



## Workout F - Level 1

Letter	Exercise	Sets	Reps	Tempo	Rest
A1	Pistol Squat - Box	1	20 mins accumulation	30X0	self directed
B1	Back Extension	2 - 3	6 - 15	1 Br @ T	1: 00 - 1:30
C1	Sissy Squat - Hand Assist	2 - 3	6 - 15	4020	1: 00 - 1:30
D1	Reverse Hyperextension - Tuck - Straddle	2 - 3	6 - 15	2020	1: 00 - 1:30
E1	Wall Squat	2 - 3	30 - 60 seconds	-	1: 00 - 1:30
F1	Side Plank - Short Lever	2 - 3	20 - 60 seconds L/R	-	1: 00 - 1:30
G1	Explosive Calf Raise - Double Leg	2 - 3	30 - 60 seconds	-	1: 00 - 1:30
H1	Calf Raise - Double Leg	2 - 3	10 - 30	2121	1: 00 - 1:30



## Workout F - Level 2

Letter	Exercise	Sets	Reps	Tempo	Rest
A1	Pistol Squat - Hand Assist	1	20 mins accumulation	30X0	self directed
B1	Back Extension	3 - 4	8 - 25	1 Br @ T	1: 00 - 1:30
C1	Sissy Squat - Hand Assist	3 - 4	8 - 25	1 Br @ B	1: 00 - 1:30
D1	Reverse Hyperextension - Tuck - Straddle	3 - 4	8 - 25	1 Br @ T	1: 00 - 1:30
E1	Wall Squat - Alt Legs	3 - 4	30 - 60 seconds	-	1: 00 - 1:30
F1	Side Plank - Long Lever	3 - 4	30 - 90 seconds L/R	-	1: 00 - 1:30
G1	Explosive Calf Raise - Double Leg	3 - 4	30 - 90 seconds	-	1: 00 - 1:30
G2	Calf Raise - Double Leg	3 - 4	10 - 30	2121	



## Workout F - Level 3

Letter	Exercise	Sets	Reps	Tempo	Rest
A1	Pistol Squat	1	20 mins accumulation	1 Br @ B	self directed
B1	Back Extension	3 - 5	8 - 25	1 Br @ T	01:00
B2	Sissy Squat	3 - 5	8 - 30	1 Br @ B	
C1	Reverse Hyperextension - Full	3 - 5	10 - 20	max pause @T last rep	01:00
D1	Wall Squat - Single Leg	3 - 5	20 - 60 seconds L/R	-	01:30
E1	Side Plank - Long Lever - Leg Swing	3 - 5	30 - 90 seconds L/R	-	01:00
F1	Explosive Calf Raise - Single Leg	3 - 5	20 - 60 seconds L/R	-	01:00
G1	Calf Raise - Double Leg	3 - 5	8 - 30	-	01:00
H1	Calf Raise - Single Leg	2 - 4	max L/R	3131	01:00