

Advanced Trainee

A1: Leg Extensions: 10 no rest 4:0:1

A2: Squats: 10 : 4:0:1 Tempo

**A3: Leg Curls: 20 no
rest : 4:0:1**

**A4: Stiff Leg DB Deadlifts:
15: 4:0:1 Tempo**

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

**A6: Front Squats: 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**