body position and 'pull' it down to sternum