



Exercise	# of Sets	# of Repetitions
Squat	4	20
Walking Lunge	4	15
Lateral Lunge	4	15
Wide Stance Squat	4	20
Reverse Lunge	4	12
Bulgarian Split Squat	4	12
Cannonball Squat	4	15
Single Leg Hip Raise	4	12
Lateral Leg Raise	4	20
Explosive Squat	4	12
Standing Calf Raise	4	25
Walking Calf Raise	4	25