

Legs week 11

Warm Up

Activity	Sets x Reps	Weight	Image / Description
Deep elev. lunges	4 x 10		Front foot and rear foot sets
Box jumps	2 x 10		

Front Squat

Activity	Sets x Reps	Weight	Image / Description
Warm up	2 x 12		40%
Working Sets	2 x 8 2 x 5 2 x 3		60% max 75% 90%

Hang Cleans

Activity	Sets x Reps	Weight	Image / Description
Warm up	2 x 10		40% max
WS 1	3 x 5		65% max
WS 2	2 x 2		80% max

Activity	Sets x Reps	Weight	Image / Description
Landmine Squat & Press	3 x 8		
Bulgarian Split Squats	3 x 6e		

Activity	Sets x Reps	Weight	Image / Description
Sumo Squats	3 x 12		
Reverse Lunges	3 x 8e		

FINISHER

Activity	Sets x Reps	Weight	Image / Description
Leg Extensions	4 x 20		
Leg Press	4 x 12		