


## Home workout: Thurs 2 July


### 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 Pause air squat	3 x 10 with 6 sec hold @ bottom	Send hips back to initiate movement	
INTERMEDIATE Pause air squat	3 x 12 with 8 sec hold	Keep hold active- chest up & engage quads	
ADVANCED Pause air squat	3 x 14 with 8 sec hold	Stick to the tempo & maintain tension	


### A2: Core activation variation

Exercise	Sets x reps	Notes	Demo
BEGINNER Plate step up plank position	3 x 20	Brace core & squeeze glutes throughout movement	
INTERMEDIATE Plate step up plank position	3 x 25	Keep arms straight throughout	
ADVANCED Plate step up plank position	3 x 35	Keep active core throughout- don't collapse into it!	


### B1: Core activation variation

Exercise	Sets x reps	Notes	Demo
BEGINNER Hollow hold (tuck)	4 x 0:45	Glue lower back to floor & brace core	
INTERMEDIATE Hollow hold	4 x 1 min	Point toes to activate quads	
ADVANCED Hollow hold	4 x 1 min 15 secs	Keep tension by making sure core is active throughout hold	

### B2: Quad activation variation

Exercise	Sets x reps	Notes	Demo
BEGINNER Wall sit hold	4 x 0:45	Press lower back in to the wall	
INTERMEDIATE Wall sit hold	4 x 1 min	Make sure at 90 degree hold	
ADVANCED Wall sit hold	4 x 1 min 15 secs	Brace core to help maintain quality hold throughout	

### B2: Lat engagement variation

Exercise	Sets x reps	Notes	Demo
BEGINNER Bent over rows (broom)	4 x 14	90 degree hinge from the hip & engage lats throughout	
INTERMEDIATE Bent over rows (backpack)	4 x 16	Keep feet firmly planted in to the ground for stability	
ADVANCED Bent over rows (backpack)	4 x 16 (with 3 second eccentric)	Ensure quality of movement throughout	

### C. Finisher: Core challenge

Exercise	Sets x reps	Notes	Demo
Plank hold	60 seconds x 4. Rest 60 seconds	Track shoulders over wrists & brace core. Maintain tension by squeezing glutes throughout. Keep neutral spine & don't round back.	