



Leg Extension

Seated on leg extension with knees bent and pads positioned on shins, just above ankles, straighten knees to full extension returning to the starting position by lowering weight under control. Do not swing and do not hold the fully extended position to avoid knee injuries.

Notes:
S.T.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



Leg Press

Position your feet on platform approx. shoulder width apart, toes pointed slightly outward. Lower platform by bending the hips and knees until thighs touch rib cage. Return to starting position. Don't bounce at the bottom of the movement.

Notes:
S.T.
A.T.
G.F.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



1 Leg Press

Seated on leg press machine with one foot on platform, push leg straight out without locking the knee. Return to start.

Notes:
S.T.
G.F.
A.T.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



Sumo Squat

Standing with legs slightly wider than the shoulders. Hold a dumbbell between the legs and squat down keeping the spine neutral.

Notes:
S.T.
A.T.
G.F.
F.T.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



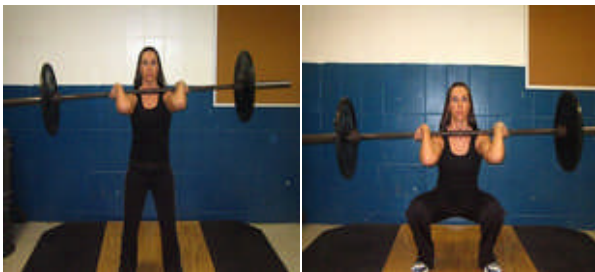
Cable Hamstring Curl

Stand with one foot on wood block and other foot with cable attached. Bring foot back and contract the hamstring. Return to start under control.

Notes:
A.T
S.T
G.F

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Front Squat pt 1

Step under bar with feet parallel and shoulder width apart grasp bar with closed , pronated grip and place on top of anterior deltoids and clavicle keep chest and head up keep back flat and allow hips and knees to slowly flex until thighs are parallel with floor raise the bar by keeping back flat and allow hips and knees to extend

Notes:
P.T.
S.T.
A.T.
G.F.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Lunges - Dumbbells

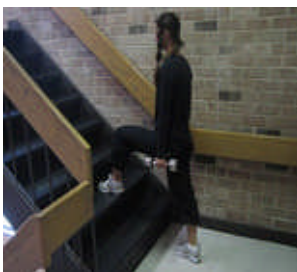
Standing in readiness position with weight down at sides. Step forward with one foot (longer than normal stride). Keeping head up and back straight, lower body straight down until back knee almost touches the floor. Front knee should not bend past 90°. Return to starting position with control. Repeat.

To improve single leg strength and stability.

Notes:
All Except Power

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Double up stairs

Go up 2 step on staircase while holding a dumbbell in each hand. Keep abdominals tight. come down 1 at a time

Notes:
All Except Power

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Bulgarian Squat

place 1 leg on a bench or ball
The front foot should be place shoulder width and far out enough to allow a comfortable squat
Keep a neutral spine and go down as far as comfortable

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:
A.T.
G.F.
F.T.



Pistols w/ Band

hold heavy duty band and squat down on 1 leg

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:
All Except Power



Rocker Static Lunge

Start in lunge position with one foot on rocker board in front of body. Lunge down and back up without taking your foot off the board. Repeat.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:
All Except Power



Squat and Row

Start holding a straight bar, squat down and row cable inward toward body simultaneously. Keep elbows close to the body. Return to start.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:
F.T
G.F
F.T