

BEGINNER

Set pause: 2-3 min

**NORMAL
SET**

Box jumps

1

6 repetitions

2

6 repetitions

3

6 repetitions

4

6 repetitions

Set pause: 3-4 min

SUPERSET

Shrimp beginner

1

5 repetitions

2

5 repetitions

3

5 repetitions

4

5 repetitions

5

5 repetitions

Assisted sissy squat

1

4 repetitions

2

4 repetitions

3

4 repetitions

4

4 repetitions

5

4 repetitions

Set pause: 1 min

**NORMAL
SET**

Elevated calf raises

1

25 repetitions

2

25 repetitions

3

25 repetitions