



At-home Strength Cycle 16

Movement preparation block

A1. Dirty Dogs, 3 sets x 10 reps

Start in a plank position and push hips towards the ground into a cobra stretch. Then push hip up into a down dog position, and touch each toe with the opposite hand. This is one rep.

See video at <https://youtu.be/XJfm2NtgrKs>

A2. Glute march, 3 sets x 10 reps each leg

Hold hips up in a glute bridge position. Alternately lift each leg in a 'marching' movement, aiming to keep the hips up throughout.

See video at: <https://youtu.be/rXAbcneAr3I>

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

B1. Staggered stance squat x10 reps each leg

Advanced option: slow tempo, down for 5, up for 1

B2. Side plank dips x12 each side

Advanced option: with leg raise on each rep



B3. Front Leaning Rest hold

Beginner: 30 sec hold

Intermediate 45 sec hold

Advanced 60 sec hold



Keep shoulders stacked over wrist, glutes and abs contracted. To increase the challenge, shift the weight off your feet by going up on your toes, putting more weight on your arms and shoulders.



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

C1. Narrow grip push ups x10-12

Narrow grip requires more triceps than normal grip.

Advanced option: diamond push ups (feet elevated for beast mode!)

C2. Single leg deadlift x 10 each side

Beginner: staggered stance deadlift

Advanced option: slow tempo 3 sec eccentric (hinge), up for 1

Finisher

D: Backpack floor to overhead, 45 sec on/15 sec off x 4 rounds