

## Legs max week

### Warm Up

Activity	Sets x Reps	Weight	Image / Description
Unweighted Squat	2 x 20	none	
Split squats	2 x 10e	none	

### Back Squat

Activity	Sets x Reps	Weight	Image / Description
Warm up	2 x 12		40%
Working Sets	1 x 10 1 x 6 1 x 3 1 x 1		50% 75% 85% MAX

### Hang Cleans

Activity	Sets x Reps	Weight	Image / Description
Warm up	1 x 10		50% max
WS 1	1 x 5		75% max
WS 2	1 x 1		MAX

Activity	Sets x Reps	Weight	Image / Description
Forward Lunges	3 x 8		
Goblet Squats	3 x 6e		

Activity	Sets x Reps	Weight	Image / Description
Step ups	3 x 12		
Reverse Lunges	3 x 8e		

## FINISHER

Activity	Sets x Reps	Weight	Image / Description
Lunge Cycles	2 x 90s		
Wall Sit	2 x 60s		