

Exercise 03 Hack Squat

Exercise	# of sets	REPS / Weight	MINDSET/ FOCUSES INSTRUCTIONS
Hack Squats	1 - 2	10 - 15 Heavy	Working Set, Strict Form / Positives / Negatives

Exercise	# of sets	REPS / Weight	MINDSET/ FOCUSES INSTRUCTIONS
Hack Squats	3	Heavy	Full On Set Till Failure