

# **Bodyweight Strength Session**



## **Bodyweight Strength Sessions**

The following strength circuit provides a total body workout. Please see the link below for a full video of the listed exercises. Following this are demonstrations of each exercise in picture format.

Please be reminded not to over exert throughout. Please start slowly and ease yourself into each exercise. Please focus on the quality of each exercise as opposed to the speed. The following strength session can be completed 2-3 x times per week.

**[Click here: Bodyweight strength session video demo](#)**

### **Complete 2-3 rounds of**

1. 5-8 Squats
2. 8-10 Hip Hinges
3. 8-10 Shoulder Taps
4. 6-10 Split Squat E/L
5. 10-12 Glute Bridges
6. 10-15 Standing T'S

Please complete 1 round of the General Movement Circuit prior to your strength session. Please refer to the video link for guidance. If you are having any difficulty or have any questions please contact us

If you are unable to complete any of the above exercises, we have plenty of options available that you can do instead. Make sure you return to your checklist and tick the box once you have completed your session.

## Strength Circuit

### 1. Tempo Squats (5-8 reps)

- Start with feet just out side hips in a squat stance
- Reach hands out in front of you
- Initiate the squat through the hips by sitting back and down into the squat.
- You will slow down the movement to a count of 3 seconds down
- Maintain a big chest, with the knees tracking the toes at all times
- Return to starting position by drive the feet through the floor



### 2. Hip Hinges (8-10 reps)

- Start with your feet under hips, with hands on chest
- Break knee slightly & push the hips back, keeping a flat back through the movement
- Feel the tension in the back of the legs
- Stand tall and engage glutes



### 3. Alternating Shoulder Taps (6-10 E/S)

- Start in a push up position
- Brace core, slowly removing one hand and placing it on the opposite shoulder
- Hold for a count of 3 seconds before switching sides
- Attempt to not let the hips 'shift'



### 4. Tempo Split Squat E/L (6-10 E/S)

- Start in a split stance position
- Place your hands on hips
- Slowly sink into your split squat maintaining a strong posture
- Stand back to the starting position using mainly the front leg
- Back heel of leg is off the floor



### 5. Glute Bridge (10-12 reps)

- Start on your back with your feet underneath your knees as seen in picture
- Ensure you tuck under your pelvis prior to starting the movement
- Engage glute's and raise your hips upwards
- Pause for 3 seconds at the top of each repetition
- Control back to the ground



### 6. Standing T'S (10-15 reps)

- Start with feet under hips, with hands on chest
- Break knee slightly & push the hips back, keep a flat back
- Hands start in a 'T' position
- Close up hands together and return to the starting position
- Engage shoulder blades as you open up the chest



For more information including health & wellbeing tips, see the Health & Wellbeing section at [www.activecork.ie](http://www.activecork.ie)