



Day 1

A1) Rear Foot Elevated Split Squat

Add weight if/when you can.

Date	Week	Sets	Reps	Rest	Load
	1	2	6 ea.		
	2	3	6 ea.		
	3	3	8 ea.		
	4	3	8 ea.		
	5	4	8 ea.		
	6	5	10 ea.		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

A2) Standing Calf Raise

Place your toes on an elevated surface. Immediately after finishing final rep of each set, hold in a tip-toe for :10

Week	Sets	Reps	Rest	Tempo
1	2	10		
2	3	10		
3	3	15		
4	3	15		
5	4	15		
6	4	20		

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

B1) Jump Squat

Complete as many reps as possible in the designated time.

Week	Sets	Time	Rest	Tempo
1	2	:15	:45	
2	3	:20	:40	
3	3	:20	:40	
4	4	:20	:40	
5	4	:30	:30	
6	5	:30	:30	

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

C1) Pike Toe Touch

Immediately after completing reps go into Plank w/ Reach

Week	Sets	Reps	Rest	Tempo
1	2	4 ea.	:00	
2	3	4 ea.	:00	
3	3	6 ea.	:00	
4	3	6 ea.	:00	
5	4	8 ea.	:00	
6	5	8 ea.	:00	

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

C2) Plank w/ Reach

Start rest clock after finishing last rep. After rep begin again with Pike Toe Touch

Week	Sets	Reps	Rest	Weight
1	2	6 ea.	:60	
2	3	6 ea.	:45	
3	3	8 ea.	:45	
4	3	8 ea.	:45	
5	4	10 ea.	:30	
6	5	10 ea.	:30	

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

D1) Wall Sits

Week	Sets	Time	Rest	Weight
1	2	:30	:30	
2	3	:30	:30	
3	4	:45	:30	
4	4	:45	:30	
5	4	:60	:20	
6	5	:60	:20	

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

E1) Repeat Bolded Exercises in Warm Up