

CultFit Home Workout Week 4

Warmup

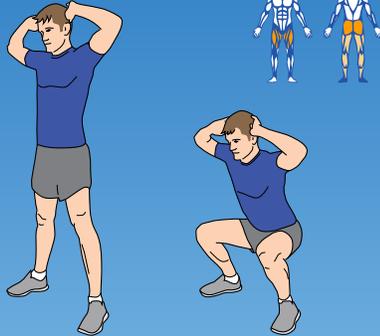
Same as last week: **Head nods, Head side-to-side, Rotate core, Sideways reach, Bend forwards, Arm circles, Knee raises.**
If all this feels OK, you're all set to carry on.

1

Superset: Prison Squats & Pushups

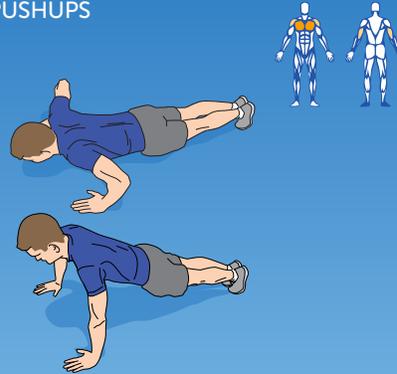
Do up to 10 prison squats, then immediately do up to 10 pushups

PRISON SQUATS



Stand with feet shoulder-width apart and your hands touching your temples. Keeping your back straight, lower yourself down by pushing your hips back and bending your knees. Push up to the start position again.

PUSHUPS



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 back down. For an easier option do half or wall pushups: see week 1 for details.



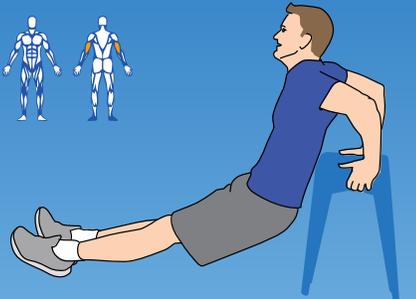
Rest for 30 seconds

2

Superset: Dips & Inverted Row

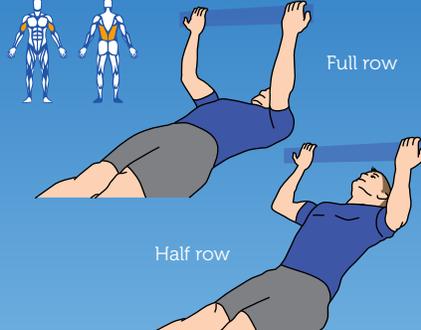
Do up to 10 dips, then immediately do up to 10 inverted rows

DIPS



Stand facing away from a chair or other stable surface. Hold the surface firmly with both hands and slowly lower yourself by bending at the hips and elbows. Then push back up. Use a higher surface to make this easier.

INVERTED ROW



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.



Rest for 30 seconds

3

Crunches Up to 10 repetitions



Lie on a mat, on your back, touching your temples, with your knees bent at 90° and both your feet on the mat.

Curl your torso upwards raising your head and shoulders off the mat, while keeping your hips on the mat. Slowly lower back down and repeat.

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/pftU

Illustrations by Graham Bower