1. Foam Rolling/Relea															
	se	Calves, Hamstrings, Glutes, Thoracic Extension, ITB, Quads, Adductors													
2. Movement/Activation		Banded hip series (Resisted Hip ABD Walks, Fwd/Bk Monster walks), Wall Sits 3x1 min holds													
3. Dynamic Warm-up		Quad pulls, Ham Reverse drinking		os, Adducto					lunge wi	th arm ra	ise, Hip c	peners,			
Exercise	ا Sets/Reps	Day 1: Rest time		Des Week 1		sired load: 70% 1 Week 2		RM Week 3		Week 4		Week 5		Week 6	
Pack Squate	3-6 x 6-12	30 sec-1.5 min	Set1	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
Back Squats	3-0 X 0-12	50 500-1.5	Set1												
			Set3 Set 4												
Deadlift	3-6 x 6-12	30 sec-1.5 min	Set 1												
			Set 2												
			Set 3 Set 4												
Hip Thrusters	3-6 x 6-12	30 sec-1.5 min	Set 1												
			Set 2 Set 3												
			Set 4												
Ups	3-6 x 6-12	30 sec-1.5 min	Set 1												
			Set 2 Set 3												
			Set 4												
Bulgarian Split Squats (Rear Leg Elevated)	3-6 x 6-12	30 sec-1.5 min	Set 1												
			Set 2 Set 3												
			Set 4												
Leg/Knee Extension Hamstring Curls	3-6 x 6-12	30 sec-1.5 min	Set 1												
			Set 2 Set 3												
			Set 4												
	3-6 x 6-12	30 sec-1.5 min	Set 1												
			Set 2 Set 3												
			Set 4												
Lateral Lunge	3-6 x 6-12	30 sec-1.5 min	Set 1 Set 2												
			Set 3												
	<u> </u> [Day 2:	Set 4		De	sired loa	d: 70% 1	RM							
Exercise	Sets/Reps	Rest time		Wee	1		ek 2		ek 3	Wee			ek 5		ek 6
Front Squats	3-6 x 6-12	30 sec-1.5 min	Set1	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	керѕ	Weight	керѕ	Weight
			Set2												
			Set3 Set 4												
Romainian Deadlift (RDL)	3-6 x 6-12	30 sec-1.5 min	Set 1												
			Set 2												
			Set 3 Set 4												
Single Leg Sit to Stands/Squats	3-6 x 6-12	30 sec-1.5 min	Set 1												
			Set 2												
			Set 3 Set 4												
Bulgarian Split Squats (Rear Leg Elevated)	3-6 x 6-12	30 sec-1.5 min	Set 1												
			Set 2 Set 3												
			Set 4												
Weighted Lateral Step Ups	3-6 x 6-12	30 sec-1.5 min	Set 1												
			Set 2 Set 3												
			Set 3 Set 4												
Leg/Knee Extension	3-6 x 6-12	30 sec-1.5 min	Set 1												
<u> </u>			Set 2 Set 3												
			Set 4												
Hamstring Curls	3-6 x 6-12	30 sec-1.5 min	Set 1 Set 2												
			Set 3 Set 4												