

LOWER BODY WORKOUT 1/1

WARMUP

A1 Blackroll Walks	2x10m
A2 Polloquin Split Squat	2x10/side
A3 Banded Romanian Deadlift	2x12-15

POWER

B1 Power Clean + Clean	5x(1+1)
B2 Broad Jump	5x1 (Max. Distance)

STRENGTH

Barbell Back Squat	5x3-5
Machine Hamstring Curl	5x8-10

ACCESSORIES

BW Hyperextension	3x20
Rack Assisted Cossack Squat	3x6-8/side
Single Leg Glute Bridge	3x10-12/side

MOBILITY

C1 90/90 Switches	2x60s
C2 Quadriceps Foam Roll	2x60s/side
C3 Seated Toe Reaches	2x60s
C4 Calf Foam Roll	2x60s/side

Sets tagged with letters and numbers are supposed to be performed as supersets..
If an exercise offers a "rep range" (e.g. 10-12) consider the first number the minimum
and the second the maximum amount of reps you should be able to do in one set.
