

## **Advanced Trainee**

**A1: Squats: 10 no rest 4:0:1**

**A2: Deficit Deadlifts: 10 : 4:0:1 Tempo**

**A3: Leg Press (Mid  
Stance): 20 no rest :  
4:0:1**

**A4: Walking BB Lunges: 40  
steps: 4:0:1 Tempo**

**A5: Duck Press: Toes Angled on Leg  
Press 4:0:1 Tempo: 15: no rest**

**A6: Stiff Leg BB Deadlifts:  
4:0:1 Tempo: 10**

**5 Rounds: 90 sec rest after  
each round**

## **Beginner Trainee:**

**A1: Squats: 10 no rest: 4:0:1 Tempo**

**A2: Deficit Deadlifts: 10: no rest**

**A3: Leg Press: 10: no rest: 4:0:1 Tempo**

**A4: Walking BB Lunges:10 4:0:1  
Tempo: no rest**

**A5: Glute BB Bridges: 10:  
4:0:1 Tempo: no rest**

**A6: Stiff Leg DB Deadlifts: 10: 4:0:1 Tempo: 90 sec rest  
after each round: 3 rounds total**