








|                |   | Date: |    | Date: |    | Date: |    | Date: |    | Date: |    | Date: |    | Date: |    | Date: |    | Date: |    |  |
|----------------|---|-------|----|-------|----|-------|----|-------|----|-------|----|-------|----|-------|----|-------|----|-------|----|--|
|                |   | Rps   | Wt | Rps   | Wt | Rps   | Wt | Rps   | Wt | Rps   | Wt | Rps   | Wt | Rps   | Wt | Rps   | Wt | Rps   | Wt |  |
| <b>WARM-UP</b> | <b>Skip Rope</b><br>Duration: 2-5 mins  |       |    |       |    |       |    |       |    |       |    |       |    |       |    |       |    |       |    |  |
|                |            |       |    |       |    |       |    |       |    |       |    |       |    |       |    |       |    |       |    |  |
| <b>SET 1</b>   | <b>Single Leg Hamstring Bridge - Arms Crossed (Chair)</b><br>Sets: 3 each leg   Reps: 15-25 |       |    |       |    |       |    |       |    |       |    |       |    |       |    |       |    |       |    |  |
|                |            | Set 1 |    |       |    |       |    |       |    |       |    |       |    |       |    |       |    |       |    |  |
|                |   | Set 2 |    |       |    |       |    |       |    |       |    |       |    |       |    |       |    |       |    |  |
|                |   | Set 3 |    |       |    |       |    |       |    |       |    |       |    |       |    |       |    |       |    |  |
|                | <b>Single Leg Squat + Knee Drive</b><br>Sets: 3 each leg   Reps: 15-25                      |       |    |       |    |       |    |       |    |       |    |       |    |       |    |       |    |       |    |  |
|                |            | Set 1 |    |       |    |       |    |       |    |       |    |       |    |       |    |       |    |       |    |  |
|                | Set 2   |       |    |       |    |       |    |       |    |       |    |       |    |       |    |       |    |       |    |  |
|                | Set 3   |       |    |       |    |       |    |       |    |       |    |       |    |       |    |       |    |       |    |  |
| <b>SET 2</b>   | <b>Side Mini Squats Against Wall</b><br>Sets: 3 each leg   Reps: 15                         |       |    |       |    |       |    |       |    |       |    |       |    |       |    |       |    |       |    |  |
|                |            | Set 1 |    |       |    |       |    |       |    |       |    |       |    |       |    |       |    |       |    |  |
|                |   | Set 2 |    |       |    |       |    |       |    |       |    |       |    |       |    |       |    |       |    |  |
|                |   | Set 3 |    |       |    |       |    |       |    |       |    |       |    |       |    |       |    |       |    |  |
|                | <b>Forward Lunge (Glut Focus)</b><br>Sets: 3 each leg   Reps: 15-25                         |       |    |       |    |       |    |       |    |       |    |       |    |       |    |       |    |       |    |  |
|                |            | Set 1 |    |       |    |       |    |       |    |       |    |       |    |       |    |       |    |       |    |  |
|                | Set 2   |       |    |       |    |       |    |       |    |       |    |       |    |       |    |       |    |       |    |  |
|                | Set 3   |       |    |       |    |       |    |       |    |       |    |       |    |       |    |       |    |       |    |  |
| <b>SET 3</b>   | <b>Runner's Step Up</b><br>Sets: 3 each leg   Reps: 15-25                                   |       |    |       |    |       |    |       |    |       |    |       |    |       |    |       |    |       |    |  |
|                |          | Set 1 |    |       |    |       |    |       |    |       |    |       |    |       |    |       |    |       |    |  |
|                |   | Set 2 |    |       |    |       |    |       |    |       |    |       |    |       |    |       |    |       |    |  |
|                |   | Set 3 |    |       |    |       |    |       |    |       |    |       |    |       |    |       |    |       |    |  |
|                | <b>Split Squat - Rear Foot Elevated</b><br>Sets: 3 each leg   Reps: 15-25                   |       |    |       |    |       |    |       |    |       |    |       |    |       |    |       |    |       |    |  |
|                |          | Set 1 |    |       |    |       |    |       |    |       |    |       |    |       |    |       |    |       |    |  |
|                | Set 2   |       |    |       |    |       |    |       |    |       |    |       |    |       |    |       |    |       |    |  |
|                | Set 3   |       |    |       |    |       |    |       |    |       |    |       |    |       |    |       |    |       |    |  |