

# LOWER BODY

# #1

## EQUIPMENT NEEDED:

Barbell + Weight Plates + Bench/Box +  
Track or Flat Surface (Treadmills can  
work)



**A** Skater Bounds + Sprint 1x10  
Bound for 5 yards (m), transition into 10 yard (m) sprint

**B** Sprintervals 1600 meters  
Sprint 200m, walk 200 meters, repeat 7 more times

+

## BASE WORKOUT

| ORDER    | EXERCISE   | SETS X REPS + NOTES  |
|----------|------------|--|
| <b>A</b> | Box Squats | 5x5<br>Back straight, sit lightly on box, maintain proper form |
| <b>B</b> | Deadlifts  | 2x8<br>Back straight, hinge through hips, keep lats engaged    |

### MODIFICATIONS FOR SAQ:

- C) Box Squats 5 x 4
- D) Deadlifts 8 x 2