

## Leg Day wk 7

### Warm Up

Exercise	Sets x Reps	Weight	Image / Description
Lunge Walks	2 x 10		
Drop Squats	2 x 20		
Lunge Quad Stretch			

### Back Squats

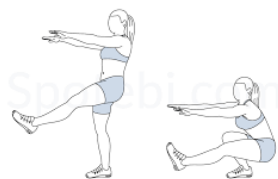
Exercise	Sets x Reps	Weight	Image / Description
Warm Up	2 x 12		30% of max
Set 1	5 x 5		75% of max
Set 2	3 x 3		90% of max

### Power Circuit

Exercise	Sets x Reps	Weight	Image / Description
Drop Squat Jumps	3 x 8		Start on step-up box, drop down to floor into a squat, then jump.
Landmine Squat and press	3 x 10		<a href="https://youtu.be/G9RpZXJcg10">https://youtu.be/G9RpZXJcg10</a>
Split Squat	3 x 12 each		

### Mobility Circuit

Exercise	Sets x Reps	Weight	Image / Description
KB Swings	4 x 10		<a href="#">KB swings video</a>
Unilateral KB reverse lunges	4 x 8 each leg		Hold KB down at side opposite to plant leg

Pistol Squats	4 x 6 each leg		
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### Finisher

Exercise	Sets x Reps	Weight	Image / Description
Goblet Squat Alt. reverse lunges Plank Side jumps	10x 10x each 10x each	n/a	Repeat 3x 90s break

### Core

Activity	Sets x Reps	Weight	Image / Description
Hanging pike raises	2 x 8		
Hanging tucks	2 x 10		
Side Plank Thrusts	2 x 30s each side		
Plank	1 x 90s 1 x 60s		