



Workout C - Level 1

Letter	Exercise	Sets	Reps	Tempo	Rest
A1	Skater Squat	2 - 4	6 - 12 L/R	30X0	02:00
B1	Back Extension	2 - 3	6 - 15	1 Br @ T	1:00 - 1:30
C1	Split Squat - Posterior Chain	2 - 3	8 - 25 L/R	3020	1:00 - 1:30
D1	Glute Ham Raise - Eccentric	2 - 3	1 - 3	-	2: 00 - 3:00
E1	Explosive Calf Raise - Double Leg	2 - 3	20 - 60 seconds	-	1:00 - 1:30
F1	Walking Calf Raise	2 - 3	20 - 60 seconds	-	1:00 - 1:30



Workout C - Level 2

Letter	Exercise	Sets	Reps	Tempo	Rest
A1	Skater Squat	3 - 5	6 - 15 L/R	30X0	02:00
B1	Back Extension	3 - 4	8 - 25	2020	01:30
B2	Split Squat - Posterior Chain	3 - 4	15 - 40 L/R	3020	
C1	Glute Ham Raise - Eccentric	3 - 4	2 - 4	-	2: 00 - 3:00
E1	Explosive Calf Raise - Double Leg	3 - 4	30 - 90 seconds	-	1:00 - 1:30
E2	Walking Calf Raise	3 - 4	30 - 60 seconds	-	



Workout C - Level 3

Letter	Exercise	Sets	Reps	Tempo	Rest
A1	Skater Squat	1	20 mins accumulation	30X0	self directed
B1	Back Extension	3 - 5	10 - 30	2020	01:00
B2	Split Squat - Anterior Chain	3 - 5	8 - 25 L/R	1 Br @ B	
C1	Glute Ham Raise - Eccentric	3 - 5	3 - 6	-	2: 00 - 3:00
D1	Wall Squat Alt Legs	2 - 4	30 - 90 seconds L/R	-	01:00
E1	Explosive Calf Raise - Single Leg	3 - 5	20 - 60 seconds L/R	-	01:00
E2	Walking Calf Raise	3 - 5	30+ seconds	-	