

## Leg Day wk 7

### Warm Up

Activity	Sets x Reps	Weight	Image / Description
Deep Front Lunges	2 x 8 each		sit and hold
Side-to-side lunges	2 x 10 each		
Heel Sweeps	2 x 10 each		unweighted

### Trap Bar DL


Activity	Sets x Reps	Weight	Image / Description
Warm Up	2 x 15		25% of max
Working Set 1	2 x 12		35% of max
Working Set 2	2 x 10		50% of max
High Weight Set	1 x 8		75% of max

### Power Circuit 1

Activity	Sets x Reps	Weight	Image / Description
Box Step-ups	4 x 12 each		
Reverse Lunge to jump circuit	4 x 8		Reverse lunge on each leg into squat jump - if using weights stay very controlled on jump

### Power Circuit 2

Activity	Sets x Reps	Weight	Image / Description
Goblet Squat	3 x 12	hanging KB/DB	

DB Cleans	3 x 8 each		
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### Finisher

Activity	Sets x Reps	Weight	Image / Description
Squat Jumps	3 x 45s		
Burpees	3 x 45s		
High Knees	3 x 30s		

### Core

Activity	Sets x Reps	Weight	Image / Description
Russian Twists	2 x 45s		
Flutter Kicks	2 x 45s		
Superman Hold	2 x 45s		
Plank	1 x 90s		After circuit