

LEGS: QUADS + GLUTES

WARM UP:

- 30 seconds leg swings (each leg)
- 30 seconds mountain climber stretch
- 30 seconds torso twirls
- 30 seconds good mornings (use wooden pole)
- 30 seconds thigh to overhead (use wooden pole)

2 sets back squat

CONDITIONING PHASE:

Order	Exercise	Sets	Reps	Rest	Comments
1	Barbell Back Squat	5	5	60-90 seconds	Form over weight always!
2	Barbell Front Squats	4	6	60 seconds	
3A	Sumo deadlifts	5	5	N/A	Complete 5 reps of sumo deadlifts and go straight into Bulgarian split squats
3B	Bulgarian split squats	4	10 each leg	60 seconds	Bodyweight or hold 2 dumbbells to increase intensity.
4A	Sissy Squats	4	15	N/A	Complete 15-20 reps of 4A and go straight into 10-15 reps of 4B before resting for 1 minute.
4B	Leg Extension	4	15	60 seconds	

FINISHER: 5 MINUTES NO CONTINUOUS MOVEMENT NO REST:

- 30 seconds HIGH intensity: Bow Jumps
- 30 seconds LOW intensity: curtsy lunges (holding weight at chest)

Repeat back to back for 5 minutes