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Hip Thrust

x 12

1 - 3 sets

Knee Jump

x 6

1 - 2 Min Rest

Split Squat

x 12

1 - 3 sets

Power Split Squat

x 6

1 - 2 Min Rest

SL Box Squat

x 12

1 - 3 sets

Squat to Power Jump

x 6

1 - 2 Min Rest

Crouch Spring

x 10

1 - 3 sets

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