

| Lift | Reps |
|---------------------------|---------------|
| Hex Bar Squat | 12, 12, 10 |
| Plate Loaded Calf Raise | 12, 12, 12 |
| Bosu Ball Weighted Crunch | 10, 12, 12 |
| BW Plank | 60s, 60s, 60s |
| BB Deadlift | 10, 10, 10 |
| Bulgarian Squat | 10, 10, 12 |
| Plate Loaded Leg Press | 10, 12, 12 |
| BB Good Morning | 10, 10, 10 |
| Lying Hamstring Curls | 10, 10, 10 |
| DB Lunges | 16, 16, 16 |