

## Strength & Conditioning at Home

**It is very important to keep the correct form throughout these exercises – if you can, perform them in front of a mirror so you can check your position from time to time.**

### Warm-up

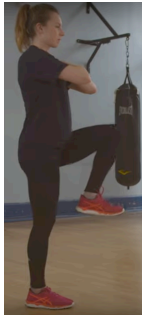
- 10 minutes warm-up - run on the spot, add in 10 to 20 reps of side to side steps raising arms to meet above the head and pull elbows back down towards the waist as you step side to side. Or 10 minutes spin on the turbo or walk/jog.
- The exercises demonstrated by British Triathlon have a link to a You Tube video so you can see how to perform them correctly.
- Complete as a circuit 12-15reps of each exercise, x3 sets
- The progressions for each exercise are in the video clips.

### 1. Double Leg Squat – start with the second exercise in the clip – bodyweight squat



- <https://www.youtube.com/watch?v=Ehi7kqMqfkW>
- Weight on your heels
- Keep a flat back as you lower down
- Ensure knees do not extend past your toes
- Slight pause at the bottom of the squat and drive back up through the floor keeping both feet flat on the ground
- 12-15 reps

## 2. Reverse Lunge – start with the first exercise in the clip.



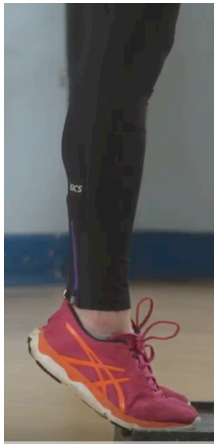
- <https://youtu.be/DINGCpyELqU>
- Lift lead leg up to 90 degrees
- Step backwards so your knee almost touches the ground
- From this position use your lead leg to pull yourself back to the start position
- Keep your body vertical throughout the movement
- 12-15 reps

## 3. Press-ups - if you cant start at the first exercise in the clip you could try starting with kneeling press ups



- <https://www.youtube.com/watch?v=yV3Eq3EINK8>
- Hands under shoulders, slightly further than shoulder width apart, fingers facing forward.
- Keeping back straight, slowly lower chest to floor/box/table
- Drive back up to a fully extended arm.
- Start with as many as you can do keeping good form, up to 15 reps.

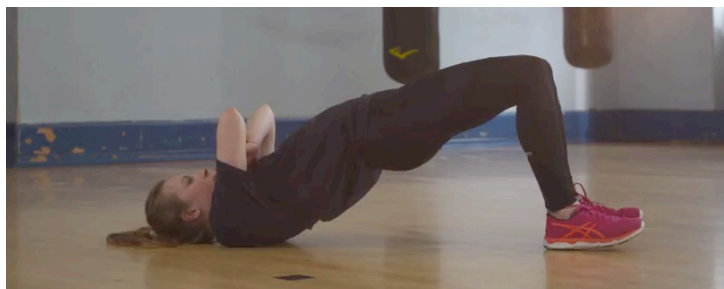
#### 4. Double Leg Calf Raise



- [https://www.youtube.com/watch?v=zVbFql\\_oRbE](https://www.youtube.com/watch?v=zVbFql_oRbE)
- Choose the first exercise on the video
- Keep your knees in a soft position, do not lock out.
- Pay close attention to a smooth controlled movement
- **12-15reps**

#### 5. Double Leg Hip Bridge – choose the first exercise on the clip.

- <https://www.youtube.com/watch?v=l5n4xJKi6GA>
- Feet shoulder width apart, knees bent approx. at 90-degree angle, and weight on your feet
- Drive up through the floor, until you have a straight line from your knees to your shoulders, using your glutes and core. Hold for a count five and return to the floor
- Remember to return to the start position slowly and in control
- **10-15 reps**



## 6. Plank

- Push your weight onto your forearms
- Maintain a straight line from your shoulders to your ankles
- Engage your trunk muscles by pulling your stomach in, sucking in your belly button.
- Hold for 20 seconds – gradually increase the time as you get stronger



**Once you have completed the above circuit of 6 exercises repeat twice more!**

At the end of the 3 circuits remember to stretch out.