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FIND YOUR STRENGTH

Advanced Trainee

Heels Elevated Squats:3x 50 :30 sec rest

Eccentric Squats: 5x2: 20 sec negatives: go slow 60 sec rest
Deficit Deadlifts :5X8-6-4-2-14:90 sec rest: increase weight throughout each set

BB Squats: 7X3:(Heavy):4:0:1 Tempo 75 sec rest

Leg Press (Mid Stance) : 7X3:(Heavy):4:0:1 Tempo: 75 sec rest

Beginner Trainee:

Heels Elevated DB Squats:**3X15:30 sec rest**

Heels Elevated DB Squats (10 second negatives):**5X2: 30 sec rest**
Deficit Deadlifts:**4X8-6-4-12: 90 sec rest: increase weightthroughout each set**

Leg Press (Mid Stance):**5X3:(Heavy):4:0:1**
Tempo 75 sec rest

BB Squats **5X3:(Heavy):4:0:1 Tempo: 75**
sec rest