

Strength & Power Routine

Exercise	Sets	Reps
Box Hop*	2	10,10
Barbell Squat (in power rack)	6	10,8,6,5,5,3
Barbell or Smith Machine Split Squat	6	10,8,6,5,5,3
Leg Extension	3	10,10,10**
Lying Leg Curl	3	10,10,10**

* For this move, you do an explosive leaping bodyweight squat up onto a 2-4 foot high platform.

** On or last set, after failure, drop the weight and rep until failure again.