



## CYCA at Home Workout Plan – Advanced

Exercise Name	Reps	Sets
BLOCK ONE		
3-Way Squat	15	4
Lunges with knee drive	12 each side	4
Hamstring Walk Outs	12 each side	4
Bulgarian Split Squat	12 each side	4
BLOCK TWO		
Elevated Pushup	15	4
High-Low Plank	12 each side	4
Tricep Dips Pulse - Straight Leg	15	4
Inchworm Push	15	4
BLOCK THREE		
Double Leg Jump-In	20	4
Side Plank Rotation	10 each side	4
Straight Leg Sit-up	20	4