



## At-home Strength Cycle 14

### Movement preparation block

#### A1. Tempo squat (down for 3, up for 1), 3 sets x 12 reps

Normal bodyweight squat with slow tempo on the way down.

#### A2. Scapula push ups, 3 sets x 12 reps

Keep arms locked, move scapulae only



### Main block 1

#### B1. Pistol squat/single leg squat to sofa, 3 sets x 10 reps each leg

#### B2. Push up plus (aka serratus push ups), 3 sets x 8-12 reps

Do a push up as normal, then at the top, continue pushing through into a rounded upper back position while driving hands into the floor. The aim is to protract the shoulder blades as much as possible.

Position should be the same as the top of the scapula push up shown above.

#### B3. Forearm plank row [option: with 3 sec hold at top], 3 sets x 12 reps (6 each side)

Like a renegade row but from a forearm plank position.



## Main block 2

### C1. Prone towel pulldown, 3 sets x 12 reps



### C2. Glute bridge, foot elevated [option: 2 secs up, 2 sec hold, 2 secs down], 3 sets x 10 reps each side



## Finisher

### D: High-low plank tabata (20 secs work, 10 secs rest x 8 rounds)

Keep the plank position as steady as possible as you move up and down. Set up with feet slightly wider than hands, to assist with stability.

