

LEGS

Preview Week, Monday

1 *Banded Hip Thrusts* **15** reps

Reverse Hyperextensions **15** reps

2 *Stiff Leg Deadlifts* **3** sets **15** reps

Back Squats **3** sets **15** reps

4 *Pop Squats* **10** reps

Squat Jumps **10** reps

5 *Single Leg Lunges* **3** sets **15** reps/side

6 *Knee Ups* **3** sets **10** reps/side

7 *Squatted Walks (forward)* **50** reps

Squatted Walks (lateral) **25** reps/side

Superset (3 Rounds)

Superset (1 Round)