

Advanced Trainee

**Jump Squats SS Glute Bridges (for glute bridges put your shoulder blades on a bench, drop your hips slightly than thrust up): 15 Reps Each
3 Rounds: 30 Second Rest Between Each Round**

BB Back Squats: Tempo 4:0:1: 8X8: 60 sec rest

Leg Extensions: 12: 4:0:1 Tempo

SS

Walking DB Lunges: 15

SS

Heels Elevated Bodyweight Squats: 25 Reps

4 Rounds: 45-60 sec rest between each round

DB Stiff Leg Deadlifts: Tempo 4:0:1: (Heavy): 6X6: 90 sec rest

Leg Curls: 10 Reps

SS

Duck Press: 10 Reps

SS

Deadlifts: 10 Reps

3 Rounds: 75-90 sec rest between each round

Beginner Trainee

**Jump Squats SS Glute Bridges (for glute bridges put your shoulder blades on a bench, drop your hips slightly than thrust up): 15 Reps Each
3 Rounds: 30 Second Rest Between Each Round**

BB Back Squats: Tempo 4:0:1: 4X6: 60 sec rest

Leg Extensions: 10: 4:0:1 Tempo

SS

Walking DB Lunges: 12

SS

Heels Elevated Bodyweight Squats: 15 Reps

3 Rounds: 45-60 sec rest between each round

DB Stiff Leg Deadlifts: Tempo 4:0:1: (Heavy): 4X6: 90 sec rest

Leg Curls: 10 Reps

SS

Duck Press: 10 Reps

3 Rounds: 75-90 sec rest between each round