



## Workout D - Level 1

Letter	Exercise	Sets	Reps	Tempo	Rest
A1	Step Up	2 - 4	8 - 15 L/R	3020	02:00
B1	Single Leg Deadlift (Band)	2 - 3	1 L/R	30 - 45s @ B	1:00 - 1:30
C1	Reverse Hyperextension - Tuck - Straddle	2 - 3	8 - 15	1 Br @ T	1:00 - 1:30
D1	Kneeling Quad Extension - Hand Assist	2 - 3	6 - 12	3020	1:00 - 1:30
E1	Calf Raise - Single Leg	2 - 3	6 - 20 L/R	2121	01:30
F1	Calf Raise - Double Leg	2 - 3	8 - 25	2121	01:30



## Workout D - Level 2

Letter	Exercise	Sets	Reps	Tempo	Rest
A1	Step Up	3 - 5	8 - 20 L/R	4020	02:00
B1	Single Leg Deadlift (Band)	3 - 4	1 L/R	45 - 60s @ B	1:00 - 1:30
C1	Reverse Hyperextension - Tuck - Full	3 - 4	8 - 25	1 Br @ T	1:00 - 1:30
C2	Kneeling Quad Extension - Hand Assist	3 - 4	8 - 25	1 Br @ B	
D1	Calf Raise - Single Leg	3 - 4	8 - 30 L/R	2121	1:00 - 1:30
E1	Calf Raise - Double Leg	3 - 4	8 - 30	2121	1:00 - 1:30



## Workout D - Level 3

Letter	Exercise	Sets	Reps	Tempo	Rest
A1	Step Up	4 - 6	5 - 8 L/R	4020	02:00
B1	Single Leg Deadlift (Band)	3 - 5	1 - 2 L/R	45 - 60s @ B	01:00
C1	Reverse Hyperextension - Full	3 - 5	8 - 25	1 Br @ T	
C2	Kneeling Quad Extension	3 - 5	8 - 25	1 Br @ B	01:00
D1	Split Squat - Posterior Chain	1	20 mins accumulation	3020	self directed
E1	Calf Raise - Single Leg	3	max L/R	3131	01:00
F1	Calf Raise - Double Leg	3	max	-	01:00