

LEGS

Preview Week, Day 2

Complete 5 sets of each exercise following a ladder structure before moving onto the next exercise
set 1 = 10 reps | set 2 = 20 reps | set 3 = 30 reps | set 4 = 20 reps | set 5 = 10 reps

1 *Reverse Hyperextensions*



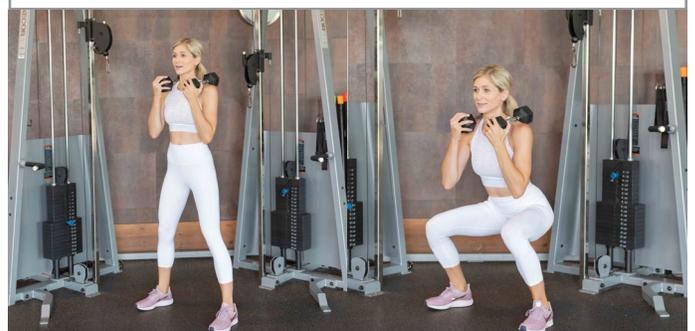
2 *Weighed Hip Thrusts*



3 *Box Jumps*



4 *Back Squats*



5 *Bench Side to Side Steps*



6 *Goblet Squats*

