

## BEGINNER

Set pause: 2-3 min

**NORMAL  
SET**

### Seated box jumps

- 1 6 repetitions
- 2 6 repetitions
- 3 6 repetitions
- 4 6 repetitions

Set pause: 3-4 min

**SUPERSET**

### Assisted hawaiian squats

- 1 5 repetitions
- 2 5 repetitions
- 3 5 repetitions
- 4 5 repetitions
- 5 5 repetitions

### Inside squats

- 1 5 repetitions
- 2 5 repetitions
- 3 5 repetitions
- 4 5 repetitions
- 5 5 repetitions

Set pause: 1 min

**NORMAL  
SET**

### Ben leg calf raises

- 1 20 repetitions
- 2 20 repetitions
- 3 20 repetitions