

## Home Strength & Conditioning

### Directions:

Start the session with a 10min warm up, either run or bike, 5min easy increasing the intensity during the last 5min before moving on to the exercises below.

If you are new to S&C or it has been a while since you last did a session always start with body weight and the lower number of reps given. It is better to start easy and build than go too hard/heavy at the start and allow the body to adapt rather than end up with an injury.

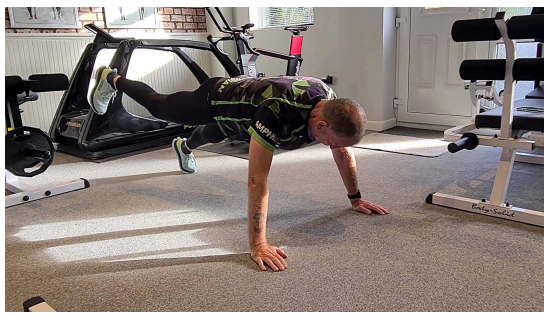
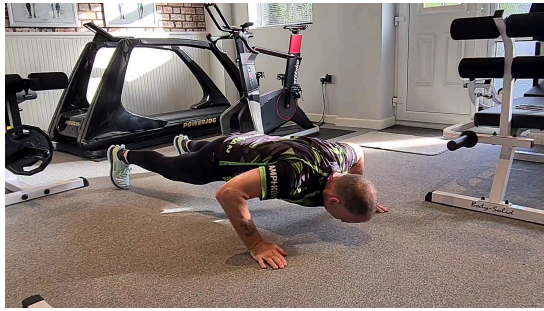
The aim is to take as little rest as you can between each exercise before moving on to the next, resting as long as you need between each set. Look at trying to build to completing a total of 3-4 sets.

### 1. Squat to Overhead Press – 10/12 reps



- Hold a pair of dumbbells next to your shoulders.
- Stand with your feet shoulder-width apart.
- Squat down until the tops of your thighs are parallel to the floor (or as low as you can comfortably go).
- Push your body up from the squat and press the dumbbells directly above your shoulders.
- Your biceps should be by your ears.
- Return the dumbbells to your shoulders as you squat back down & repeat.

## 2. Push-Up with Alternating Leg Raise – 5/10 reps



- When doing push-ups on one leg, your weight is only distributed over 3 points.
- This exercise is especially demanding on your coordination and balance.
- Start as you would with a normal push-up.
- Bend your arms and bring your chest towards the floor.
- Push yourself up again.
- Now lift up one foot and hold it in the air briefly before returning it to the floor then repeat with other leg, this is one rep.

## 3. Forward Lunge with Side Lateral Raise – 10/12 reps



- Hold a pair of dumbbells by your sides, palms in, and assume a staggered stance, left foot forward.
- Lower your body until your left thigh is parallel to the floor.
- Pause, and push back up as you raise the dumbbells out to your sides.
- Lower them as you drop back into a forward lunge, alternating legs.



#### 4. Hip Bridge with Chest Press – 10/12 reps



- Lie on your back (or on a Swissball) holding medium-weight dumbbells directly over your shoulders, arms straight.
- Tighten your abs and squeeze your glutes, raising your butt. This is the start.
- Bend at your elbows and shoulders, lowering the dumbbells until your elbows touch the floor; pause, then straighten your arms. That's 1 rep.
- Repeat

#### 5. Plank Row - 8/10reps



- Assume a plank position with your feet wider than shoulder-distance apart with a dumbbell/kettlebell under your upper chest.
- Grasp the dumbbell/kettlebell with one hand. Inhale and lift the dumbbell/kettlebell to the side of your ribcage with your left hand.
- Exhale to lower and then repeat with the other arm.
- That's one rep.

## 6. Tricep Dip + Crossover – 5/8 reps



- Start in a seated position with straight arms.
- Only moving through the arms, dip down.
- Return to the original position, and then reach one arm to touch the toes of the opposing leg.
- Return to the starting position and complete the movement series on the other side.
- Once you find this easy to do you can progress to doing the dips off a box as below.



## 7. Don't forget to stretch out afterwards!