

BUILDING A STRENGTH PROGRAM 1

Do **set 1** of each exercise in A before resting and starting the second round of A. After 3 rounds, move to B in the same format, then C.

foam roll, stretch, + hip/core warmup encouraged

| CIRCUIT | EXERCISE | SETS/REPS | NOTES |
|---------|--------------------------------|-----------------|---------------------------------|
| A | SLDL | 3 x 8 each side | |
| | legs-up DB chest press | 3 x 10 | core tight |
| | side plank hip lift | 3 x 12 each | |
| | 1/2 kneeling hamstring stretch | 3 x 6 each | breathe, soft knees are allowed |

minimal rest, 3 rounds

| CIRCUIT | EXERCISE | SETS/REPS | NOTES |
|---------|------------------------------------|-------------------|---|
| B | contralateral reverse lunge | 3 x 8 | 90% of weight on front foot arch, weight in opposite arm of front leg |
| | knee + bench supported row | 3 x 10 | broad chest, core tight |
| | overhead – ISO single-leg dead bug | 3 x 10 each | arms stay overhead - alternate legs keeping back flat |
| | 1/2 kneeling quad stretch | 3 x 0:30 per side | can also prop back foot up on a bench or against the wall |

minimal rest, 3 rounds

| CIRCUIT | EXERCISE | SETS/REPS | NOTES |
|---------|-----------------------------|----------------------|--|
| C | alt curl and press | 3 x 8 each side | soft knees |
| | OH triceps extension | 3 x 12 | ribs down/core tight |
| | suitcase march | 3 x 8 steps per side | core tight, chest broad, don't lean, pause with each march |
| | side-lying T spine rotation | 3 x 6 each way | |

minimal rest, 3 rounds

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