



## At-home Strength Cycle 15

### Movement preparation 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. Scapula push ups, 3 sets x 12 reps**

Keep arms locked, move scapulae only



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

#### **B1. Chair step ups [option: lower for 3] x 10 reps each side**

#### **B2. Chair tricep extensions x 10 reps**

*Advanced: body in plank position*

*Intermediate: body in pike position*



*Beginner: chair dips*



See video: <https://youtu.be/MYw-v1WQgEk> - use back of chair instead of bench

**B3. Plank knee to opp elbow [options: bicycles], 12 reps (6 each side)**

Note: this is a core crunch movement, so ensure that you are using the abs to 'pull' the knee towards the opposite elbow

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

**C1. Backpack bent over row, 15 reps**

Hold a weighted backpack and row to waist. Keep shoulders down and drive elbows to ceiling.

**C2. Backpack seated overhead press x 10-12 reps**

Sit on the floor with legs outstretched, and press backpack overhead. At the top of the movement, shift head 'through the window' of the arms, so head is momentarily directly underneath backpack.

**C3. T push up x 8 reps each side**



**C4. Prone V raises x 10 reps**