



## Workout A - Level 1

Letter	Exercise	Sets	Reps	Tempo	Rest
A1	Pistol Squat - Box	2 - 4	6 - 12	30X0	02:00
B1	Glute Ham Raise - Hinge	2 - 3	6 - 12	30X0	01:30
C1	Kneeling Quad Extension - Hand Assist	2 - 3	6 - 12	3020	1:00 - 1:30
D1	Wall Squat	2 - 3	30 - 60 seconds	-	1:00 - 1:30
E1	Calf Raise - Double Leg	2 - 3	10 - 30	2121	1:00 - 1:30
F1	Bent Leg Calf Raise	2 - 3	10 - 20	2121	1:00 - 1:30



## Workout A - Level 2

Letter	Exercise	Sets	Reps	Tempo	Rest
A1	Pistol Squat - Hand Assist	3 - 5	8 - 20 L/R	40X0	02:00
B1	Glute Ham Raise - Hybrid	3 - 4	5 - 10	30X0	01:30
B2	Kneeling Quad Extension - Hand Assist	3 - 4	8 - 25	1 Br @ B	
C1	Wall Squat	3 - 4	30 - 90 seconds	-	1:00 - 1:30
D1	Calf Raise - Single Leg	3 - 4	8 - 30 L/R	21X1	1:00 - 1:30
E1	Bent Leg Calf Raise	3 - 4	12 - 40	21X1	1:00 - 1:30



## Workout A - Level 3

Letter	Exercise	Sets	Reps	Tempo	Rest
A1	Pistol Squat	1	20 mins accumulation	1Br @ B	self directed
B1	Glute Ham Raise - Hybrid	3 - 5	5 - 12	30X0	01:00
C1	Skater Squat	3 - 5	6 - 12 L/R	31X0	01:00
D1	Kneeling Quad Extension	3 - 5	8 - 25	1 Br @ B	01:00
E1	Wall Squat - Single Leg	3 - 5	15 - 60 seconds L/R	-	01:00
F1	Wall Squat	2 - 3	30 - 90 seconds		01:00
G1	Calf Raise - Single Leg	4 - 5	10 - 40 L/R	21X1	01:00
G2	Bent Leg Calf Raise	4 - 5	10 - 40	21X1	