

BEGINNER

Set pause: 2-3 min

NORMAL SET

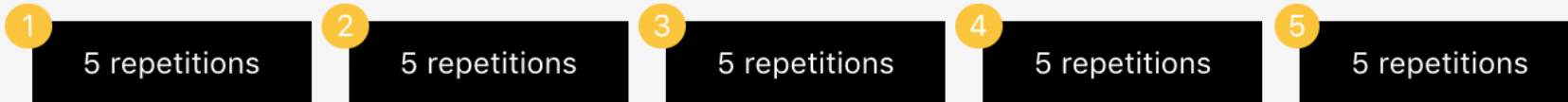
Deck squats jumps



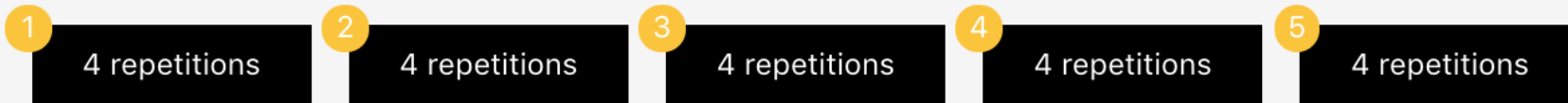
Set pause: 3-4 min

SUPERSET

Shorter range of motion pistol squat



Twisting squats



Set pause: 1 min

NORMAL SET

Single leg calf raises

