

Leg Day wk 1

Warm Up

Activity	Sets x Reps	Weight	Image / Description
Cardio - Bike	10-15 min		Shoot for avg power over 200 W
Misc. Stretching/plyos			

Squat

Activity	Sets x Reps	Weight	Image / Description
BackSquat - Warmup	2 x 12		25-40% of max
Working Sets	5 x 8		75% max

Power Circuit

Activity	Sets x Reps	Weight	Image / Description
Squat Jumps	3 x 10	n/a	
Goblet squat	3 x 8		
Reverse Lunges	3 x 5 per leg		CIRCUIT. REST 1-2min between each

Control

Activity	Sets x Reps	Weight	Image / Description
Squat Drops	4 x 6	n/a	Start on box, jump down, control landing and stop at 90° knee
Bulgarian Split Squats	4x 6 per leg		Control down 3 sec, push up 1 sec

Finisher

Activity	Sets x Reps	Weight	Image / Description
Lunge Cycles	3 x 1 min		Reverse lunge, squat, forward lunge, squat, other leg reverse

			lunge, squat, etc.
Wall Sit	3 x 2 min		