



Workout E - Level 1

Letter	Exercise	Sets	Reps	Tempo	Rest
A1	Split Squat - Posterior Chain	2 - 4	8 - 25 L/R	1 Br @ B	1: 30 - 2:00
B1	Adductor Bridge - Short Lever	2 - 3	8 - 20 L/R	max pause @T last rep	1: 00 - 1:30
C1	Single Leg Deadlift (Band)	2 - 3	8 - 20	1 Br @ B	1:00 - 1:30
D1	Sissy Squat - Hand Assist	2 - 3	5 - 12	3020	1: 00 - 1:30
E1	Glute Ham Raise - Hinge	2 - 3	6 - 12	30X0	1: 00 - 1:30
F1	Walking Calf Raise	2 - 3	30 - 60 seconds	-	1: 00 - 1:30
G1	Calf Raise - Double Leg	2 - 3	10 - 30	2121	1: 00 - 1:30



Workout E - Level 2

Letter	Exercise	Sets	Reps	Tempo	Rest
A1	Split Squat - Posterior Chain	3 - 5	12 - 40 L/R	1 Br @ B	1: 30 - 2:00
B1	Adductor Bridge - Long Lever	3 - 4	8 - 20 L/R	max pause @T last rep	1: 00 - 1:30
C1	Single Leg Deadlift (Band)	3 - 4	12 - 30 L/R	1 Br @ B	01:30
C2	Sissy Squat - Hand Assist	3 - 4	8 - 25	3020	
D1	Glute Ham Raise - Eccentric	3 - 4	2 - 5	-	2: 00 - 3:00
E1	Bent Leg Calf Raise	3 - 4	15 - 40	2121	1: 00 - 1:30
E2	Calf Raise - Double Leg	3 - 4	15 - 40	2121	



Workout E - Level 3

Letter	Exercise	Sets	Reps	Tempo	Rest
A1	Split Squat - Anterior Chain	1	20 mins accumulation	30X0	self directed
B1	Adductor Bridge - Long Lever	3 - 4	max L/R	max pause @T last rep	01:00
C1	Glute Ham Raise - Hybrid	3 - 5	5 - 10	30X0	01:00
D1	Sissy Squat	4 - 5	8 - 30	1 Br @ B	01:00
D2	Back Extension	3 - 5	10 - 30	1 Br @ T	
E1	Glute Bridge - Single Leg	3 - 5	max L/R	2020	01:00
F1	Bent Leg Calf Raise	3 - 5	max	3133	01:00
F2	Calf Raise - Double Leg	3 - 5	max	31X3	