

**Advanced Trainee**

**Jumping Squats: 4X20: 30 sec rest**

**Stiff Legged DB Deadlifts: Tempo: 4:0:1 Tempo: 4X14: 30 sec rest**

**Duck Press: (Feet at top of leg press platform, angled out) Tempo: 4:0:1  
Tempo: 4X20: 45 sec rest**

**Front Squats: 4:0:1 Tempo: 6 Reps**

**SS**

**One Legged Leg Press: 14 Each Leg**

**SS**

**Walking DB Lunges: 30 Reps**

**4 Rounds: 75 sec rest between each round**

**BB Back Squats: (Heavy): 5 Reps**

**SS**

**Leg Press (Close Toed, Feet at Bottom of Platform): 15 Reps**

**SS**

**Leg Extensions: 25 Reps**

**SS**

**Heels Elevated Bodyweight Squats: 50 Reps**

**4 Rounds: 75 sec rest between each round**

## Beginner Trainee

**Jumping Squats: 3x15: 30 sec rest**

**Stiff Leg BB Deadlifts: 4x15: 30 sec rest**

**Duck Press: (Feet at top of platform, angled out) 6 Reps (Heavy)**

**SS**

**One Legged Leg Press: 12 Reps Each Leg**

**SS**

**Walking Lunges: 20 Reps**

**3 Rounds: 75 sec rest after each round**

**Barbell Back Squats: 5 Reps (Heavy)**

**SS**

**Leg Extensions: 15 Reps**

**SS**

**Heels Elevated Bodyweight Squats: 20 Reps**

**3 Rounds: 75 sec rest after each round**