

<u>Notes:</u> <u>Lower Body - A</u>	<u>Dates of Training:</u>	<u>Phase:</u>	<u>Athlete / Goal</u>

					:				
A1	SETS	REPS	MOVEMENT / NOTES	REST	REPS AND WEIGHT →	ТЕМРО:			-
WK1	6-8	20-30	Walking Lunges	45s					
WK2									
WK3									
WK4									
A2	SETS	REPS	MOVEMENT / NOTES	REST	REPS AND WEIGHT →	TEMPO:			
WK1	6-8	8-10	Over head med ball	45s					
WK2			throws						
WK3									
WK4									
А3	SETS	REPS	MOVEMENT / NOTES	REST	REPS AND WEIGHT →	TEMPO: 40x0			
WK1	6-8	12-15	Kettlebell sumo	45s					
WK2			deadlifts						
WK3									
WK4									
A4	SETS	REPS	MOVEMENT / NOTES	REST	REPS AND WEIGHT →	TEMPO:			
WK1	6-8	20-25	Heel Rockers	1-3m					
WK2									
WK3									
WK4									
	SETS	REPS	MOVEMENT / NOTES	REST	REPS AND WEIGHT →	TEMPO:			
WK1									
WK2									
WK3									
WK4									
	SETS	REPS	MOVEMENT / NOTES	REST	REPS AND WEIGHT →	TEMPO:			
WK1									
WK2									
WK3									
WK4									