

Advanced Trainee

Jump Squats: 15 Reps SS Sumo Squats (Bodyweight) 15 Reps: 30 sec rest: 4 Rounds

Leg Press (Feet Wide):5 Reps (Heavy): 5:0:1 Tempo (5 sec negative)

SS

Leg Extensions: 25 Reps: 4:0:1 Tempo

5 Rounds: 60 sec rest

Leg Curls: 20 Reps:

SS

Stiff Leg BB Deadlifts: 5 Reps (Heavy): 5:0:1 Tempo (5 sec negative)

4 Rounds: 60 sec rest

Back Squats: 5 Reps: 5:0:5 Tempo (5 sec negative, 5 sec positive) Each Side

SS

Walking DB Lunges 25 Reps: 2:0:2 Tempo

4 Rounds: 60 sec rest

Standing Calve Raises (Wide Toed SS Close Toed) (Moderate Weight): 5x 15 Reps

Each: 30 sec rest

Beginner Trainee

Jump Squats: 15 Reps SS Sumo Squats (Bodyweight) 15 Reps: 30 sec rest: 3 Rounds

Leg Press (Feet Wide): 5 Reps (Heavy): 5:0:1 Tempo (5 sec negative)

SS

Leg Extensions: 25 Reps: 4:0:1 Tempo

3 Rounds: 60 sec rest

Leg Curls: 20 Reps:

SS

Stiff Leg BB Deadlifts: 5 Reps (Heavy): 5:0:1 Tempo (5 sec negative)

3 Rounds: 60 sec rest

Back Squats: 5 Reps: 5:0:5 Tempo (5 sec negative, 5 sec positive) Each Side

SS

Walking DB Lunges 25 Reps: 2:0:2 Tempo

3 Rounds: 60 sec rest

Standing Calve Raises (Wide Toed SS Close Toed) (Moderate Weight): 3 x 15 Reps Each: 30 sec rest