



At-home Strength Cycle 15

Movement preparation block

A1. Cossack squat, 2 sets x 10 reps (5 each side, alternating)



A2. Scapula push ups, 2 sets x 10 reps

Keep arms locked, move scapulae only



Main block 1: AMRAP 15 mins (as many rounds as possible)

B1. Rear foot elevated split squat [option: lower for 3] x 10 reps each side

B2. Push up plus (aka serratus push up) x 10 reps

Push up and then protract shoulder blades at the top of the movement so that upper back is rounded



B3. Prone V raise x 12 reps



Main block 2: AMRAP 10 mins (as many rounds as possible)

C1. Backpack swing, 15 reps

As with kettlebell swing, hinge from the hips and allow backpack to swing between legs (*bottom position*). Then thrust hips forwards to swing the bag to chest or eye level (*top position*). Legs are straight in this position, glutes contracted.

Note: Arms *don't* have to be straight, especially if backpack is close to hitting the floor!

Bottom position

Top position



C2. Copenhagen plank x 10/20/25 secs x 2 reps each side

This exercise targets the adductors and core, so ensure you feel this along the inner thigh of the upper leg. Keep body in straight line.

Advanced: Copenhagen plank

Beginner: with assistance from lower leg on floor





C3. Skydivers (aka supermans) x 12



D1. Leg lowers x10



D2. Glute bridge march x20 (10 each side) – option: holding backpack with arms outstretched

'March' legs while holding a glute bridge position