


Home workout: Thurs 25 June


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 Single leg chair squat | 3 x 10 each side | Send hips back to initiate movement |  |
| INTERMEDIATE Single leg chair squat | 3 x 12 each side | Engage core for balance, chest up & engage quads | |
| ADVANCED Pistol squat | 3 x 12 each side | Maintain tension throughout the movement | |


A2: Core activation variation

| Exercise | Sets x reps | Notes | Demo |
|-----------------------------------|-------------|---|---|
| BEGINNER Mountain climbers | 3 x 20 | Shoulders track over knuckles - drive knee to elbow |  |
| INTERMEDIATE Mountain climbers | 3 x 30 | Keep shoulders stacked over wrists throughout | |
| ADVANCED Mountain climbers | 3 x 40 | Full range of movement for all reps | |


B1: Core activation variation

| Exercise | Sets x reps | Notes | Demo |
|------------------------------|--------------------------|---|---|
| BEGINNER Tuck hollow hold | 4 x 0:30 | Glue lower back to floor & maintain core tension |  |
| INTERMEDIATE Dead bugs | 4 x 12 | Extend opposite arm & opposite leg, keeping tension | |
| ADVANCED Dead bugs | 4 x 12 (with 3 sec hold) | Keep tension in full extension hold | |


B2: Glute & upper body activation variation

| Exercise | Sets x reps | Notes | Demo |
|---|----------------------------------|---|---|
| BEGINNER Glute bridge ups | 4 x 14 | Squeeze glutes & send hips high as possible |  |
| INTERMEDIATE Glute bridge backpack press | 4 x 16 | Keep elbows tight to body & fully extend arms at top of rep | |
| ADVANCED Glute bridge backpack press | 4 x 16 (with 3 second eccentric) | Full range of movement | |

B3: Push up variation

| Exercise | Sets x reps | Notes | Demo |
|-----------------------------------|----------------------------------|--|---|
| BEGINNER Push up | 3 x 12 | Keep core/glutes tight & elbows close to body |  |
| INTERMEDIATE Spiderman push up | 3 x 14 | As lower body towards floor, lift foot & swing leg out sideways so touch knee to elbow | |
| ADVANCED Spiderman push up | 3 x 14 (with 3 second eccentric) | Full range of movement throughout tempo | |

C. Finisher: Lunge challenge

| Exercise | Sets x reps | Notes | Demo |
|------------------|--|---|---|
| (Jumping) lunges | Max repeatable reps x 4 sets. Rest 60 seconds between each set. | If jumping lunges are too challenging, regress to lunges. Keep chest up, core/glutes tight. Explode up in the jump for full range of motion. |  |