

CultFit Home Workout Week 3

Warmup

Same as last week:

Head nods

Head side-to-side

Rotate core

Sideways reach

Bend forwards

Arm circles

Knee raises

If all this feels OK, you're all set to carry on.

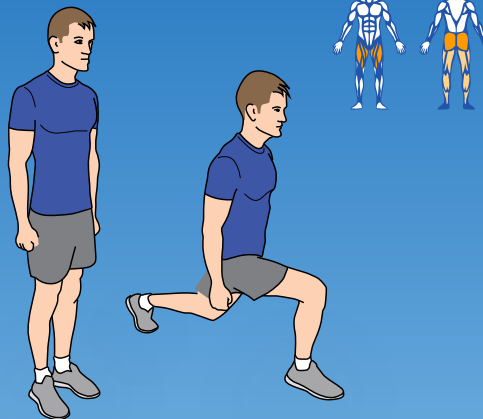


Rest for 30 seconds after each exercise

1

Split Squats

Up to 10 reps

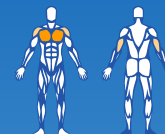


Split squats are like a combination of squats (week 1) and lunges (week 2). Take a big step forward, then keeping your feet in place, lower yourself up and down by bending at the knee. Repeat on both sides.

2

Slow Lowering Pushups

Up to 10 reps
Like regular pushups, but focus on lowering down in a controlled manner



EASY

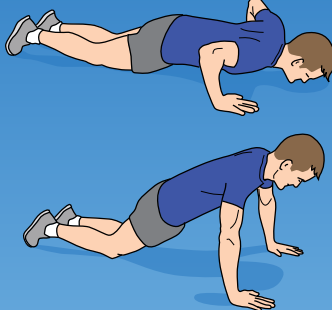
Wall push-ups



Lean against a wall with hands shoulder-width apart. Push away from the wall until you are standing upright, then lower yourself **slowly** back.

HARDER

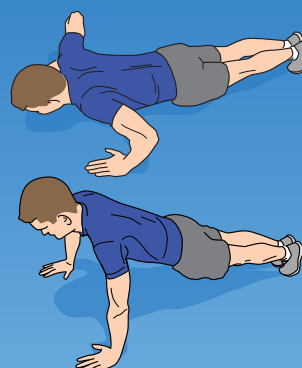
Half push-ups



Lie face-down on the floor with hands either sides of your shoulders, palms down. Push up, keeping your knees on the floor and lower **slowly** back down.

HARDEST

Full push-ups

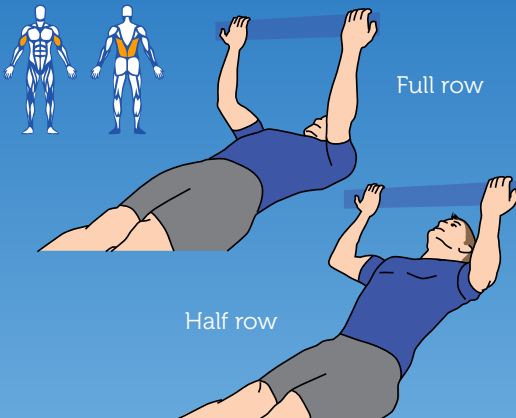


Lie face-down on the floor with hands either sides of your shoulders, palms down. Push up, keeping your body in a straight line and lower **slowly** back down.

3

Inverted row

Up to 10 reps

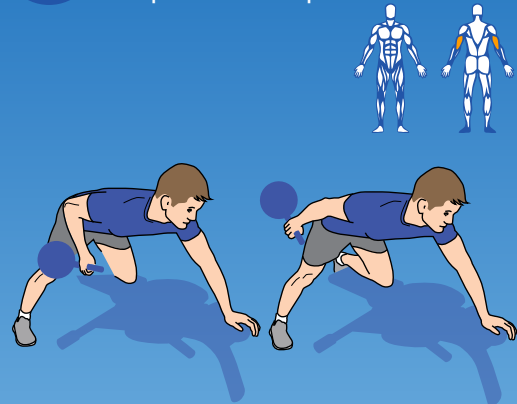


Lie under a table **that can take your weight**, and grip the edge of the table with both hands. Then lift yourself up keeping your feet on the floor and body aligned. For an easier alternative keep your lower half on the floor and just raise your upper half.

4

Kickbacks

Up to 10 reps

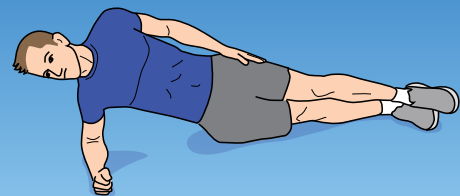
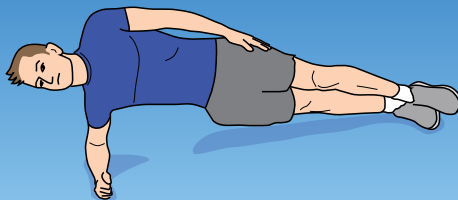
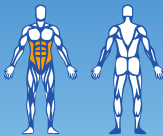


Place one hand on a chair and bend forward at the hips, keeping your back straight. Hold a saucepan in one hand and straighten your arm keeping your elbow at your side, so that the pan points upwards. Lower it slowly down again.

5

Side plank with hip dips

Up to 30 seconds, each side



Lie sideways, resting on your elbow and feet, and raise your hips up and down.

AND REPEAT

Save this workout to Reps & Sets so you can log it on your iPhone or Apple Watch

Reps & Sets is a free gym logging app designed by Cult of Mac fitness writer, Graham Bower

Visit: reps.io/pftP