



Workout B - Level 1

Letter	Exercise	Sets	Reps	Tempo	Rest
A1	Step Up	2 - 4	8 - 15 L/R	3020	02:00
B1	Hamstring Curl	2 - 3	5 - 12	20X0	1:00 - 1:30
C1	Sissy Squat - Hand Assist	2 - 3	5 - 12	3020	1:00 - 1:30
D1	Glute Bridge - Double Leg	2 - 3	10 - 40	1 Br @ T	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 B - Level 2

Letter	Exercise	Sets	Reps	Tempo	Rest
A1	Step Up	3 - 5	8 - 20 L/R	4020	02:00
B1	Hamstring Curl	3 - 4	6 - 15	20X0	1:00 - 1:30
C1	Sissy Squat - Hand Assist	3 - 4	8 - 25	3020	1:00 - 1:30
C2	Glute Bridge - Single Leg	3 - 4	10 - 40 L/R	1 Br @ T	
D1	Calf Raise - Double Leg	3 - 4	8 - 30	21X1	1:00 - 1:30
D2	Bent Leg Calf Raise	3 - 4	12 - 40	2121	



Workout B - Level 3

Letter	Exercise	Sets	Reps	Tempo	Rest
A1	Step Up	4 - 6	5 - 8 L/R	40X0	02:00
B1	Hamstring Curl	3 - 5	6 - 20	20X0	01:00
C1	Glute Ham Raise - Eccentric	3 - 5	3 - 6	-	2: 00 - 3:00
D1	Sissy Squat	3 - 5	8 - 30	1 Br @ B	01:00
D2	Glute Bridge - Single Leg	3 - 5	12 - 50 L/R	20X0	
E1	Calf Raise - Single Leg	4 - 5	10 - 40 L/R	21X1	01:00
E2	Bent Leg Calf Raise	4 - 5	10 - 40	21X1	