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Week 13 Monday

LEGS

Circuit One

2x7min

Circuit Two

2x7min

Broad Jumps

15 REPS

Barbell Close Squat

15 REPS



10-20 KG

Weighted Step Ups

30 REPS  
15 PER SIDE

Jump Squats

15 REPS



5-10 KG



Skipping

50 REPS

Walking Lunges

30 REPS  
15 PER SIDE



5-10 KG

Weighted Stationary Lunges

30 REPS  
15 PER SIDE

Skipping

100 REPS



5-10 KG



Cool Down - Lower Body Stretch Routine (see page 81)

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