

SYtri S&C Sessions at Home

Warm-Up & Cool Down: Warm-up aerobically (rowing, stationary bike/trainer or by running easily) for 5-10 minutes.

Sets: 3-5

Reps: 20-30

Recovery between sets: 60-90 seconds.

Slow to moderate emphasizing perfect form

1. Hip Thrust



- Lie down on your back with knees bent & your feet on the floor.
- Push through your heels to raise your butt and back off the ground, forming a straight line from mid-back to knee.
- Pause for 1sec to squeeze your glutes then slowly lower your back down to the ground.
- You can increase the intensity by completing on a swissball with a weight resting on the pubic bone

2. Plank Row



- Start in a plank position with your shoulders stacked over your wrists and heels over toes.
- Squeeze your lats as you row up alternate arms
- You can increase the intensity by using dumbbells or add a push-up e.g., Push yourself up and down and alternate rowing.

3. Hip Extension + Leg Curl



- Lie on the floor, arms out to the sides, placing your lower legs on a stability ball.
- Push your hips up until your body forms a straight line from shoulders to knees.
- Pull your heels toward you and roll the ball as close as possible to your butt.
- Ensure that you maintain a strong core and do not allow your hips to sag.
- Pause, then roll the ball back until your body is in a straight line again.
- Lower your hips back to the floor and repeat.

4. Bent Over Row



- Using dumb bells or standing on a resistance band, bending forward slightly
- Squeeze your shoulder blades together and lift the dumb bells or band up towards your upper rib. Lower and repeat.

5. Wall Sit



- Place your back against the wall and standing 2 feet away
- Slide down the wall until your legs reach an angle of 90 degrees.
- Your hips and knees would bend at this point, and the back of your head, shoulders and upper back are all against the wall.
- Be mindful that your feet must be flat on the ground and the weight is equally distributed.
- Hold for a target of 60 seconds

6. Elbow Plank



- Start face down on the floor resting on your forearms and knees.
- Push off the floor, rising up off your knees onto your toes and resting mainly on your elbows.
- Engage your abs to keep yourself up and prevent your bum from sticking up.
- Keep your back flat — don't let it sag or you'll be defeating the purpose.
- Aim for 20-30 seconds in the beginning and work your way up to one minute, as you get stronger.

Cool down for 5-10 minutes spinning at 90+ rpm in light gear/resistance.

Don't forget to stretch out afterwards!