

BEGINNER

Set pause: 2-3 min

NORMAL SET

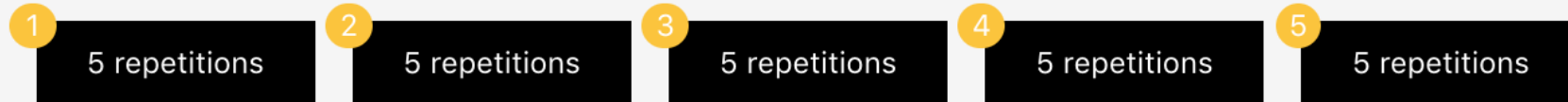
Step ups



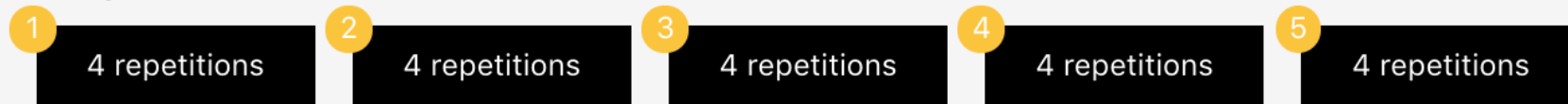
Set pause: 3-4 min

SUPERSET

Hand assisted pistol squat



Sissy squat intermediate



Set pause: 1 min

NORMAL SET

Elevated single leg calf raises

