

## Leg Day wk 4

### Warm Up

Activity	Sets x Reps	Weight	Image / Description
Cardio	5-10min		
Side-to-side lunges	2 x 10		
Good Mornings	2 x 10		unweighted


### Front Squats

Activity	Sets x Reps	Weight	Image / Description
Warm Up	2 x 12		30% of max
Working Set 1	2 x 8		60% of max
Working Set 2	2 x 5		75% of max
High Weight Set	3 x 3		90% of max

### Power Circuit 1

Activity	Sets x Reps	Weight	Image / Description
Trap Bar DL	4 x 8		75% of max
Box drop and jump	4 x 10		Drop into squat from box, then immediately into vertical jump

### Power Circuit 2

Activity	Sets x Reps	Weight	Image / Description
Weighted Split Squats	3 x 12		BB or DB for this
DB Cleans	3 x 8 each		

### Finisher

Activity	Sets x Reps	Weight	Image / Description
Wall Sit forward	3 x 2min		
Lunge Cycles	3 x 1min		

### Core

Activity	Sets x Reps	Weight	Image / Description
Supine Toe Touches	2 x 45s		
Deadbugs	2 x 45s		
Bicycle	2 x 45s		
Plank	1 x 90s		After circuit