Warm-up															
1. Foam Rolling/Relea	se	Calves, Hamstri	ngs, Glutes	s, Thorac	ic Extensi	on, ITB, C	Quads, Ad	ductors							
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, Han										lin onen	arc		
		Reverse drinking		,ops, / (de						e with u	in ruise, i	np open			
Exercise	Day cise Sets/Reps			De: Week 1		sired load: 85% 1 I Week 2		RM Week 3		Week 4		Week 5		Week 6	
Back Squats	3-4x 4-6 reps	2-5 min	Set1	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
			Set2												
			Set3 Set 4												
Deadlift	3-4x 4-6 reps	2-5 min	Set 1												
			Set 2 Set 3												
			Set 3												
Hip Thrusters	3-4x 4-6 reps	2-5 min	Set 1												
			Set 2 Set 3												
			Set 4												
Weighted Fwd Step Ups	3x4-6 reps	2-5 min	Set 1												
			Set 2												
			Set 3 Set 4												
Bulgarian Split Squats (Rear Leg Elevated)	3x4-6 reps	2-5 min	Set 1												
			Set 2 Set 3												
			Set 3												
Leg/Knee Extension	3-4x 4-6 reps	2-5 min	Set 1												
			Set 2												
			Set 3 Set 4												
Hamstring Curls	3-4x 4-6 reps	2-5 min	Set 1												
			Set 2												
			Set 3 Set 4												
Lateral Lunge	3-4x 4-6 reps	2-5 min	Set 1												
			Set 2 Set 3												
			Set 4												
Exercise	Day Sets/Reps	Rest time		We	ek 1		: >85%% : ek 2		ek 3	We	ek 4	We	ek 5	We	ek 6
Front Squats Single Leg RDL			0.14	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight	Reps	Weight
	3-4x 4-6 reps	2-5 min	Set1 Set2												
			Set3												
	3-4x 4-6 reps	2-5 min	Set 4 Set 1												
			Set 2												
			Set 3 Set 4												
Single Leg Sit to Stands/ Squats	3-4 x4-6 reps	2-5 min	Set 4 Set 1 Set 2												
			Set 2												
Bulgarian Solit	2 424 6 1000	2 E min	Set 4												
Bulgarian Split Squats (Rear Leg Elevated)	3-4x4-6 reps	2-5 min	Set 1 Set 2												
			Set 2												
Woighted Later	2 4/4 6	2 E min	Set 4												
Weighted Lateral Step Ups	3-4x4-6 reps	2-5 min	Set 1												
			Set 2 Set 3												
			Set 3												
Leg/Knee Extension Hamstring Curls	3-4x 4-6 reps	2-5 min	Set 1												
			Set 2 Set 3												
			Set 4												
	3-4x 4-6 reps	2-5 min	Set 1 Set 2												
			Set 3												
	I –		Set 4	I – – – – – – – – – – – – – – – – – – –	1				1			I – – – – – – – – – – – – – – – – – – –			