

Lower Body Strength 4.14.20

MOB 4min

WU: 7 min

5-5-5 Air Sqt

1/4 depth - 1/2depth - Full

5+5 Cossack Sqt

5x HS Sqt

A.) 12min

- 8x Bulg split Sqt 10" iso
- 15x KB swing or 10x broad jump
- 20x SL stance Diag reach

B.) 15min

- 8x 5" ecc BSQ
- 5+5 SL Power Knee/stepup
- 30" Wall sit or Horse stance

C.) 12min

- 8+8 Stag stance SL/DL
- 15x Sumo DL or Sqt
- 10" Split stance iso each