

General Notes:

- Check out my 5 tips for maintaining or improving strength from home by [clicking here](#)
- From the options table choose relevant exercises and try to choose different exercises every other workout.
- Each exercise has a video if you click on it.
- Try to find a way of adding load to some exercises from the suggestions below.
- Keep a diary or journal of your sessions

Strength Session Template

Order	Exercise	Sets	Reps	Notes	
1	Squat Option	3-5	5-12	Choose a squat option that is hard enough or you can load to only complete 5-12 reps	
2	Deadlift Option	3-5	5-12	Choose a deadlift option that is hard enough or you can load to only complete 5-12 reps	
3a	Superset	Upper Pull Option	3-5	5-12	Choose an option that is hard enough or you can load to only complete 5-12 reps
3b			Core Option	30-60s	Choose an exercise and perform static hold or slow controlled reps for the time
4a	Superset	Upper Push Option	3-5	5-12	Choose an option that is hard enough or you can load to only complete 5-12 reps
4b			Core Option	30-60s	Choose an exercise and perform static hold or slow controlled reps for the time
5	Any Lower Option	1	AMRAP	Choose a bodyweight or easier option and perform as many reps as possible (AMRAP)	
6	Any Upper Option	1	AMRAP	Choose a bodyweight or easier option and perform as many reps as possible (AMRAP)	

Options

Squat	Deadlift	Upper Push	Upper Pull	Core	Ideas for Loading / Adding Resistance
Goblet Squat	RDL	Pressup	Single Arm Row	Plank	Rucksack filled w/ water bottles or heavy books
Reverse Lunge	Split Stance RDL	Pressup with Feet Elevated	Inverted Row	Side Plank	Kettlebell
RFE Split Squat	RFE SL RDL	Pike Pushup with Feet Up	Chinup	Deadbug	Dumbbell
FFE Split Squat	Good Morning	Pike Pushup	Bent Over Row	Aleksa	Bodyweight
SL Box Squat		Handstand Pushup	Chin Up Eccentric	Birddog	Sandbag
RFE Split Goblet Squat		SA HK DB Press		Shoulder Tap	Slamball
				Suitcase march	Bag for life filled with heavy objects